

World Mental Health Day programme on 13th and 14th October 2022

1. Expert talks-

Speakers-

- Vijendra Singh, MD (Psychiatry)- HOD, Department of Psychiatry at All India Institute of Medical Sciences (AIIMS) Bhopal,
Topic: “Understanding the Mental Health Issues in Professionals and Management Strategies”
- Dr Lilavati Krishnan, a retired professor of psychology from the Department of Humanities & Social Sciences, IIT Kanpur
Topic: “Self-esteem and Resilience in Mental Health: Making Life Personally Meaningful”
- Dr Ashutosh Singh, MBBS, DNB (Psychiatry), Consultant Psychiatrist & De-Addiction Specialist at Apollo Hospitals, Indore
Topic: “Mental Health issue: why can't we still identify it in time?”





Dr. (Dr.) Vijender Singh
Head, Department of Psychiatry,
AIIMS Bhopal

Dr. Sanjeev Singh
Associate Dean, Student Affairs,
IIT Indore

Dr. Lilavati Krishnan
Retired Prof., IIT Kanpur

Dr. Ashutosh Singh
Visiting Psychiatrist, IIT Indore





Other Activities:

2. Poster making Competition on 13TH October 2022 for all students of IIT Indore
3. Digital Logo Designing Competition from 6th October 2022 to 12th October 2022

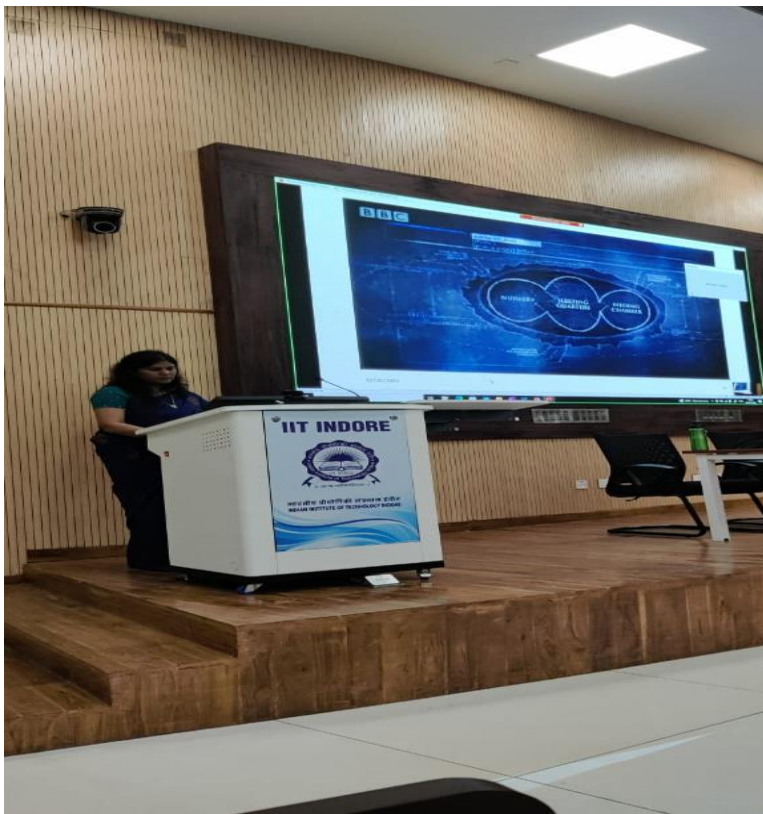




Seminar for IIT Community on 29th august, 2022

Expert Speaker: Dr Meghna Verma, Associate Professor at Ramaiah Institute of Management, Bengaluru.

Topic- "How to drive productivity under tough circumstances"





Other activity:

2. Plantation drive with the expert speaker



Expert Talk for PG and PhD students on 7th august, 2022

Speaker -Ms. SashiRekha, Mumbai Based Psychotherapist and Life Coach with over 25 years' experience in the field.

Topic-"Mind, Matter and Me" a workshop on self-management"



Expert Talk for UG students on 6th august, 2022

Speaker -Ms. SashiRekha, Mumbai Based Psychotherapist and Life Coach with over 25 years' experience in the field.

Topic- "Managing Self, Stressors and Student Life- The Theory of Almost Everything"



A webinar on 12th February, 2022

Speaker- Professor Pradeep. R. Bijwe, Ex- IIT Delhi

Topic- “Be joyful to be successful”

The screenshot shows a Zoom webinar interface. At the top, there is a grid of participant tiles. The central tile is highlighted in black and contains the Zoom logo. To the right of the grid is a list of participants with their names and status icons. Below the grid, there is a slide with text and a video feed of the speaker, Professor Pradeep R. Bijwe. The slide contains the following text:

- The happiness external factor dependent. Not under our control.
- Joy follows. We want, control, joy, only get it.
- Pleasure. We look for only happiness (Physical, mental), and search outside. All happiness is external.
- We think stress is normal. Physical health normal or sickness normal? Mental health (stress, happiness) normal or stress and depression normal?
- Common mistake. We will work more when we have more time, tired when we have more money. Confusion (the education for old people).
- Spirituality is art of being happy. Means external factors. Learn early.

The video feed shows Professor Pradeep R. Bijwe, an elderly man with glasses, wearing a dark sweater over a white shirt. The Zoom interface includes a toolbar at the bottom with buttons for Mute, Video, Chat, and other controls. The system tray at the bottom right shows the time as 11:00 AM on 12/02/2022.

Online meeting with Student Mentors on 6th December, 2021

Facilitators: Counselor, IITI and General secretary of Counseling, Outreach and Alumni

Counseling Cell meeting with Student Mentors

meet.google.com/rem-yqdr-vue?pli=1&authuser=5

3:40 PM | Meet: Counselling Cell

Counseling Cell meeting with Student Mentors

meet.google.com/rem-yqdr-vue?pli=1&authuser=5

3:11 PM | Meet: Counselling Cell

Webinar on 1st November 2020

Speakers-

- Dr. Abhilash Balakrishnan, Consultant Psychiatrist, Forensicare, Melbourne, Australia
- Dr. Ashutosh Singh, Visiting Consultant Psychiatrist Apollo Hospital and IIT Indore

Topic- “Mental Health Awareness During Pandemic and Beyond”

The screenshot displays a Cisco Webex Meeting window. The main content is a presentation slide titled "COMMUNICATION & SUPPORT". The slide features a dark background with a grid of images showing people in various settings. A central yellow triangle contains the text: "Nil", "Confusing", "Critical/hostile", and "Intrusive". To the right of the triangle, there are two columns of bullet points:

- Communicate your needs effectively**
 - Non – reactive
 - Specific
 - Clearly & firmly
- Create space & boundaries**
- Remember that this context will change**
- Ask for help & support**

The meeting interface includes a top menu bar with options like "File", "Edit", "Share", "View", "Audio & Video", "Participant", "Meeting", "Breakout", and "Help". A "Speaking: Abhilash Balakrishnan" indicator is visible above a video feed of the speaker. A "Participants (41)" list is shown on the right, with names like acer, Aditya, Amogh Dixit, Anjali Bandiwadekar, ARATI SAMAL, Chandra Shekhar Murmu, and Director, IIT Indore Prof. Neelesh Kum... The bottom of the window shows a Windows taskbar with a search bar and system tray icons.

Cisco Webex Meetings Meeting Info Hide menu bar ^ Connected

File Edit Share View Audio & Video Participant Meeting Breakout Help

For students

So it's natural to feel:

- AWAY FROM FAMILY
- AWAY FROM FRIENDS
- LOCKED DOWN IN DIFFICULT FAMILY CIRCUMSTANCE
- EXAMS DELAYED
- HIGHER STUDIES APPLICATIONS HELD OFF
- UNCERTAINTY IN JOB MARKET
- LOSS OF CONTROL**
- DESPITE HIGH STANDARDS OF EXCELLENCE & YEARS OF HARDWORK

SADNESS
LONELINESS
EXCESSIVE THOUGHTS ABOUT HEALTH & DEATH
EXCESSIVE CLEANING & CHECKING
FEARS ABOUT THE FUTURE
HEART RACING, HOT/COLD SWEATS

Speaking: Dr. Ashutosh Singh

Participants (32)

Search

- DS Dr. Ashutosh Singh
- CM counsellor Monika
Cohost
- AB Abhilash Balakrishnan
- AB Abhilash Balakrishnan
- A acer
- AD Amogh Dixit
- AB Anjali Bandiwadekar
- AS ARATI SAMAL

Mute all Unmute all

Unmute Start video Share Record

Participants Chat

Type here to search

12:00 01-11-2020

Webinar on 13th September 2020

Speaker- Mr. Amal M. Das - Entrepreneur, Motivational Speaker, Author, Educationalist, Mentor, and alumnus of BTECH (Hons.), IIT Kharagpur.

Topic- "Enhancing concentration and overcoming distractions during online learning"

The banner features a dark blue background with a red diagonal stripe. At the top left, a red box contains the text "Counselling Cell, IIT Indore". Below this, the title "Organizing a Webinar on Enhancing Concentration and Overcoming Distractions During Online Learning" is written in white. In the top right corner is the IIT Indore logo. A portrait of Mr. Amal M. Das, a man in a light blue shirt, is positioned on the right side. Below the title, there are icons representing a smartphone, a person, and a laptop. At the bottom left, the date and time "11AM September 13, 2020 (Sunday)" are displayed. At the bottom right, the speaker's name "Mr Amal M. Das" and his credentials "IIT IGP Alumnus | Author | Motivational Speaker" are listed.

Counselling Cell, IIT Indore

Organizing a Webinar on
**Enhancing Concentration
and Overcoming
Distractions
During Online Learning**

**11AM
September 13, 2020
(Sunday)**

Mr Amal M. Das
IIT IGP Alumnus | Author | Motivational Speaker

Mentorship Training Session on 9th September 2019

Speaker: Dr. Satsuryaa, the Founder and Chairman of the prestigious National School of Leadership, India's first leadership school focused on higher education in Leadership Sciences.

Topic: "A perspective on the roles and the impact of mentors on the lives of students"







Mental Health Awareness Programme on 19th October 2019

Expert Talk Speakers

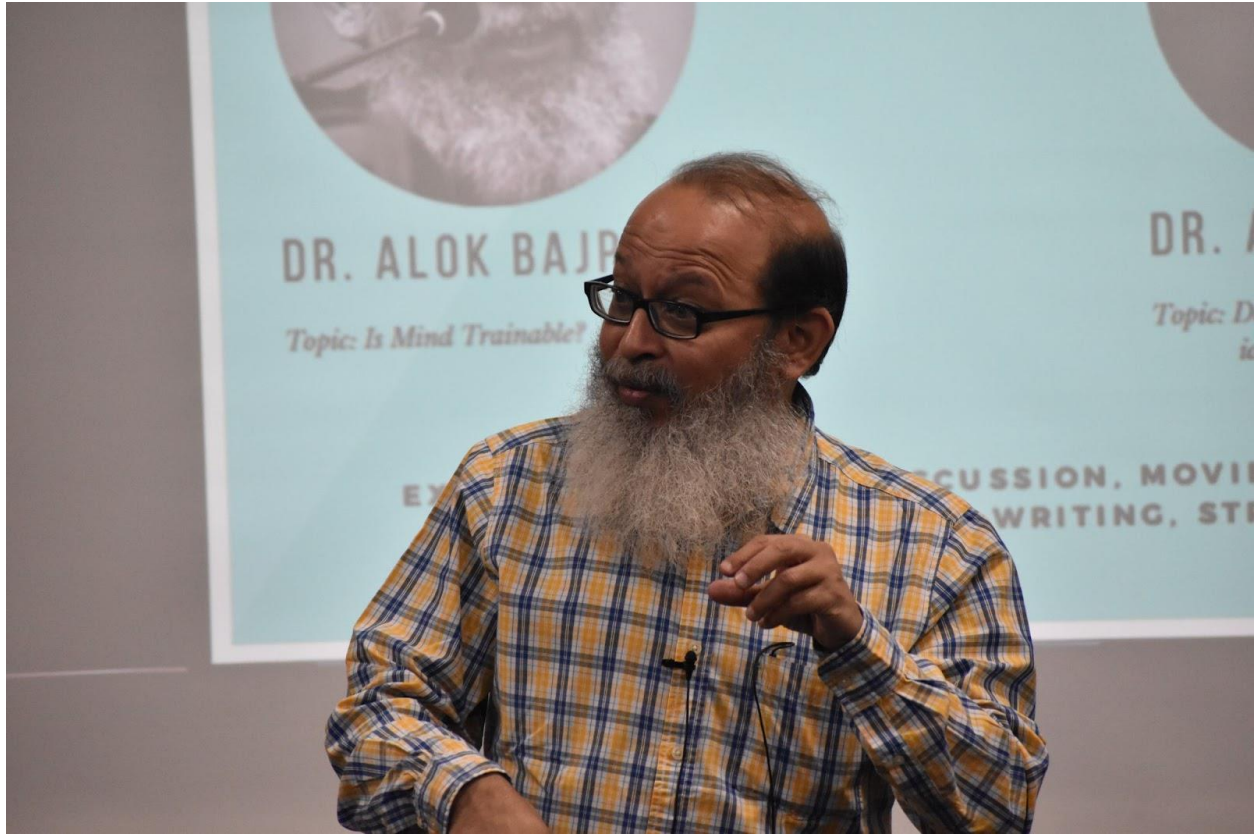
1. Dr. Alok Bajpai (Counselling Cell IITK)

Topic - Is Mind Trainable?

2. Dr. Ashutosh Singh

Topic - Depression - Why can't we still identify it in time?







Other Activities:

3. Panel Discussion: The panel discussion provided an interactive platform for the participants to understand the wider range of concerns related to everyday stress.
4. Street Play: Link: https://drive.google.com/a/iiti.ac.in/file/d/1_0_M5mvHrb_IUXBYwhITfxWGGcOkjo5/view?usp=drivesdk
5. The event also involved a short film screening and prize distribution for various competitions as part of the programme.

Interaction Meeting between new B. Tech. 2019 batch students, parents, faculty advisors and student mentors on 24th July, 2019.

Facilitators: Counselling Cell





Expert Talk on 27th October 2018

Speaker - Dr. Ashutosh Singh, a Consultant Psychiatrist attached to various organizations at Indore including Apollo Hospitals Indore and IIT Indore.

Topic - "Building resilience- encouraging positive mental health"



Mental Health Awareness Programme on 9th September 2017

1. Expert talk

Speaker - Dr. Shekher Seshadri, Professor and Head, Dept. Child & Adolescent Psychiatry National Institute of Mental Health and Neurosciences (NIMHANS) Bangalore, India

Topic - "The Individual and the institution - the nature and scope of student growth"





Other Activities: The event also included the following activities:

2. A street play performance by Aaina, the Dramatics Club of IIT Indore called “Nukkad Naatak- Zindagi Na Milegi Dobara”



3. Poetry writing, story writing and poster making competitions organized by the Literary Club and Kalakriti club



4. Screening of “Suicide - It’s not an option”, movie made by Cinephiles, the premier film making body of IIT Indore.

Link for movie: <https://www.youtube.com/watch?v=0W1TEbknyAQ>