

Wellness Centre
Indian Institute of Technology- Roorkee

Proposed Calendar for Autumn Semester 2019

Meeting date: 29/06/2019

Meeting place: Wellness Centre

Members present: Mr. Ashfaq, Dr. Parul, Mrityunjay, Mrunali

Sr. No.	Date	Event	Comments
1.	15 th July 2019	Orientation programme for PG/PhD	In LHC
2.	21 st /22 nd /23 rd /July 2019	Orientation programme for UG students	
3.	Along with orientation as programmed at Bhawan level	Bhawan Visit (Know Your Home)	
4.	24 th July 2019	<p style="text-align: center;">Writing event For 1st year students Announcement (Submission will start from 2nd August)</p>	<p>Guidelines include vocabulary about different emotions and feelings. Activity: Expressing in words, all the emotions that one experiences in the process of adjustment at IITR along with all the hopes, expectations and aspirations.</p>
5.	2 nd August 2019	Workshop addressing Adjustment Issues & Future Prospect in IITR	By our Counsellors

6.	5 th August 2019	Poster for recruitment (Deadline 11 th August 2019)	Early recruitments so that we can reach out to max. students as timely as we can
7.	5 th August 2019	Intro Talk for first year students (Boys Hostel)	Intro talk plus promotion of writing competition and recruitment
8.	6 th August 2019	Intro Talk for first year students (Girls Hostel)	
A	Between 5 th – 10 th	Emotional Intelligence Workshop	
9.	10 th August 2019	Writing event for 1 st year students Last date to send entries	
10.	12 th – 14 th August 2019	Interviews and Selection of new members	
11.	15 th August 2019	Result Declaration & Independence Day Celebration	We are looking forward to give prizes to the students during the event in order to have a better presentation and get good outreach to the IITR community

12.	21 st August 2019	Design event	E- Design & drawing competition two separate categories will be there
13.	26 th August 2019	Exam Stress Management Workshop	
14.	10 th September 2019	Suicide Prevention Day	
B	23 rd – 30 th September 2019	Faculty Sensitization	To be organized in one of these days
15.	30 th September 2019	Self-Esteem Motivational Workshop	To motivate students after exams
16.	11 th October 2019	Observing Mental Health Day 'Public speaks' for students Skill based workshop for wellness team	
17.	12 th October 2019	Observing Mental Health Day 'Public speaks' for faculty members/staff	
18.	18 th – 20 th Oct 2019	Thomso Event Promotion of Mental Health	Stall for activities

19.	21 st to 25 th October 2019	Bhawan visit by counsellors & Awareness Drive	
20.	15 th December 2019	Newsletter publish	

Team needs to suggest **at least one programme** for **IIT Roorkee-Saharanpur** campus

A few more events were discussed. Dates yet to be finalized.

1. **Script writing** activity, followed by **street play** in collaboration with Dramatic Section- Topic LGBTQ
2. Students asked to **sing and video record a song that makes them smile/** help them in coping/ give them strength. Page shares and certificates for best entries. Evaluators could be several faculty members with keen interest and some training in music. That way we involve more faculty members.
3. **Caption the image**
4. **“Let’s be friend”** a crowd gathering event, group discussions and other activities can be included to engage the students.
5. **An event for faculty to sensitizing them about the issues faced by the students and a healthy interaction between the counsellors and faculty.**