

## **Rajya Sabha special mention matter raised by Dr. Vikas Mahatme**

Rajya Sabha special mention matter raised by Dr. Vikas Mahatme, Hon'ble MP, Rajya Sabha on 19.07.2019 reg Demand for including Life Skills and Thinking and Emotional Learning in Curriculum to check suicidal tendency among children.

### **Reply:**

With reference to your email dated. 11.02.2021 on the subject cited above, the reply pertaining to IIIT Raichur is furnished as detailed below:

IIIT Raichur started functioning from July 2019 from its transit campus at IIT Hyderabad. From the Academic Year 2020-21, IIIT Raichur is functioning from its transit campus at GEC Raichur and the institute is being mentored by IIT Hyderabad. The temporary accommodation arranged for IIIT Raichur students has the accessibility to all the facilities (hostel rooms, common rooms and rest area and toilets) available to IIT Hyderabad students. Accordingly, the services of the Sunshine team of IIT Hyderabad have been extended to IIIT Raichur students.

The Sunshine team of IITH is carrying out certain activities. The details of which are mentioned below:

1. We have been training our students in life skills through our group sessions between each class and a counsellor. For Example: some of the topics covered were resilience, self esteem building, goals and dreams, mindfulness, self-love.
2. In our weekend series(happens every sunday) we are also discussing topics like Motivation, Procrastination, Perfection and Mental Health, Emotional First Aid, Interpersonal Relationships and Mental Health, Balance in Life, Digital Detoxification, People that inspire, Sleep Hygiene, Change Management, Stress Management, Comparison with others, Healthy Boundaries, what are you thankful for?
3. We have been training our student mentors in topics like the basics of emotional intelligence, personality development, public speaking, basic

mentoring skills, problem solving and suicide prevention since 2012. We are going to train our peer student buddies on the same.

4. Recently, we prepared a 1 credit course structure for a buddy and mentor program and are waiting for the senate approval.

5. We are also providing psychoeducation and psychological counseling for our students since 2012 and even during covid we are providing support 24\*7 through on-line modes like tele counseling, video calls, mails, chat sessions.

6. We have also planned and prepared several events on mental health for the upcoming academic year 2020-21.

Thank you,