



Well-being survey undertaken by IIT Madras on July 2024

As students embark on their academic journey at IITM, understanding the multifaceted aspects of their mental well-being is paramount. Considering this, IIT Madras has conducted well-being overview survey for all the new students admitted during July 2024. This report presents the results of the Wellbeing Overview assessment conducted across different dimensions of life. The survey has three components:

- 1. Psychological well-being** (Self-determination and independence, Mastery of environment, Personal development, Interpersonal connections, Sense of purpose and Positive self-perception),
- 2. Family dynamics and atmosphere** (emotional bonds, open communication and conflict resolution) and
- 3. Self-efficacy** (problem solving resilience, goal driven perseverance and adaptive thinking).

IIT Madras has conducted well-being survey for all the new students (freshies) before getting admitted to IIT MADRAS as a part of admission process. Of these, we found that 2% of freshies are deeply impacted by past trauma, and 17% are marginally affected by past trauma. With respect to wellness levels 3% of newly admitted students fall under worry zone and 32% are under focus zone. The most common challenges observed among the newly joined students are:

- Concern over others' opinion
- Lack of contentment with life setup
- Striving for self-improvement
- Sense of loneliness and social bonds
- Comparing life accomplishments

To address this, IIT Madras administration and student teams planned to conduct various programs on

- Self-awareness workshops
- Behavioural skills training
- Stress management and coping skills programs
- Self-compassion and resilience building workshops
- Financial literacy workshop

Many of these programs are already in progress and counselling programs are being held for students in worry and focus zone. **Student wellness is the priority of the institute.**