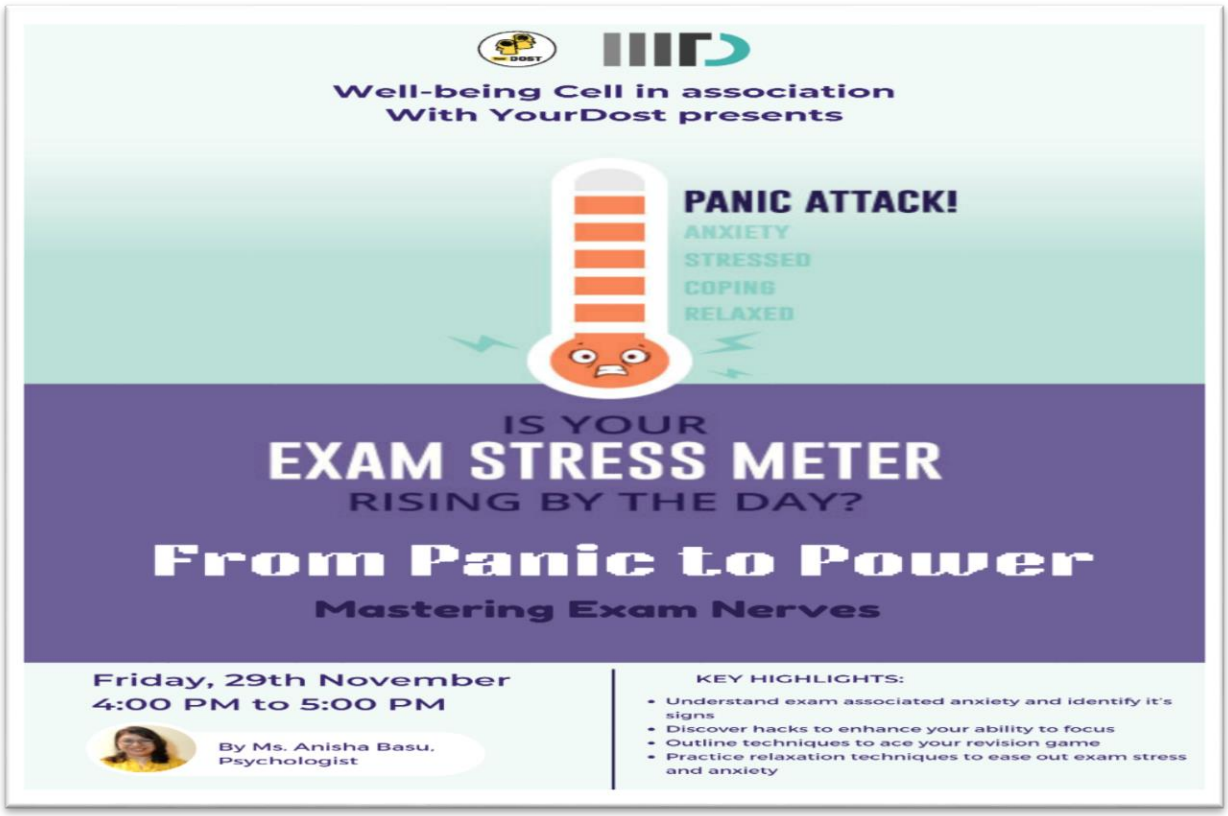
A. Wellbeing & Counseling Services:







Well-Being Cell in association with **The Art of Living** is organising a workshop on

BREATHE YOUR WAY TO

SUCCESS

We invite you to a workshop full of fun games, activities, interactive discussions, breathing techniques and touching upon the techniques to:

- Improve Focus & Productivity
- Eliminate Stress & Unlock Happiness
- Better Emotional Intelligence
- Deepened access to Intuition
- Learn the Art of Meditation
- And Much More!

Anmol Narang
Faculty, Art of Living
Youth Coach



Date: 19th May 2023 (Friday)
Time: 4PM onwards
Venue: C21, Academic Block

Well Being Cell In Association with YourDOST Presents



Social Media & Internet Addiction

A Workshop Not To Be Missed

Friday 31st March, 4:30 PM onwards

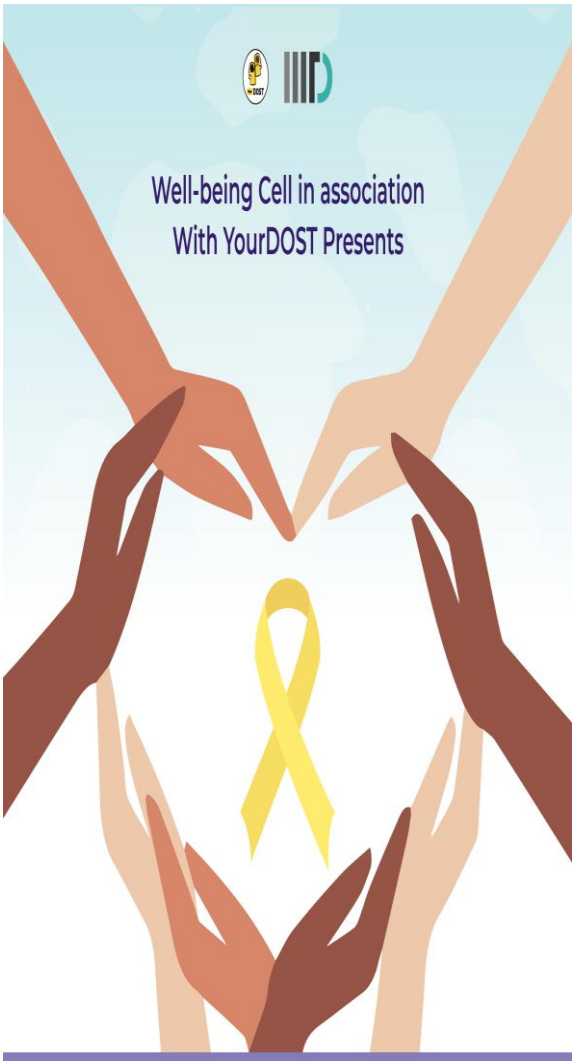
Room no C-21, Old Academic Block, IIIT-Delhi



By Priyanka Manchanda
Organisational Psychologist

KEY HIGHLIGHTS:

- Discuss the impact of social media on your life
- Take the ultimate quiz to assess your tech-usage
- Explore ways to disconnect from screens
- Brainstorm strategies to build healthier routines



Well-being Cell in association
With YourDOST Presents

Cope for Hope

A Workshop Not To Be Missed

Friday, 23rd September

4:30 PM to 5:30 PM



By Ms. Archita Sobti,
Psychologist

KEY HIGHLIGHTS:

- Understanding Self-care and Self-harm
- Deconstructing Self-harm
- Causes and Behaviours that represent Self-harm
- Identifying and helping someone struggling with Mental Health
- Build Healthy coping strategies to avoid Self-harm and promote Self-love
- Helping others build constructive coping strategies

Well-being Cell in association with **YourDost** presents

BAREFOOT COUNSELING

(FOR FACULTY)



Dr. Archana Tyagi

4th August | 3:30 PM - 5:00 PM

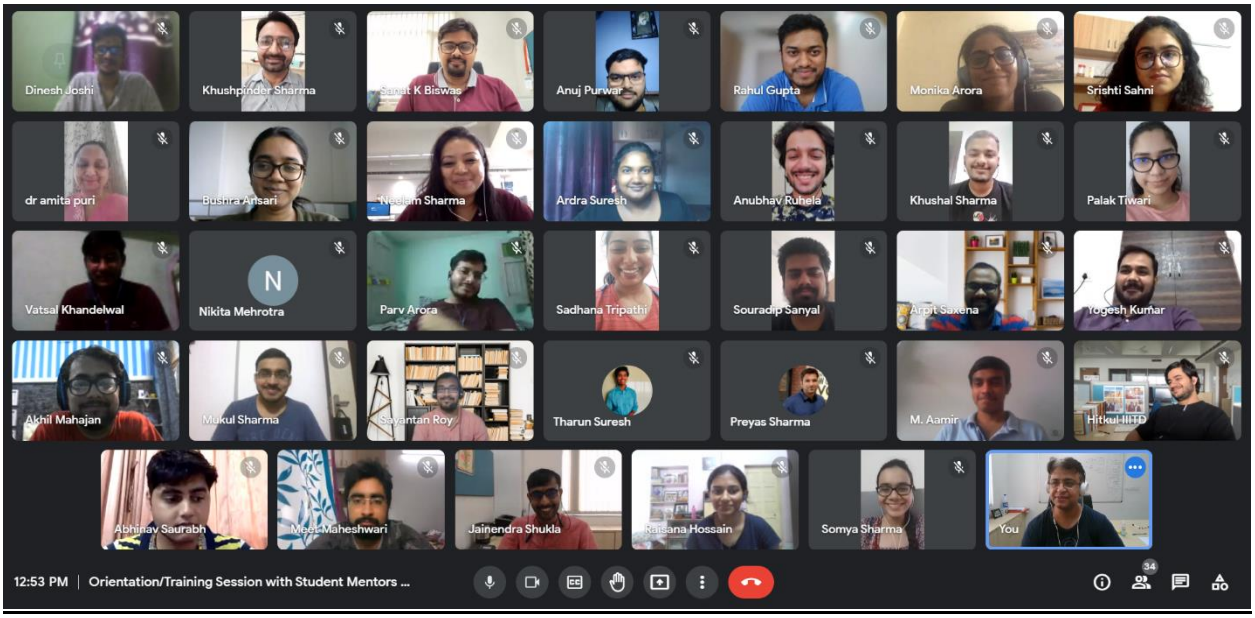
Key Highlights with the content -

The Session will consist of the following topics -

- Discussing the importance of providing support
- Identifying signs of distress among students
- Talking to a student who is struggling
  - Demonstrating Active Listening
  - Practising Empathy
- Knowing how to refer someone to seek professional help
- Taking care of oneself
  - Integrating work and life
  - Managing one's emotions



B. Student Mentorship Program: Session with Mentors



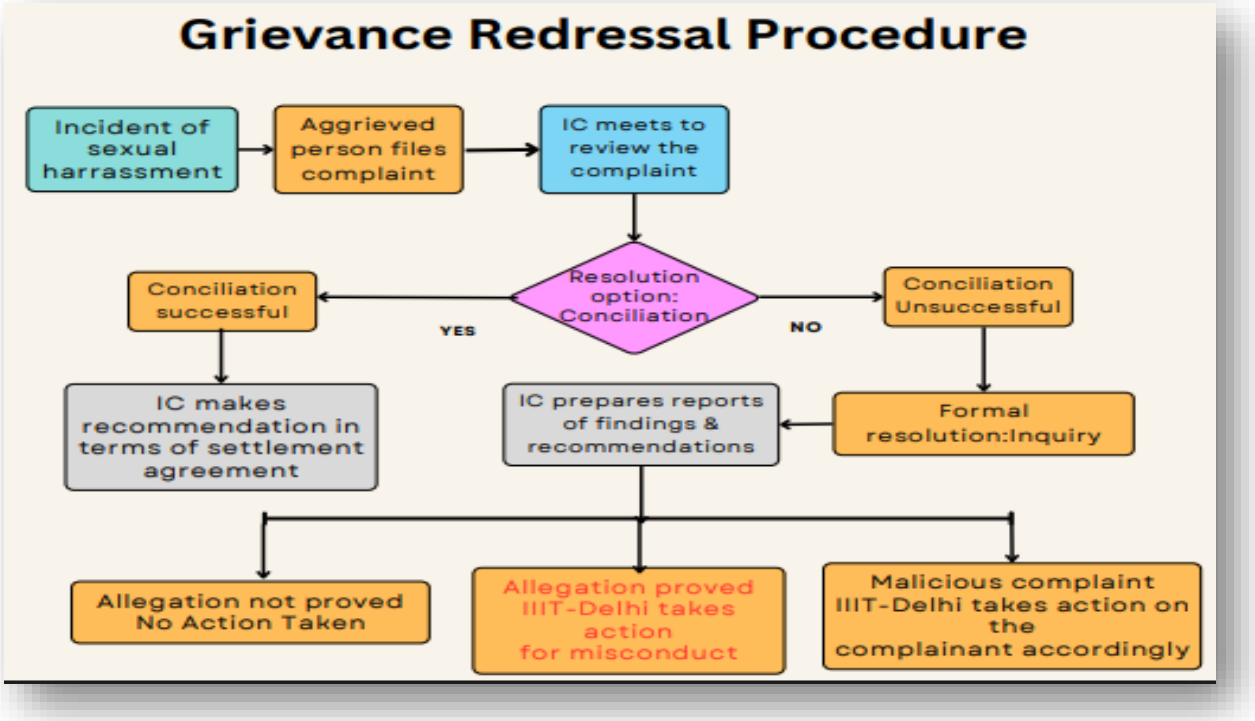


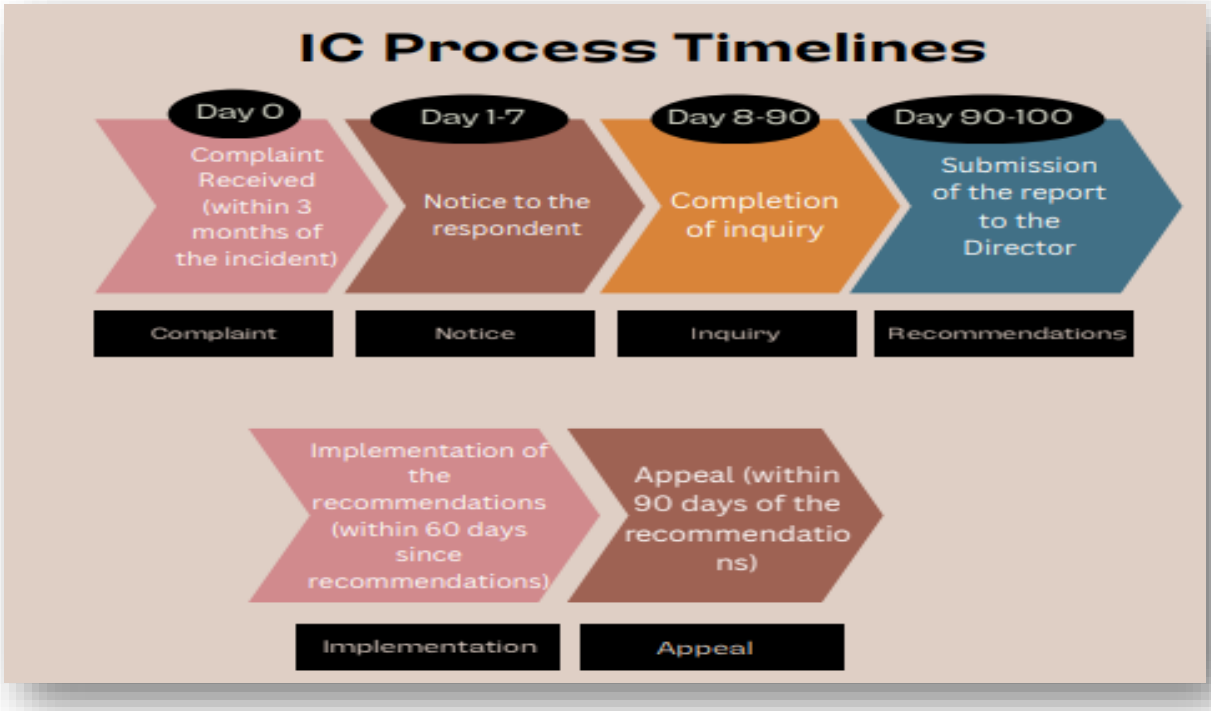




C. **Institutional Policies & Inclusivity Framework:**

https://iiitd.ac.in/life/discipline-grievance/anti-sexual-harassment-committee





D. Clubs, Organizations and Extra-Curricular Policy and Institutional Support:

1. Anti-Sexual Harassment Committee/Internal Complaints Committee:

   https://iiitd.ac.in/life/discipline-grievance/anti-sexual-harassment-committee

2. Well-Being Cell:

   https://iiitd.ac.in/wbc/

3. Resident Gynecologist & Regular health check-up:

   https://iiitd.ac.in/facilities/medical

4. Student Conduct Policy:

   https://iiitd.ac.in/life/student-conduct

5. Day Care for Children:

   https://iiitd.ac.in/sites/default/files/docs/about/2023/Daycare%20IPSAA-IIIT%20agreement.pdf

6. Married Hostel Accommodation:

   https://www.iiitd.ac.in/life/hostels