



Aasmaan: The Limitless Sky

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Message from the Director's Desk



Dear Friends,

An academic institute such as ours carries a tremendous social responsibility—to not only fine-tune the intellectual potential of our students, but to establish systems for their well-being to flourish. Their path is not easy; many have struggled upwards from scarce opportunities, striving against all odds, and braving cut-throat competition to reach here. They are on the threshold of two worlds—the homes which they have left, where there was safety and acceptance; and this new world of great potential but also fear of failure.

It's not only our students who face challenges to their mental health. Faculty, staff members and other campus residents also deal with stress levels that are the unfortunate outcome of urban advances, especially technology—which with all its advantages, can also lead to isolation, mechanistic relationships, and a fragmented perception of reality. Clearly, the antidote for such pressures is not to reject these advances. It is also not enough to just target a few suffering individuals, when almost everyone is subject to complex socioeconomic forces, making it a difficult world to navigate without support.

Therefore, our student wellbeing efforts have adopted a holistic approach. IIT-J provides mental health support through individual consultation as well as community-based outreach. Moreover, we conceive of wellbeing as fostered by a diverse, inclusive and accepting campus culture in all aspects—be it academic, social or personal. We actively encourage sports, cultural and other community-based festivities for social connect. There is a focus on prevention. Many problems can be intercepted by faculty, peers and other support systems within the campus.

I would like to congratulate the Student Wellbeing Committee for bringing out this Newsletter, as a means of expressing the sentiments of the entire campus community. The SWC has also been organizing several events for greater outreach. Since Mental Health is a universal human right, IIT Jodhpur will continue to make its wellbeing-based initiatives available to everyone.

Wishing you all the best,
Prof Santanu Chaudhury.

Message from Dean, Student Affairs



Redefining Success: Fostering Well-being in Academic Institutions

Education transcends the confines of grades; it is about cultivating individuals equipped to navigate life's myriad challenges and opportunities. While the prevailing societal narrative often ties success to an IIT education, emphasizing success to the detriment of all else is a limited perspective. Acknowledging that academic accomplishments are pivotal, it is equally imperative to champion the well-being of students, faculty, and staff for sustainable success.

Within the academic sphere, stress and burnout are no strangers. By integrating well-being practices—such as stress management and self-care—we can counteract the detrimental effects of chronic stress, proactively averting burnout. A more balanced educational approach contributes to developing content, resilient individuals, fostering emotional intelligence, social adeptness, and self-awareness. Far from being a diversion from academic triumph, well-being is its catalyst. Individuals in a state of well-being are more engaged, focused, and adept at assimilating and applying knowledge.

Initiatives promoting well-being foster a sense of community within an institution. A positive, encouraging atmosphere thrives when students and educators champion each other's health and happiness. Robust, supportive communities are indispensable for both personal and academic growth. As academic custodians, we bear the responsibility for those under our guidance. Prioritizing well-being mirrors our commitment to our community's physical and mental health, extending beyond the realm of academic accomplishments.

In conclusion, well-being and academic success are not adversaries but interconnected, enhancing the other. Elevating the importance of well-being in academic institutions is not an indulgence but a necessity for cultivating a nurturing and flourishing learning environment. It is an investment in the enduring success and happiness of our students, faculty, and staff.

Let's embrace an all-encompassing educational approach that empowers individuals to excel academically while concurrently nurturing their overall well-being. Together, we can foster a culture of equilibrium, resilience, and perpetual learning within our academic community.

I congratulate the Student Well-being Team for this initiative. The newsletter will become a medium to share our thoughts, experiences, and good practices to increase awareness and bring people together.

Best of luck
Warmly
Ankita.



Message from Chairperson, Student Wellbeing Committee



The Student Wellbeing Committee (SWC) at IIT Jodhpur has been a key component of the institute to ensure the mental and emotional wellbeing of students by promoting their personal and academic development. The committee operates along three primary aspects: Academic, extra-curricular, and personal. Academic support provided by SWC includes providing information about academic programs, facilitating efficient time management, and developing effective study skills. The Extra-Curricular aspect of SWC promotes the development of talents in students and encourages them to explore their hobbies and interests. The Personal aspect of SWC provides a cushion against homesickness and supports students in adjusting to the new environment, including addressing concerns and difficulties arising during their stay at the Institute. The committee offers personalized guidance, psycho-support, and confidential referral services to students. It coordinates with YourDost, an online counseling and emotional wellness platform, and organizes workshops on key issues faced by students.

Finally, the committee organizes events to encourage interaction among students of different years, as well as staff and faculty members. Through its various initiatives, the SWC strives to make IIT Jodhpur a home away from home for all students.

Through this newsletter, the team is making an effort to bring awareness about wellbeing, showcase the activities and efforts made by the Counsellors and Wellbeing moderators on campus and hear out from the IITJ fraternity about their experiences and motivational journey.

Best Wishes

Dr. Saakshi Dhanekar

Department of Electrical Engineering, IITJ.



Modest Joys
-Dr. Anjali Bhatia,
Counsellor, IITJ

Several months ago, I had this conversation with a colleague, whose wife's cooking skills made us drop constant hints about wanting lunch invitations to his place. He was bemoaning the fact that no household help satisfied her. She would invariably, end up doing it herself. "There is no need for her to waste her time on housework, when help is available. It tires her out", he opined. "Maybe it is not a waste for her? During the lockdown, I surprised myself by how much I enjoyed washing the dishes, cleaning the house, and cooking. So I sort of do understand where she is coming from. Since she is so good at it, why should she not take pride in it?"

I hadn't intended to turn around his way of thinking—which, after all, is quite progressive. He did not want his wife to be identified solely with her identity as a homemaker. But like her, I have also witnessed the beauty of the small, seemingly-mundane moments of life—the delight of trying out a new dish; tending to my house plants; basking in the sun of approaching winter; the meticulous satisfaction of putting each stitch of embroidery; the swish of a paintbrush on paper; the smell of freshly-washed clothes—and so many more such 'mental health breaks' that pull me away from bullet-pointing my career achievements or earning social media clout points. My relationship with my home, my kitchen or my balcony becomes a living presence—a reciprocal 'investment' of time, care and beauty.

Often, by purposefully excluding ourselves from the treadmill of the outer world, we reconnect with the inner child and experience the small but valuable joys of missing out!

चंचल मन
- श्री प्रसाद गडकरी
Counsellor, IITJ

मन चंचल है, भटक रहा है

बचपन पीछे छोड़ आए हैं
राह अकेली चलते चलते
कैसे, क्या क्या मोड़ आए हैं

मन चंचल है, भटक रहा है

मन कहता है, लिख ले पढ़ ले
शोहरत, इज्जत खूब कमा कर
पैसों के पहाड़ पर चढ़ ले

मन चंचल है, भटक रहा है

मन कहता है सपने देखूं
कांधे पे सर रख के सो लूं
ऐसा कोई अपना देखूं

मन चंचल है, भटक रहा है

डर है सपने टूट ना जाएं
जो अपने हैं छूट ना जाएं
खुद की खुद से जो उमीद है
खुद के हाथों टूट ना जाएं

मन चंचल है, भटक रहा है

समय की सीमा समय के बंधन
मन है एक, अनेक आकर्षण
लक्ष्य प्राप्ति की कुछ ही शर्तें
आत्मनिरीक्षण, आत्मपरीक्षण
आत्मनियंत्रण, कठिन परिश्रम

मन चंचल है, भटक रहा है
मन चंचल है, भटक रहा है



Embracing Mistakes, Errors, and Failure: Your Path to Success

Akash Vishwakarma
Counsellor, IITJ

In the journey of life, mistakes, errors, and failures are the uninvited but necessary guests. They are not to be feared or shunned, for they hold the potential for growth, resilience, and personal development within them. As students, staff, entrepreneurs, or leaders, it's vital to comprehend that these experiences are not roadblocks but rather stepping stones on your path to success. Mistakes are not indicators of weakness but rather symbols of your courage to step beyond your comfort zone. They serve as invaluable learning opportunities that can lead to personal and academic growth. When you make a mistake, don't merely dwell on it; instead, reflect on what went wrong and why. This self-evaluation process allows you to make adjustments and avoid repeating the same mistake in the future. Every mistake is a stepping stone on the path to mastery. Errors often accompany the pursuit of excellence. They are a natural part of any learning process and should not be seen as signs of inadequacy.

Thomas Edison, the renowned light bulb inventor, famously said, "I have not failed. I've just found 10,000 ways that won't work". This shift in perspective from "failure" to "learning" enabled him to succeed ultimately. J.K. Rowling, the author of the Harry Potter series, faced rejection from multiple publishers before finding success. Her story serves as a testament to the fact that failure is not a dead-end it's a stepping stone toward realizing your potential.

A growth mindset is the belief that your abilities and intelligence can be developed through dedication and hard work. When you approach challenges with a growth mindset, you see them as opportunities for self-improvement rather than as judgments of your abilities.

Be hopeful, resilient, and keep moving forward, knowing that mistakes and failures guide you towards a brighter future.

Calming An Anxious Mind

- Zentangle art by Ms. Anjana Sunil
Student Wellbeing Moderator, IITJ

As therapists, we come across numerous lived experiences of individuals who might have gone through loss, grief, trauma, abuse, violence, and many other sufferings, on a daily basis. As MHPs how do we ensure that these stories don't affect us deeply? Or is it that we have become numb to these narratives? People often ask us, "Everybody comes and tells you about their problems, don't you feel overwhelmed?"

Well... the truth is, yes, sometimes it does get overwhelming, and we do feel distressed after listening to certain experiences. Afterall, at the base, we all are fellow human beings, right? We are no superhumans, neither we have any special powers to remain calm, composed and unaffected during these times. But yes, we bounce back quickly. And there are a few things that help us in doing that. It could be reflecting upon certain things through journaling, or relieving the stress by being physically active, or soothing ourselves by listening to some good music. For me, it has been art. Zentangle helps me slow down and feel grounded. In a way it also teaches me to own my mistakes, and adjust to the imperfections that life brings in. It is like entering into a state of meditative pleasure. We all have our own unique ways of taking care of ourselves. I have found mine, what's yours?



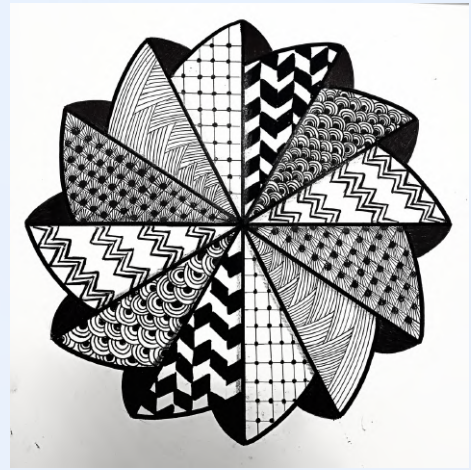
Trees of IIT-J
- by Anannya Sharma
Student Wellbeing Moderator, IITJ

Every day, as I make my way to work, I carry a cup of chai in one hand and an umbrella in the other. On campus, I find joy in walking everywhere, and over time, I've developed a connection with the trees that surround me. I genuinely adore them. They are beautiful.

There's one particular tree on my way to the PHC that has left a lasting impression on me. Despite being completely dry, it stands tall, adorned with a beautiful golden, dry carpet of creeper. I find myself admiring it every day. One stormy evening, my concern for this specific tree surprised me. I desperately wanted to see it the next day, and wanted to see it standing in all its glory.

To my amazement, the following morning I saw that the tree had suffered partial damage, yet I could see some green shoots emerging. It looked beautiful even in this state.

A part of me was sad to see that, but it was looking beautiful that day too. I guess, the therapist in me, immediately called it healing. Do trees heal too? like we do?



Zentangle art by Ms. Anjana Sunil
 Student Wellbeing Moderator, IITJ



- Artwork by Ms. Nabeelah
 Siddiqui
 Student Well-being
 Moderator, IITJ



- Artwork by Ms. Anannya Sharma
 Student Well-being Moderator,
 IITJ



Emotional Health Alerts



Seek counselor inputs for
 - Poor or excessive sleep
 - Poor or excessive appetite
 - Poor or excessive social contacts
 Motivate anyone else around you to give up hesitation in meeting the counselor.

Let's together make the campus emotionally healthy

Prasad Gadkari
 Student Counselor, IITJ

SWC Team Activities



Orientation for PG Students 26th July, 23

The PG Orientation program organized by the SWC PG team at IIT Jodhpur for newly enrolled students promised an enriching month-long orientation that would involve engaging sessions with various campus teams.



Counsellors' Interaction with Parents (UG & PG) 26th & 31st July,23

Counselor-parent interactions organized by the SWC team offered an open line of communication for parents to stay attuned to their child's mental well-being, including stress, homesickness, and other emotional challenges.



Campus Life- Challenges & Healthy Boundaries (29 July,23)

Through this session, the wellbeing team was able to hold a safe space for the students to open up about the challenges and concerns that they are facing in the campus, and also guide them with the possible ways to overcome those challenges.



Harmony on Campus: Striking the College Life Balance (11th August,23)

Extending the informal orientation initiative, a seminar named aimed to address the various difficulties encountered when transitioning through different phases of college life.



Creating Hope through Action: An Awareness Program (11th September,23)

An Awareness Program for SWC Student Team members, on the occasion of World Suicide Prevention Day, Team Counselling had organized an awareness program to reduce stigma and promote helping behaviour among the student team members.

SWC Team Activities



Why/Which Relationships Matter? Personal and Professional (10th August,23)

Attempted to address some of the common concerns regarding both personal and professional relationships.



International Day of Yoga (21st June 2023)

To commemorate the International Day of Yoga (21st June 2023), a spontaneous Yog activity was demonstrated by Mr Akash Vishwakarma.



Threads of Togetherness: Building Strong Connections (13th September,23)

A situational role-play exercise was conducted as part of the Orientation sessions, to enhance solution-focussed teamwork and bonding.



Reclaiming life: confronting drug abuse 23rd June, 2023

As directed by the Ministry of Education to organize various events during "Nasha Mukta Bharat Pakhwada", the Counselling Team, under the Student Wellbeing Committee of IIT Jodhpur conducted a Webinar to promote awareness about drugs and their related impact on the body, mind and overall social lifestyle.



Cycling Tour (14th August,23)

Cycling Tour aligned with the Y20 theme 'Health, Wellbeing, and Sports: Agenda for Youth'. This initiative aims to promote a healthy lifestyle among our esteemed IITJ community.

Upcoming Events



The Wellness Circles are focused groups for long-term, regular activities that promote different aspects of psychological well-being. Each group will have a specific theme—such as embracing uncertainty, exploring the self, and developing intuitive awareness—and be facilitated by a Counsellor or Wellbeing Moderator.



World Mental Health Day (WMHD)- 10th October. Each year, WSPD & WMHD has a specific theme that highlights a particular aspect of mental health. The events will be planned in detail according to the themes. We are planning to conduct various workshops and outreach programs to sensitize the students and staff, and extend support to all those dealing with mental health concerns.



World Suicide Prevention Day is a global annual event each year. The counselling team at IITJ would dedicate this day to raise awareness and reduce stigma regarding suicide, promote help seeking behavior among the students, and encourage open discussions about mental health.



Gratitude Day, the SWC counselling team comes up with various activities that encourage the students to express their gratitude towards all those who have played an important role in their lives.



Movie night is one of the most exciting events of the SWC, which every student looks forward to. It would be an opportunity for the students to come together, interact, have fun and feel relaxed.



Wellbeing Game night : A fun wellbeing game night will be organized by SWC for the welfare of students event would involve creative activities and fun games around mental health, giving students a break from the usual monotony and promoting wellness.



Yoga Sessions: Promoting wellness of mind and body, a series of ongoing yoga sessions will be held by Mr. Himmat Singh at IIT-Jodhpur. Nourish your wellbeing and contribute to a more healthy lifestyle.

क्या तुम्हारा मन सुकून नहीं चाहता है
- सुप्रिया सिंह
(P22MS011)

क्या तुम्हारा मन सुकून नहीं चाहता है
हर छोटी खुशी में खुश होना नहीं चाहता है
पर ये जो ज़िंदगी है न
वो इतना सुकून थाली में परोस कर नहीं देती
पर मौका ज़रूर देती है उसे खोज लाने का
छोड़ देती है तुम पर जैसा तुम उसे बनाना चाहो
चाहे बेड़ियों में बांधो या अपने पंख फैलाओ
रास्ते बहुत हैं और मंजिलें भी कई हैं
एक राह बंद हो तो नया खोजने के मौके भी कई हैं
घबरा कर सहम कर रुकने से नहीं होगा
हिम्मत कर धीरे धीरे चलने से होगा
मुकाम वही नहीं जो ऊंचाई पर हो
मुकाम वो है जो मन की गहराई में हो
जो तुम्हें अंदर से खुशी से भर दे
तुम्हारे चेहरे को सुकून से भर दे
तुम अलग हो तुम्हारी ख्वाहिश भी तो अलग होगी
तो औरों के हिसाब से क्यों जीना चाहता है
क्या तुम्हारा मन सुकून नहीं चाहता है.

Look up at the clear sky!
- I. Vaisali

Have you looked up at the clear sky?
I know you are feeling down
Gray clouds forming in your mind
Feels like any moment you might drown
But here, take my hand. You'll be alright!

There are things you don't wish to recall
You try to smile, try to take a step forward,
look at the bright side and forget the fall.
Then you find the ground beneath tremor,
and fear you'll disappoint them all.

You don't know the kind deeds you've done
Moments you made someone happy,
made some smile amidst their pain.
People show grief and anger, easy
But thank one? That's quite seldom.

You are your own child.
Climb a tree, fly a kite, dance, spin.
When you do good, treat yourself fine.
When you make a mistake, forgive.
When it shines, look up at the clear sky!

Freedom
- Dr. Aradhya Giri
(M23MSA014)

To all the humans, struggling to break free. From a person, or a demon, or just a memory. It's suffocating, I know, the struggle to breathe. Like riding a bike, with two scraped knees. Like a lock to which you can't find a key.

To all the humans, struggling to break free. Their side is fake grass, but you wouldn't agree. How do I know? I've been there, you see. It was all fun and games, until the monsters came for me. Now I realise, underneath it all, they're just a nobody.

To all the humans, struggling to break free. Take a leap of faith, as I count to three. Plant a happy seed, rooted in your melancholy. And before you even know it, it'll transform into a tree. That'll stay forever grounded, and bloom heavily.

To all the humans, struggling to break free. Give yourself a chance, and who knows what you'll be? Being an optimist, is a tough job, you see. But faith is the answer to every difficulty.

Dear, dear human who struggles to break free, I promise it'll be alright, you don't have to flee.

Dear, dear human who struggles to break free, perfect healing is synonymous to facing reality.

Dear, dear human who struggles to break free, I hope this helped, even in the slightest degree.

Dear, dear human who struggles to break free. You'll find your person, and most fortunate they'll be.



A Journey to Healing ~ Preetinder Kaur

Where mind is a garden, thoughts tend to bloom,
We nurture thoughts with care, let positivity consume.
All in the symphony of life, we find our inner tune,
For mental health's a treasure, like the brightest moon.
All through storms of doubt and shadows deep,
Let's keep our spirit's strong, not to loose sleep.
In the labyrinth of thoughts, our souls shall reap,
Strength and Peace anew, with the promises we keep.
So let our heart be kind, and mind be a gentle stream,
Through the tapestry of life, weave a solicitous dream.
For Mental Health being a journey, never a static theme,
Let's embrace the love within, like a sun-kissed gleam.

Talk Through Life... ~ Dr. Saakshi Dhanekar Chairperson, SWC, IITJ

When I fell lonely and the path seems rough,
When life tests you and everything seems tough.
When clouds are dark and air is silent,
When I cry and the mind is violent.
God then sends an angel who is my friend,
I pour my heart out and this helps me mend.
My friend, my guide hugs me tight,
says all will be well and you need not fight.
Do not fight, resist or cry,
Say to all worries and problems, BYE BYE!
I trusted my friend as only she heard me out.
She taught me to express thoughts and speak out.
Now I see sunshine, birds and blue sky,
I have positive thoughts and want to give life a try.
I know how it feels as I have gone through this,
I want to help others and not give it a miss.
It is such a pleasure to make people smile,
Sometimes it is important to walk that extra mile.
Mental health is very necessary for healthy soul,
mind and body,
Let's take a pledge that we will help each other so
it becomes a part of everybody.



- By Srabani Biswas
(P23IDH003)

Know more about us a

<http://swc.iitj.ac.in/>



Editorial Team:

Ms. Anannya Sharma

Dr Anjali Bhatia

Mr Akash Vishwakarma

Ms. Nabeelah Siddiqui

Ms. Anjana Sunil

Dr Saakshi Dhanekar

Please send us your

suggestions and feedback at:

studentcounsellor@iitj.ac.in

wellbeingmoderator@iitj.ac.in

TEAM: STUDENT WELL-BEING COMMITTEE

Chairperson, Student Wellbeing: Dr. Saakshi Dhanekar

Committee (SWC)

Faculty Advisors: Dr. Indranil Banerjee, Dr. Prasenjeet Tribhuvan, Dr. Saptarshi Pyne, Dr. Sumit Kamal

Counsellors: Mr. Prasad Gadkari, Dr Anjali Bhatia, Mr. Akash Vishwakarma

Well-being Moderators: Ms. Anannya Sharma, Ms. Anjana Sunil, Ms. Nabeelah Siddiqui

Student Heads

PG: Ms. Sarmistha Mazumder, Mr. Darshan S.

UG: Ms. Navlika Singh, Mr. Likhith Ayinala

Assistant Heads:

UG: Vasubhya Diwan, Keshav Maheshwari, Yuvraj Soni, Arun Raghav S, Arukonda Vaishnavi

Anupam Singh Bhadouriya, Vidit Agrawal, Harshil Kaneria, Devang Shrivastava, Nidhi Patel

PG:

Srinivas M V V, Maitreyee Sarkar, Hemant Shrivatsava, Komal Sharma

Student Guides

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UG: Devika Singh, Keshika Sharma, Mitali Agrawal, Samriddhi Jain, Avani Rai, Shagun Suryavanshi, Lavangi Parihar, Chaital Ghan, Yesha Shah, Saanjali



TEAM: STUDENT WELL-BEING COMMITTEE

