



STUDENT WELLBEING COMMITTEE IIT JODHPUR

By- Saakshi Dhanekar
Associate Professor
Electrical Engineering,
President, Board of Student Welfare
Chairperson, Student Wellbeing Committee
IIT Jodhpur





AIM



Formerly, called as Student Counselling Service

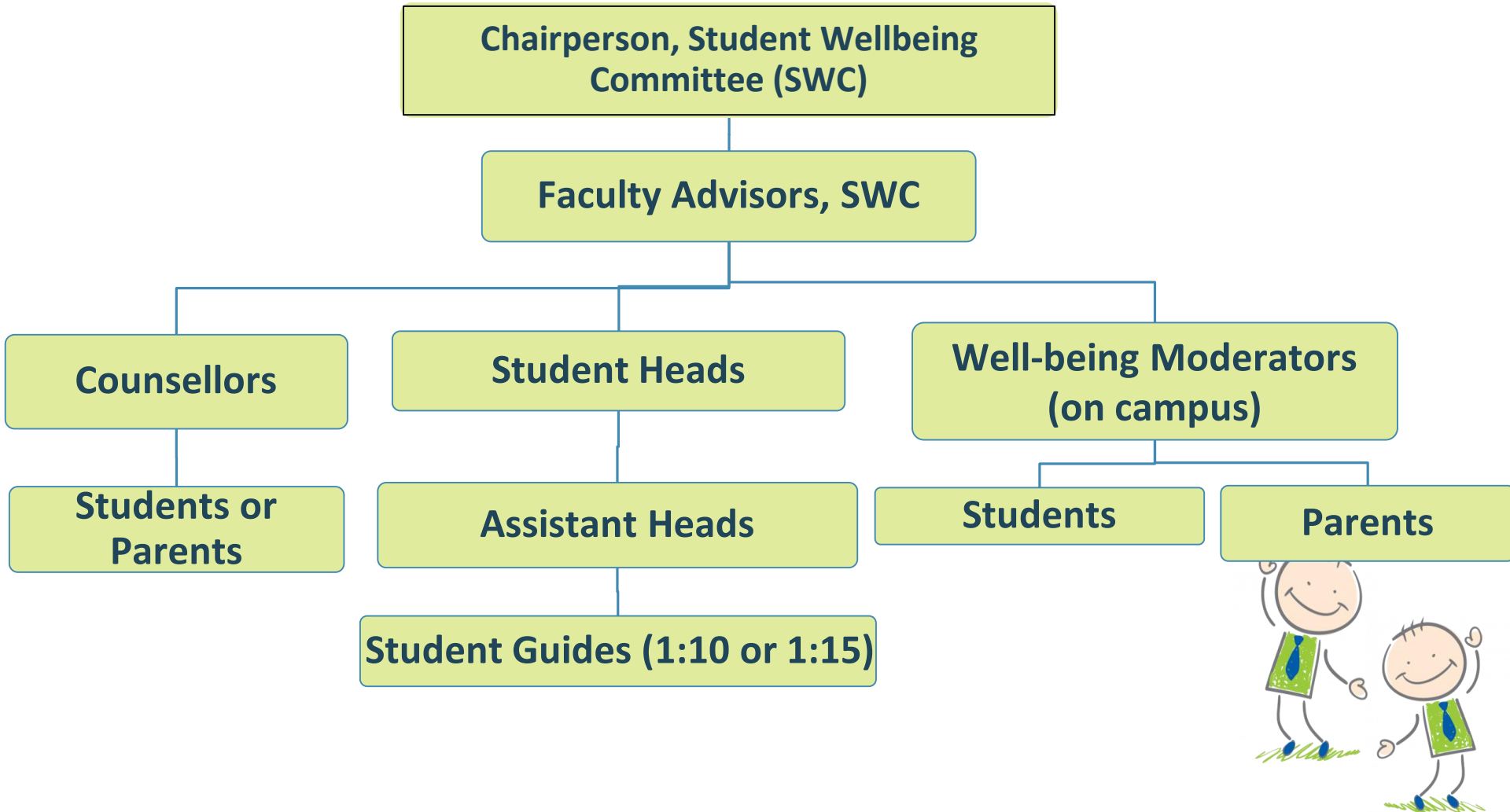
The student wellbeing committee aims to:

- 😊 **Create a conducive environment for growth of the students**
- 😊 **Provide guidance to deal with challenges**
- 😊 **Build a positive attitude and enhance overall wellbeing**
- 😊 **Counsel for maintaining stable and healthy mental health maintaining all confidentiality**





STRUCTURE of SWC





Our Wellbeing Team - Counsellors



Dr. Anjali Bhatia
Psychologist
anjaliibhatia@iitj.ac.in



Mr. Prasad Gadkari
Clinical Psychologist
prasadgadkari@osstaff.iitj.ac.in



Mr. Akash Vishwakarma
Clinical Psychologist
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Our Wellbeing Team- Well-Being Moderators



Ms. Anannya Sharma
Counselling Psychologist
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Ms. Anjana Sunil
Counselling Psychologist
anjana@osstaff.iitj.ac.in



Ms. Nabeelah Siddiqui
Counselling Psychologist
nabeelah@osstaff.iitj.ac.in



Our Team - Faculty Advisors



Dr. Saakshi
Dhanekar,
Chairperson,
SWC



Dr. Indranil
Banerjee,
Associate
Dean (Hostel
Affairs),
Member,
SWC



Dr. Samanwita
Pal, Member,
SWC



Dr.
Prasenjeet
Tribhuvan,
Member,
SWC

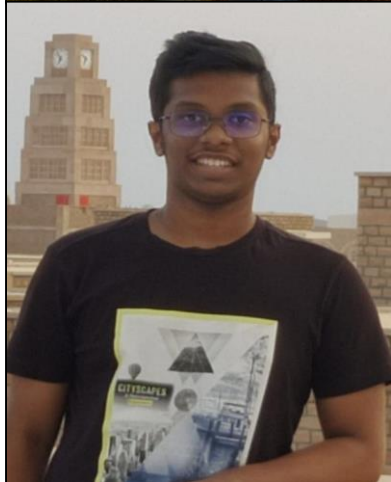
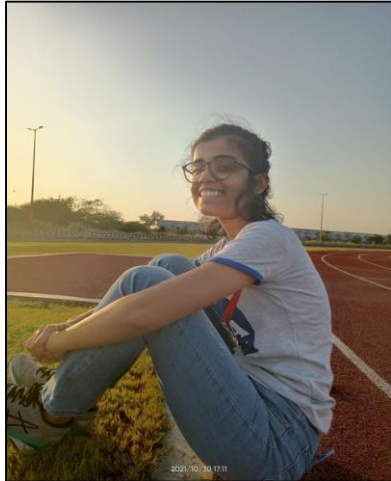


Dr. Pankaj
Yadav,
Member,
SWC

chair_swc@iitj.ac.in



Our Team - UG Students team



**Student Heads-
Navlika Singh and
Likhith Ayinala**

**Student Assistant
Heads- 10**

**Student Guides
(SG) - 58**

Each team
member

UG student 1

UG student 2

UG student 12

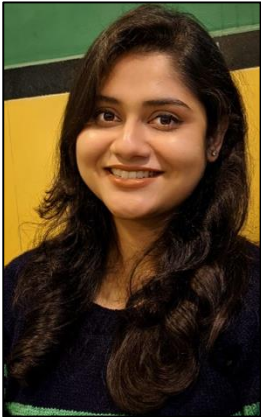


http://swc.iitj.ac.in/cs_team_ug2023.php

Our Team - PG Students team



Student Heads:
Darshan S and Sarmistha Mazumder



Student Assistant Heads:
Srinivas M V V, Maitreyee Sarkar, Komal Sharma, Hemant Shrivastava

Student Guides (SG)
33 SGs

Each team member



PG student 1

PG student 2



PG student 16



http://swc.iitj.ac.in/cs_team_pg2023.php



Activities

- 😊 **Virtual Progressive Muscle Relaxation –**
PMR is a medically proven technique to sooth and calm your nerves
Session duration - 20 minutes
- 😊 **Help in answering any queries –** admission, course questions- mentorship
- 😊 **Individual Counselling –** stress management, life skills training etc.
- 😊 **Interaction with fresh students to deal with anxiety –**
Home away form home





Activities

☺ **YourDost app** – Talk to someone, anonymously

☺ **Informal events during Orientation–**

Talks by experts, Counsellor's session, introduction to the students team



☺ **Organizing lectures and trainings on-** Career counseling, Stress management, Time management, Health care and Hygiene and life skills training etc.

☺ **Institute level workshops** on basic counseling skills for students and organizing events for encouraging interaction among students of different years, and staff and faculty members.



Past Activities

Open Air Movie Screening



CommuniFun: Cracking the Code of Engaging Communication



Balancing Acts



Meditation with music



Past Activities

Yoga Day



Gratitude Day



Letter to Self



PG Orientation



Past Activities

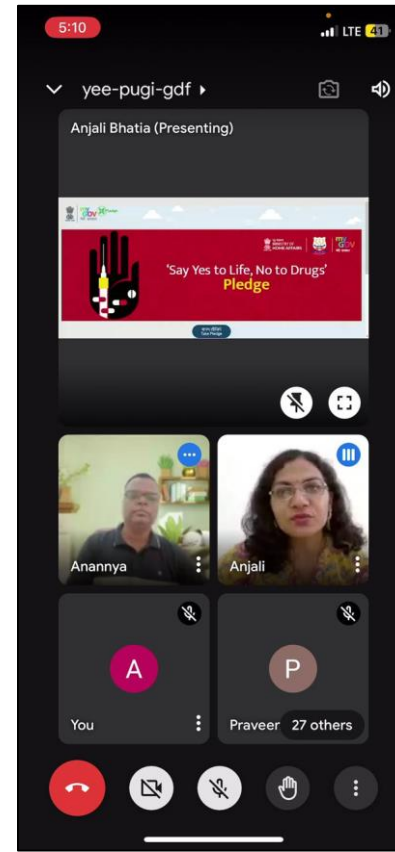
Interactive event for Ph.D. Students



World Mental Health Day



Reclaiming Life: Confronting Drug Abuse



Past Activities





Past Activities





We are always there for you 😊

You can also connect with us through:

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

Facebook: <https://www.facebook.com/SWC.IITJodhpur/>

Instagram: https://instagram.com/swc_iitj?igshid=1wqt5pgnkr4pw

Mailing Address: wellbeing@iitj.ac.in





STUDENT WELLBEING TEAM at IIT Jodhpur

Your home away from home



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**MR.AKASH
VISHWAKARMA**

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Feeling Low?
Want to talk about it?



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SHARMA**

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UG HEADS

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PG HEADS

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**MS.SARMISTHA
MAZUMDER**

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Reach out to our Counsellors at-
studentcounsellor@iitj.ac.in

Scan the QR Code to visit the Student Wellbeing Committee (SWC) website

31/07/2023

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