

Wellness at IISc and CDS

Sept. 29, 2020

Website: <http://wellness.iisc.ac.in>

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Take the first step

Mental wellbeing translates to overall wellbeing



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



IISc Wellness committee

- Officially formed by mid-Oct 2019
- Mandate:
 - Promotion of well-being of the IISc community
 - Identification of resources required and acquiring them; better communication.
 - Organization of programs such as workshops, etc

Institute Wellness Committee Members

- **Faculty representatives:** Anil Kumar, S.N. Omkar, Suja Elizabeth, Vishwesh Guttal and Varsha Singh
- **Experts:** Drs Bhide, Vyjayanthi, Ghorpade, Naren Rao
- **Full-time Counsellors:** Shridhar and Savitha
- **Medical Officers:** Satish Rao, Nirmala, Aditya, Neethi
- **Student Reps:** Aindrila (Bio), Sudeb (Physics), Sudipta (Interdisciplinary) + 3 more. (from Empaths (an active student volunteer group~20))

Who do we cater to?

- Technically, all campus members. But the current focus has been on students:
 - UG
 - MTech/MS/etc.
 - Int-PhDs, PhDs.
 - Faculty and Permanent Staff
 - Online facilities are available for all staff with an email id (in-person counselling?)
 - Panels, events are open for all (unless stated otherwise).

Department Wellness Committees

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

Facilitators of wellbeing (not a disciplinary committee)

- 1) facilitate discussions on mental health issues within the department
- 2) act as local contact points for any members (students/faculty/staff) seeking information or help on mental health
- 3) direct the members of the department to resources offered by the IISc wellness centre
- 4) convey departmental feedback to the Wellness Centre
- 5) maintain confidentiality

Specific Roles of the Dept Committees

- 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 DONOT do:

* Purely academic problems like course work, grades, thesis, etc. Approach DCC, thesis committee, etc.

CDS Wellness committee members are:

- Professor Jayant Haritsa – haritsa@iisc.ac.in phone: 22932793
- Dr. J. Lakshmi – email: jlakshmi@iisc.ac.in phone: 22932898
- Mr. Chandrashekar M. A. - chandrashekr@iisc.ac.in phone: 8123145490
- Ms. Suman Bishnoi – sumanbishnoi@iisc.ac.in phone: 8179412615

(<http://cds.iisc.ac.in/departments-wellness-committee/>)

How to approach us?

- You can approach any one or more members of the Workplace-Wellness Committee.
- By email, phone, message, find us in person 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.

Other IISc Committees

- ICASH (Internal Committee Against Sexual Harassment). 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).

Activities so far.....

Panels / Awareness

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 (4th Sept 2020)

Ask Experts (29th Aug 2020)

Understanding Addiction (19th Sept 2020)

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

Activities so far.....

Screening and Training

Screening of all incoming students (Aug 2019 sem) using a mental health questionnaire

- Follow up of students who needed attention.

Student volunteer training

- Empaths : Rigorous training (~10 students)
- Mind-it (March 2020) : Basic training of around 200 (of~ 1000) first year students who joined in 2019.
- Workshops against Sexual harassment (annual, mandatory): 40 sessions.
- Later sessions cancelled due to COVID-19.

Many activities are being planned for the next academic year.

Find more details on the website: wellness.iisc.ac.in

IISc Wellness Centre

For the wellness of IISc community

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General Suggestio

- Feel free to approach us at anytime.
- Come early to discuss any issues that are affecting you.



Thank you!