Wellness at CSA and IISc
What we mean by Wellness

• Psychological
• Physical
• Financial
Well-Being.
Psycological Wellness

• Normal to feel sad or depressed sometimes
• But we need help if we have such symptoms over a long period of time (weeks, months)
  - Loss of interest in previously enjoyable activities, no motivation to do day-to-day activities, lethargy
  - Sadness, emptiness, lack of self-worth, hopelessness
  - Irritability, disturbed sleep, lack of appetite
  - Self-harm or suicidal thoughts
• Seeking help:
  - Consult a counsellor or psychiatrist
  - Talk to family members or friends
• We can also help our fellow students by being aware of such symptoms and help them seek help.
IISc Wellness Committee

• Formed Oct 2019

• Mandate:
  • Promotion of well-being of the IISc community, focus on students
  • Identification of resources required and acquiring them; better communication.
  • Organization of programs such as workshops, etc
IISc Wellness Committee Members

• **Faculty representatives:** Profs. Anil Kumar, S.N. Omkar, Suja Elizabeth, Vishwesha Guttal and Varsha Singh

• **Experts:** Drs. Ajit Bhide, Vyjayanthi S and Naren Rao

• **Full-time Counsellors:** B G Shridhar and M S Savitha

• **Medical Officers:** Satish Rao, Nirmala R, Aditya Malladi, Neethi Raveendran

• **Student Reps:** Kasturi Saha (CES), Sudipta Nayak (Cense), Vinaya (Cense)

• **Member Secretary:** Mr. Vasanthan A A (Asst. Registrar)

Also **Empaths** group, an active student volunteer group of around 20 students.
Take the first step
Mental wellbeing translates to overall wellbeing

Website: https://wellness.iisc.ac.in

Mental Health Emergency
080 47113444

Visit us at the
1st Floor, Faculty Club

Send us a message
iiscsurvivordiaries@gmail.com

Resources

Meet a Counselor

Online Counseling
Counselling Resources on Campus

• Consulting Psychiatrists (Dr. Vyjayanthi S, Dr. Sabina Rao, Dr. Virupaksha HS)

• Consulting Psychologists (Mr. BG Sridhar, Ms. MS Savitha, Ms. Anna Hema Sam, Ms. Pooja Chhajed, Ms. Asima Misra, Ms. Shravya)

• 24x7 Helpline 80-47113444

• Your Dost (24x7 Online Counselling)
Awareness Activities

Understanding Depression (Nov 2019)

Day-long symposium (Jan 2020) - covering all range of topics from suicides, drug addiction to online addiction.

Loneliness (March 2020)

Quarantine connections [June 2020] + [two similar sessions for specific hostels/students in July & Aug]

Time management (July 2020)

Stress management (July 2020)

- Yoga Sessions (July 2020)
- Anxiety (August 2020)
- Preventing Suicides (Sept 2020)
- Ask Experts (Aug 2020)
- Understanding Addiction (Sept 2020)
- Something on my mind: Interactive sessions with psychologists (Mar 2021)

Video recordings of many events are available on wellness.iisc.ac.in

- Navigating Grief and Trauma (Jul 2021)
Awareness Activities

We walk with pride and our mental health matters too (Dec 2021)

Stress management: Self and Community Care (Jan 2022)

Something on my mind: interactive session with psychiatrists (Feb 2022)

Video recordings of many events are available on wellness.iisc.ac.in
CSA Department Wellness Committee

Composition: 2 faculty + 2 (or more) students/postdoc

**Facilitators** of wellbeing (not a disciplinary committee)

- Facilitate discussions on mental health issues within the department
- Act as local contact points for any members (students/faculty/staff) seeking information or help on mental health
- Direct the members of the department to resources offered by the IISc wellness centre
- Convey departmental feedback to the Wellness Centre
- Maintain confidentiality
## Department SWC Committee Members

### Faculty

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Department SWC Committee Members

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Activities of Department SWC

1) Send within-department reminders of institute events; encourage participation.
2) Have once-in-six monthly meeting: to introduce your committee and create awareness
   a) Beginning of each sem
   b) Introduce to all known resources on campus for broader well being
   c) Set conversations on well being
3) Interface with the institute committee to get sufficient people trained in basic mental
   health issues, gate-keeper training, etc.
4) Additionally - do anything it takes; e.g. organise events specific to your department/division
5) Collect feedback on needs of the community within the department.

What we DO NOT do:

* Purely academic problems like course work, grades, thesis, etc. Approach DCC, thesis
  committee, Students Affairs Committee.
How to approach us?

• You can approach any members (one or more) of the SWC

• By email, phone, message, find us in the department!

• You can also directly contact the IISc wellness centre (support.wellness@iisc.ac.in)
Policies

• All issues are treated **confidentially**, unless you request otherwise.

• In general, your issue may be discussed by the committee as a whole. However, if you prefer, feel free to approach only one person, or a smaller part of the committee for discussions. Please inform the person you approach about your confidentiality preferences.

• We may inform the IISc wellness committee if the situation warrants direct intervention by them.
Some Events organized by SWC

- Workshop on Technical Writing by Dr Karthik Ramaswamy
- CSA Conversations (AMA-style Interactive Sessions with CSA faculty)
- Workshop for Research Students
- Conducting research successfully (AMA-style session) with Prof. Shriram Krishnamurthi (Brown University) (Aug 2021)
- Sports events (sponsored participation in IISc Spectrum sports meet, CSA badminton tournament, Carrom board in CSA)
Upcoming Events

- CSA Badminton tournament (6 August 2022, Register by Aug 4)
- Inter-batch sports (Frisbee, Cricket, Football?)
Other IISc Committees

• ICASH (Internal Committee Against Sexual Harassment). (Chair Prof Dipshikha Chakravortty) Website: https://iisc.ac.in/icash/

• Students Affairs Advisor and Student Counsellors (Chair: Prof Satish Kailash)

• Complaints on caste-based discrimination (Chair: Prof. Jayabaskaran of Biochemistry Department).

• Useful Webpage: https://iisc.ac.in/about/student-corner/
IISc Students Affairs Committee

• Headed by Prof N Ravishankar (MRC)
• Prof Ambedkar Dukkipati (CSA), member.

• Mandate
  • Student grievances related to academic matters, academic and research facilities, student-faculty relationships.
  • Regulate ragging
Health Centre and Schemes

• Well-Equipped Health Centre on campus
  • Doctor consultations
  • Medicines
  • Lab facilities
  • 10 bed hospital
• Student Medical Care Scheme (Rs 5,000 per annum reimbursed)
• Rs 1 lakh per annum group medical insurance
Financial Assistance

• Student Aid Fund
  • Interest-Free Loans for Tuition, Hostel, Mess, Research, and Medical expenses
  • Apply through Academic Section

• Students' Assistance Program (SAP)
  • Payment for TA services

• Scholarships for PhD Students
  • PMRF
  • CNI Cisco Fellowship (~6 per year, 50k per month, 1L contingency), and others.
General suggestions

• Feel free to approach us at any time.

• Come early to discuss any issues that are affecting you.

Thank you!