

IIM-Ranchi starts 'mental wellness' programme

TIMES NEWS NETWORK

Ranchi: The Indian Institute of Management (IIM), Ranchi, on Saturday launched 'Human Connect' programme to promote mental and emotional well-being among the students.

Notably, early this month, a 22-year-old student of the institute hailing from Varanasi in Uttar Pradesh, Shivam Kumar Pandey, was found hanging inside his hostel room. A special investigation team (SIT) formed by the Ranchi police is probing the incident.

Sources in the IIM said the institute has planned a series of activities, including collective drum circle for emotional expression and relaxation, human library to enable students share personal experiences, tree plantation to encourage a sense of responsibility, besides painting, dance and meditation classes.

'We evolve' lecture series



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on mental and emotional well-being of the students, counselling to enable them to cope with stress, and pet therapy would also be a part of the programme. Mindful intervention techniques to promote relaxation and inner peace are also an element of the step.

An IIM official said with the series of programmes, the institute hopes to help the students come together and connect with each other on a deeper level with the aim to promote their mental and emotional well-being.

Professor Tanushree Dutta, in the presence of IIM director Deepak Kumar Shrivastava, said, "The activities are not just for fun. These would give the students an opportunity to connect with each other at a deeper level."