

Wellness Community Centre

The Wellness Community Centre, IIT Madras vouches for the holistic wellbeing of the student community. Proactive, retroactive, professional, and career guidance facilities are available on the campus in different forms to ensure student empowerment.

The following three teams work in cohesion to provide assistance for the wellbeing of the Institute community.

- a) SAATHI. SAATHI is a proactive platform for self-growth and well-being of the students. The SAATHI team focuses on proactive measures that raise awareness in the campus about various pertinent issues and plan several informal gatherings, lectures, and sessions, open to all.
- b) MITR. MITR is the retroactive body of students and faculty. The moto of MITR is 'No one in the campus should be unattended in their emotional distress'. MITR members offer emotional and other forms of support to students according to their needs.
- c) Wellness Centre. It is the body of licensed mental health professionals. Students can walk in to discuss their concerns with the professionals. All session information is kept CONFIDENTIAL, unless it holds a threat to the student, or others.

The details on various Wellness Centre activities and contacts are available on <https://www.wellnessiitm.com/>.