



IIT MADRAS

Pocket Guide for Freshies 2025



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SAY NO TO RAGGING



What Constitutes Ragging:	Action/Punishment in the event of Ragging:
Ragging Constitutes one or more of any of the following Acts: • Mental/Physical/Sexual Abuse • Verbal Abuse • Indecent Behavior • Criminal Intimidation/Physical Restraint • Undermining Human Dignity • Financial Exploitation/Extortion	• Cancellation of Admission • Suspension from attending classes • Withholding / withdrawing Scholarship/ Fellowship and other benefits • Debarring from representing the Institution in any national and/or international meet, tournament or youth festival etc. • Collective Punishment: when the persons committing or abetting the crime of ragging are not identified the institution shall resort to collective punishment as a deterrent to ensure community discipline and control a ragger.

For details Refer to UGC Regulations on Curbing the Menace of Ragging in Higher Educational Institutions, 2009 Act

The University is grants commission (UGC) has issued a revised advisory regarding students anti ragging. Students may fill the online undertaking against anti ragging at https://www.anti-ragging.in/affidavit_registration_disclaimer.html

- For Ragging Related Complaint (24/7) Help line No: +91 (44) 2257 9999, 044 2257 8280
Email: senior@iitm.ac.in
- For any other concern Direct Warden, CCA, CCA-M, Dea Office



Message from Dean (Students)

Dear Students,

Welcome to IIT Madras, the No.1* Institute in the Country. As you embark upon a very important journey of your life, this pocket guide book is a small endeavour to help you manoeuvre the labyrinths of Inst life. It not only informs you about the 'who's who' in IIT Madras but also about the various spheres (Student Clubs), amenities and wellness support system available on Campus.

IIT Madras is not only known for its robust academics and research but also for the plethora of co-curricular and extra-curricular activities including innovation and entrepreneurship. I encourage you to explore these opportunities and strive to become the best versions of yourself!

I hope your stint at IIT Madras turns out to be the most memorable and enriching experience of your life!

Your Oust
Sathya



The image shows the exterior of a two-story building with a curved facade. The building is painted a light cream color with dark window frames and red decorative trim along the roofline and around the entrance. The entrance is a recessed area with a dark door, flanked by two sets of stairs with metal railings. A small, dark rectangular sign is mounted on the wall to the right of the entrance. In the foreground, there is a paved area with a red and grey checkered pattern, a low concrete planter box containing several small green shrubs, and a larger green bush to the right. A tree with green leaves is visible on the left side of the frame.

OFFICE OF THE
DEAN (STUDENTS)



CONTENTS

Section I

- Vision & Mission of IIT Madras
- About IIT Madras
- Major Landmarks
- Sports Facilities at IIT Madras

Section II

- Institute Secretaries
- Hostel Administration
- Faculty Advisors (Faculty Architects)
- Clubs, Section Teams
- Emotional Wellbeing and Wellness Centre

Section III

- Amenities and Food Joints
- Banks and ATMs
- Canteens and Cushe

Section IV

- Instructions for Students
- Emergency Contact Numbers
- IIT Madras Map
- Institute Social Links



Important contact details

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Mass Allotment	M/s. Srinivasulu	044-2237-8511 8506229672	com.mass@ smalliitm.ac.in
Hostel and Mass Bio Metric	M/s. Krishna	044-2237-8500 8778215518	com.operation@ smalliitm.ac.in





Section I

INDIAN INSTITUTE OF TECHNOLOGY MADRAS

MISSION

- To create and sustain a community of learning in which students acquire knowledge and learn to apply it professionally with due consideration for social, ecological and economic issues.
- To pursue research and disseminate research findings.
- To provide knowledge-based technological services to satisfy the needs of society and the industry.
- To help in building national capabilities in Science, Technology, Humanities, Management, Education and Research.

VISION

To be an academic institution in dynamic equilibrium with its social, ecological and economic environment, striving continuously for excellence in education, research and technological service to the nation.



ABOUT IITM

IIT Madras was established in 1959 with technical assistance from Germany. German Universities and other agencies continue to collaborate with IIT Madras till date for various R&D projects. IIT Madras has developed over the years into a comprehensive centre for technological education, fundamental and applied research in India with more than 300 laboratories organised in a distinctive pattern of functioning. Faculty members (650+) of international repute, a well-served student community (31,000+), 18 departments with an excellent ministerial and technical staff (200+), and an efficient administration all of which contribute to its pre-eminent status. IITM has been Ranked No.2 Institute in India in 'Overall' category for 6th consecutive year and in 'Engineering' category for 9th year in a row. In the NIRF India Rankings 2024, it has been Ranked No.2 in the 'Research' category and 'Innovation' category of the same rankings. It has been accorded the status of Institution of Eminence by the Govt of India in 2019. IIT Madras is recognised globally for its intellectual leadership. A global alumni diaspora second to none in terms of accomplishment is also a part of the IITM Community. Apart from its state-of-the-art academic facilities and its lush greenery and wildlife, the campus has adequate amenities to meet the everyday needs of its residents.

For more information, please visit <https://www.iitm.ac.in/>



HOW TO REACH IIT MADRAS

The IIT Madras Campus (area: 512 acres, 2.5km²) located in the centre of the city, 12.7 kilometres from the airport and 14 kilometres from Chennai Central Railway Station. It is located on the Saradai Patel Road, between the Raj Bhavan and the Adyar Bus Terminus.

The other Landmarks around the campus are:



Adjacent to Chennai Institute
& Guindy Snake Park



Near Anna University



Opposite to Central Leather
Research Institute (CLRI)



Near Madhya Kailash

IIT MADRAS HAS THREE GATES:

- Main Gate, on the Saradai Patel Road
- Wheeling Gate (only for pedestrians / Two – wheeler vehicles), on the Guindy Road / College road
- Taramani Gate (only for pedestrians / Two – wheeler vehicles)

The campus is connected to the IIT Madras – Guindy Park (IITMPG) through the Industry-Academic Bridge.



TO-AND-FRO FROM CAMPUS

Bus: If Madras is connected to the Chennai Railway Station and other major and nearby bus routes. Madhya College and C. R. J. Cancer Institute are the bus stops near the Main Gate. Gandhi Road and T. N. Shank College are the bus stops near the Sub-Entry Gate. Outstation buses are available from the Chennai Madurai bus Terminus (CMRT), Kovvoodi. For bus route information, visit the MTC website.

MITS: Fast Lane Nagar station (near Madhya College) is situated 1.5 km from the Main Gate.

Chennai Metro : The Metro (Green Line) and Purple Line) metro stations are about 5-10 minutes by road.

Local Train: Local trains are also available from Guindy (B-2 line). Outstation trains are available from the Chennai Chennai Railway Station and other places via long distance.

Autos and Taxis: The site is well-served by autos and taxis and common ride-hailing options can be used.

On-Campus Bus Transport:

i) On-campus bus service is available for all on all days from 6:15 am to 8:30 pm at an interval of 15 minutes. The buses start at 6:15 am & immediately from the Main Gate to the Hospital zone and from the Hospital zone to the Main Gate. The buses stop from the main gate at 10:00 pm to the Bus Depot (at Rajendra Circle/GC).

ii) Night transport is available from the Academic zone to the Hospital zone one time between 10:00 pm and 10:30 am on all days. The bus stop location (at Rajendra Circle) for availing the bus service.



MAJOR LANDMARKS (in Alphabetic Order)

Administration Block: It is close to the Gajendra Circle (GC). Academic Section, Academic Research Section, Administration section, Accounts Section, Engineering Unit offices, Security Section, IT/ITeS Section are located in this block.

Ajanta: A 24/7 Reading Hall is located at Central Library.

Bose Einstein Guest House (BEGH): It provides boarding & lodging facilities for VFs and Institute Guest.

Career Pathway Centre: It is to empower students to independently navigate and create their career path. It is close to the Canteen office.



Central Electronic Centre (CEC): Electronic laboratories are situated at CEC. CEC is located at Electrical Sciences Block.

Central Lecture Theatre (CLT): This air-conditioned Lecture Theatre is located a little above of the Administration, in the Humanities and Sciences block. It is often used as the venue for debates, special lectures, cultural activities and more.

Central Library: This five storied building is home to a large number of books and journals and it's located close to the Rajendra circle. It also has a book bank where one can borrow textbooks for a semester.

Central Skill Training and Fabrication Facility (CSTF): CSTF is located on Alumni Avenue, opposite to the Mechanical Sciences Block.

Class Room Complex (CRC): On Alumni Avenue, it is situated halfway between the Humanities and Sciences Block (HSS) and the Velachery Gate. The majority of first year programmes held here.



Mining Facility:

Amritya Mess - Situated on Bhindra Road

Night Mess - Near Edisha Hostel

Vandhya Mess - Near Sharavati Hostel

Discovery Campus: Discovery campus at Thiruvir (162 acres) is situated 25.38km from the main Campus. It will host state of the art research centres with large dedicated facilities

Florie: It is a plot located near to the building of the Department of Management Studies (DMS)

Food for Thoughts (FFT): This is the Food court facility on the first floor of Campus Café

Gajendra Circle (GC): This is the primary intersection and the key reference point for moving around campus.



Heritage Centre: It is located on the front side of the Administrative Block-Bin and Floor.

IC&SR Building: This is located opposite to the Administrative Building on Alumni Avenue. It houses Auditoriums, Seminar Halls, Conference Rooms and offices of Dean CSR and Dean ACR, besides other facilities

IT Madras Research Park (ITMRP): ITMRP provides an ecosystem for Academia-Industry collaboration with start-ups focus on I4.0 and next-gen facilities. ITMRP is situated in the IT campus at whitefly.

Institute Hospital: It provides primary health care services. Hospital is located on the cross road



Krishna Divyakula Block: Earlier known as NAC (I), it is a multi-storied building housing several departments and offices.

Manohar C Walse Stadium: This large open air stadium is situated on Dilli Avenue and is used for various sports activities, air shows during Shastra, and more.

New Academic Complex-II (NAC - II): New Academic Complex-II is located adjacent to the building of the Department of Ocean Engineering and opposite to the building of Biotechnology I.

Office of the Union of Students (DoS): It is situated adjacent to the west end of the Administration Building. It houses Wellness Centre on the 1st floor, Dean Students Office on the 2nd floor and a multipurpose Utility Hall (UTH) on the 3rd floor.

Office of Hostel Management (OHM): Takes care of various Hostel Accommodation / Dining related activities. It is located on the SAC road.

Open Air Theatre (OAT): It is an amphitheatre where the Film Club shows movies every Saturday. It is situated between the GC and the Hostel area. It hosts professional shows at the time of Saarang besides many other events and activities.



Quark: Student activities space near Saraswati hostel. A restaurant is located in the ground floor. IT lounge for student computer access is located on the 1st floor.

Raman and Ramanujan Blocks: These are the places where most of your common classes will take place and where most of you will be headed to in the mornings, half awake. The ground floor of the Class Room Complex is air conditioned and is open for the use of students till 1 AM during the college weeks to serve as hangout spots for the muggu junta apart from the library.

Security Section: The main office of Security section is located in the back wing of the Administration Block, Ground Floor.



Students' Activity Centre (SAC): The registration for Admissions will be conducted in this building. It has a music room, a large auditorium and more. Important events like Institute Day and Convocation are held here.

Sudha and Shankar Innovation Hub: It is located adjacent to the Institute Hostel.

Taramani Guest House (TGH): Provides lodging and boarding facilities for guest & Faculty/staff/students.

Up-Top Interaction Lounge (UTIL): UTIL is located on the rooftop of the TGH Building. The space is well utilized for the interaction meetings.

Wellness Centre: Institute has Wellness Centre where students can consult mental health professionals. It is situated in the premises on the TGH building (1st floor).



STUDENTS CLUBS

Activity Clubs: Numerous Co-curricular and cultural clubs are available for various activities such as Sangam, AsPD Club, Maths Club and many more. These clubs organize various events and get together throughout the year. For more information, visit <https://www.itmadras.com/campus-life/clubs>. **Cultural Clubs:** Students form constitute 16 cultural clubs including various art forms ranging from music to dance, classical and contemporary.

Prakriti, the wildlife Club: Encourages residents to understand and value the unique ecological diversity of the IT Madras campus. It hosts talks, excursions and observation programmes, involving nature enthusiasts. <https://home.itmadras.org/prakriti/prakriti-club/index.html> and <https://prakititgimadras.in/>

Women's Forum: This is the official organisation for all women at ITM, including teaching and non-teaching employees and students.



OTHER OFFICES AND RESOURCES

Engineering Unit: The Engineering unit provides the requisite infrastructure facilities and takes care of the maintenance. The offices are situated in the student's hostel and resident halls.

Computer Centre: The PG Self-support Centre for Computer Resources is a controlled computing facility. It also takes care of network/internet connectivity. For more information, visit <https://ccr.iitb.ac.in>

Workflow: All academic activities related to Course registration, Bonafide card/letter and grade information can be accessed.

Inclusive Education Resource Centre: The Inclusive Education brings all students together regardless of their strengths and weaknesses and ensures that they are part of the mainstream education. It provides assistive technologies to help them to learn and also ensures safe and comfortable living conditions on the campus. This centre is housed within the Central Library.



Complaints and Grievances:

1. Complaint Committee Against Sexual Harassment (CCASH)
2. High Power Committee - CUG
3. High Power Committee - DSG
4. Departmental Grievance Committee



SPORTS FACILITIES AT IITM

Sitara Indoor Sports Complex:

Ground Floor: Hockey Shuttle Courts, Badminton Courts, Basket Ball & Volley Ball Court

First Floor: Table Tennis

Third Floor: Open Terrace Tennis Court



Volleyball Court, 2nd and 3rd Floor Court near Sports Complex





Basketball Court, 2 nos of Concrete court near Volleyball Court



Tennis Court, 1st Court near Basketball Court.



Badminton, 5 Nos
(Indoor multi game Sports)

Sports Complex (Opp. to Jaraman Guest House).

Ground Floor: Weightlifting

1st Floor: Fitness Centre

2nd Floor: Wooden Squash Court & Yoga Hall

3rd Floor: Chess



Chempulast Cricket Ground near Dept. of ED (Practice pitch/ground for the school. Subject to availability and prior booking with SCMA). In 2017, IITM Chempulast ground was renamed as K.S. Narayana Centre for Cricketer Excellence.



Swimming Pool, one shallow pool and one deep pool. Opp to SAC Building



Seating Facility: Sargent's Ground, New Saraswati Hostel – (Subject to booking in advance)



Football & Hockey: Near Dept of Biotechnology



Manohar C Welsa Stadium, we have 400 meters synthetic Track Opposite to Director's Bungalow. The Stadium remains closed between 10 am and 4 pm,





Section II

INSTITUTE SECRETARIES |Students Executive Council 2025-2026|

S. No	Post Name	Name
1	Academic Affairs Secretary	Mr. Siddharth Chauran
2	Co-Curricular Affairs Secretary	Mr. Chitranshu Nayth
3	Cultural Affairs Secretary A & B	Mr. Arjun
4	Cultural Affairs Secretary Literary	Mr. Rathnam Sai Sankap
5	International & Alumni Relations Secretary	Mr. Anoushka Sanjay Rabbia
6	Hostel Affairs Secretary	Mr. Kandregula Rohit
7	Research Affairs Secretary	Mr. Pabitra Kumar Sahu
8	Institute Sports Secretary	Ms. Probhavana D
9	Speaker Students Legislative Council	Mr. Vaswanth Kumar A
10	Students General Secretary	Mr. Tarun Kumar
11	Chief Commissioner (Student Ethics and Constitution Commission) SECC	Mr. Kaushik Raju P
12	CPI, Students Head	Mr. Aditya Sharma
13	MCU Student Head	Ms. Lakshithams
14	Executive Editor TFF (The Fine Fests)	Ms. Meenakshi Rajeev
15	Executive Editor LFF (The L Fine Fests)	Mr. Anishma Patil



INSTITUTE SECRETARIES [Students Executive Council 2025-2026]

Roll No.	Inst. Coll No.	Email id
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ED22B020	9444005708	sec_sae@smallitmad.in
CH22B000	9444005769	sec_sae@smallitmad.in
ED21B010	9444005710	sec_sae@smallitmad.in
ED22B014	9444005743	sec_sae@smallitmad.in
ED21B002	9444005772	sec_sae@smallitmad.in
ED21B006	9444005774	sec_sae@smallitmad.in
ED22B012	9444307540	sec_sae@smallitmad.in
ED21B010	9444005762	sec_sae@smallitmad.in
ED21B020	-	sec_sae@smallitmad.in
ED22B000	9444005773	sec_sae@smallitmad.in
ED21B025	-	sec_sae@smallitmad.in
ED21B033		sec_sae@smallitmad.in
ED22B007	-	sec_sae@smallitmad.in



HOSTEL ADMINISTRATION – 2025

S. No	Hostel	Warden	Mobile No.	Official Email id
1	Chairman Council of Wardens	Prof. Y. M. S. S. Sanyasiraju	944005052	ccw@itm.ac.in
2	Vice Chairman Council of Wardens	Prof. STS Baghelanth	944004450	rmw@smail.itm.ac.in
3	Alakananda	Dr. Basji Srinivasan	944005068	wardenalekg@email.itm.ac.in
4	Indraasmitra	Dr. Soumenra Nath Raiy	944005010	wardenaraiya@smail.itm.ac.in
5	Country	Dr. Suresh Kumar Devadillo	944555802	wardencountry@smail.itm.ac.in
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7	Godavari	Dr. Pradeep Ranjan P. Jhaver	944005078	wardengodavari@email.itm.ac.in
8	Jamuna	Prof. S. H. Manam	944005019	wardenjamuna@smail.itm.ac.in
9	Krishna	Prof. Abhijit Chaudhuri	944005590	wardenkrishna@smail.itm.ac.in
10	Mahanadi	Prof. Mr. Mahadevi Balaji	944001570	wardenmahanadi@smail.itm.ac.in
11	Narmada	Dr. Srinivasu Ban Bhele	944005054	wardennarmada@email.itm.ac.in
12	Tampra	Dr. Prakash Kishore	944001571	wardentampra@smail.itm.ac.in



HOSTEL ADMINISTRATION – 2025

S. No	Hostel	Warden	Mobile No.	Official Email id
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16	Tata	Dr. Tarbosh Kumar Sahu	9444009089	wardentat@ smail.iiitm.ac.in
17	Mandakini - A	Prof. Sandipan Bandyopadhyay	9644009082	wardenmandaki@ smail.iiitm.ac.in
18	Mandakini - B	Prof. Satya Ghoshan Maji	9444009708	wardenmandaki@ smail.iiitm.ac.in
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20	Sabarnati	Dr. Merin Sini Raj	9444393458	wardensab@ smail.iiitm.ac.in
21	Sanyal	Dr. Merin Sini Raj	9644393522	wardensan@ smail.iiitm.ac.in
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23	Tungta	Prof. Tanika Gupta	9644393546	wardentun@ smail.iiitm.ac.in
24	Sriamamunli	Prof. Rupashree Boral	9840935652	wardensriam@ smail.iiitm.ac.in



FACULTY ADVISORS (VARIOUS ACTIVITIES)

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1	Chairman Council of Wardens	Prof. Y.V.S. S. Sampas Raju	rsr@gnm.ac.in	9444009057
2	Vice Chairman Council of Wardens	Prof. Raghukanth S T G	ccwvc@gnm.ac.in	9444009490
3	Chairperson (CMSPS)	Prof. Sumanth Chandra Roy	cmgfs@gnm.ac.in	9444008123
4	Advisor (Mtg)	Prof. Ramash L. Ganes	mtr@gnm.ac.in	9444008760
5	Advisor (Poethu)	Prof. Heemash Jank	stach@gnm.ac.in	9444009431
6	Advisor (Cultural)	Prof. Sushanta Kumar Panigrahi	adccul@gnm.ac.in	9444008796
7	Advisor (Co-curricular)	Prof. Munugiyil Amethalingam	adcccur@gnm.ac.in	9444008757
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10	Co-Advisor Sports	Prof. Sudhar Chandhan	rcs@gnm.ac.in	9444007489



FACULTY ADVISORS (VARIOUS ACTIVITIES)

S. No	Advisor	Name	Official Email Id	Mobli No.
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12	Advisor [Placement & Internship]	Prof. P Muniguel	sdh@itm.ac.in	944300052
13	Coordinator [Placement & Internship]	Prof. Parasuram Sivamurthy	sdh@itm.ac.in	9443000126
14	Advisor [Special needs]	Prof. Shaligram Tiwar	sdhs@itm.ac.in	944304432
15	Advisor [H-Cell]	Prof. Hrish Agarwal	sdh@itm.ac.in	944304436
16	Advisor [BAR Affairs]	Prof. Srkanth Modam	sdh@itm.ac.in	944304436
17	Advisor [Career Development Cell]	Dr. Mathang Krishnamurthy	sdh@itm.ac.in	944304436
18	Advisor [NSS, IRI, Society Services I]	Prof. Huzen Daswani	sdhs@itm.ac.in	944521024
19	Advisor [EML]	Prof. Basavaraj Markota Gurappa	sdh@itm.ac.in	9176659760
20	Advisor [Innovation and Entrepreneurship]	Prof. Prabh. Rajgopal	sdh@itm.ac.in	944307173



FACULTY ADVISORS (VARIOUS ACTIVITIES)

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21	Advisor (B.C./MCC)	Prof. M. Jagannathan	adbc@smallfilm.ac.in	9440944332
22	Chief Election Officer	Prof. Vidya Bhushan Maji	vbma@smallfilm.ac.in	044-228704294
23	Advisor (NCC)	Prof. R. Vijayakumar	advncc@smallfilm.ac.in	9440944335
24	Advisor (Film Club)	Prof. Jyotsna Sangwai	filmclubsec@smallfilm.ac.in	9444384168
25	Chairperson Institute Disciplinary Committee for Students	Prof. P. Sudram	psudram@smallfilm.ac.in	9444115425
27	Advisor - Hostel Infrastructure	Prof. Shashin Tanque AJ	adinfra@smallfilm.ac.in	044-22574534
28	Advisor Welfare	Prof. Santhi P Sudhan	adwelfare@smallfilm.ac.in	9408665027
29	Advisor TEE	Prof. P. Sudhan	adtee@smallfilm.ac.in	044-22574526
30	Advisor (Outbound Training)	Prof. M.S. Sivakumar	adout@smallfilm.ac.in	9445284055



EMOTIONAL WELLNESS

DELLAPPE GEMMILL <https://ishappyfromnow/>

Message from the Director

Altogether half the battle in a difficult situation. Staying optimistic, release endorphins or "happy hormones", which sends a constructive message to our brain and shifts focus on to the positive aspects. This healthy outlook will go a long way in moulding us to be pragmatic rather than dramatic.



Now, we have all heard of the glass half-full analogy – this I think best demonstrates if a particular situation could be a cause for pessimism (half empty) or optimism (half full). Our point of view reframes our position and this highlights the opportunities that can be taken advantage of, rather than problems to avoid. It definitely helps to look on the bright side of things.

However, this does not imply that we ignore the negatives. Indeed acknowledging, validating and addressing them allows us to move forward without hanging on to negativity, a trait that will help us respond rather than react to situations that are not in our favour.

Striving for contentment in every endeavour can be the strength that puts us at ease with our situation, body and mind. Seneca described this by saying: "He who is not content with what he has, would not be contented with what he would like to have."

My personal mantra to you would be to focus on what you can change within yourself or your environment, and start taking small steps in that direction. The trick is to focus your energies on what you can control, while letting go of the rest.

It's very simple, happiness does not depend on what we have, but on what we produce. I would to introspect, accept your negatives, celebrate every success, acknowledge your presence and strive for fulfillment.

Remember, you are not what happened to you, you are what you choose to become.

with regards
Prof. V. Kamboj



BEING HAPPY IS IMPORTANT



Wellness Initiative

Gatekeeper Training Program

<https://behappy.itm.ac.in/gatekeeper-training-program.html>

Wellness Survey

<https://behappy.itm.ac.in/wellness-survey.html>

Details of Listeners

Name	Mobile No.
Prof. M. S. Sreekumar	9445284090
Dr. P. Kandhasamy (Retd.)	9498118888
Mr. Snidhar Bhusareghosar	9461900335
Mr. Akshar Patel	+44 7424914828
Mrs. Gangi Mukherjee	6202551 936
Mr. Keshav Phantawaj	+1 541-751-6532
Dr. Iga Thomas	8056410012
Mr. Menakandan B	9862217076
Dr. G. Arunkumar	9789570000





Wellness Centre

The Wellness Centre is a body of licensed mental health professionals who provide counseling and psychotherapy to students, staff and faculty.

You can book an appointment or walk-in at the Dost Office, 1st floor.



Contact:

044 2257 8521 / 94986 65021 / wellness1@small.itm.ac.in

Timings: Monday – Friday: 10 am – 6 pm

Saturday: 10 am – 6 pm

Senior Wellness Officer : wo@small.itm.ac.in / 9498665101

Clinical psychologists

- | | |
|----|--|
| 1. | wellness4@small.itm.ac.in , 044 2257 8527 |
| 2. | wellness3@small.itm.ac.in , 044 2257 8549 |
| 3. | wellness2@small.itm.ac.in , 044 2257 8523 |

Counseling psychologists

- | | |
|----|--|
| 1. | wellness6@small.itm.ac.in , 044 2257 8527 |
| 2. | wellness5@small.itm.ac.in , 044 2257 8521 |

**Student Wellness
Resources
Overview**



Counselling facility at Hostels and Departments

Monday to Friday (5 days Weekly)

Timings: 12 noon to 6.00pm

Mobile No:

94986 65103 / 94986 65105

94986 65102 / 94986 65104



External Counselling

Online Counselling (text/chat/video conference modes) - bit.ly/IITMF2RNew

Toll - Counselling 24*7 Unlimited Helpline no. 044-4813-6222

Face-to-Face Counselling inside Campus.
Venue: Central Library, 2nd Floor



Counselling facility at Institute Hospital

Timings	10:00 am - 6:00 pm 8:00 pm - 6:00 am (365 days)
Contact	90805 18874 / 044 2257 8324 iitm@myndwell.in



"Happiness is a collective
responsibility at IIT Medras"
behappy.iitm.ac.in



Student Wellness
Resources Overview



MITR, **M**entoring for **I**ndividual **T**ransformation, is a wellness support group comprising faculty and student coordinators. MITR student coordinators offer peer counseling, psycho-social support, and other forms of support according to students' needs.

Our motto is:

"No one in the campus should be unattended in their emotional distress".

You can reach out to us at



mitr@smail.itm.ac.in



mitr-itm



Prof. Sathyanarayana N Gummadi (DeSt) [MITR Chief Advisor]	9444038050
Prof. Ramesh L. Gardas (MITR Advisor)	9444038760
Prof. Sarith P Sathian (Wellness Advisor)	9482663027
Hiba Fathima (Student Advisor)	9487511403
Saravana Gura S (Counselling Core)	8537453391
M. Upparthi Sandi (Counselling Core)	9964778299
Rahul Kumar Mahamala (Design and Media Core)	9179130164
Sumit Prakash (Events Core)	8521337624
Lakshmi Prasanna (Finance and events Core)	7207553869
Geeta Priyanka Vasadi (IE Connect Core)	7981553277





SAATHI

SAATHI is a proactive platform under the Wellness Community Centre at IIT Madras. SAATHI conducts various wellness programs such as Student Mentorship Cell, Aged Buddy program, Immersion programs for freshmen and various other awareness programmes throughout the year.

You can contact us at



saathi_core@smccl.iitm.ac.in



saathi.iitm

Prof. Beeralah Balra (Advisor)	94440 94431
Tanin Kumar (Student Gen Sec)	74042 09228
Naman Sharma (UG Core)	74048 47824
Rishi Dhar Gandhi (PG Core)	78076 77005

NATIONAL HELPLINES

Tele consultation through the National Health Mission (NHM)

- Toll-free number 104 – 24x7 service
- Toll-free number 14416 – 24x7 service
- Helios App (Play Store/App Store)





Section III

AMENITIES AND FOOD JOINTS

Name of the Shop	Shop Location
Robo trays (Food Truck)	Behind TGH
Istara (Food Aggregator)	HFC
Thruway Technologies (Cookincloud)	ICCI Bank Hangout
7 Star Beauty Salon	Narmada Basement
Sivani Browing centre	Narmada Basement
Sunshine	Narmada Basement
Prime Mart (Supermarket)	Near CCM Office
CCM (24/7 Coffee Day)	Near ClubS
Zafreen Restaurant & Café	Quark
Hisho Café (Snacks)	Shop No.01 NSFC
Adyar Café	Shop No.02 NSFC
TI Cycles of India (Cycle repair shop)	Shop No.06 NSFC
Cycle World (Cycle repair shop)	Near Tapli Hostel



BANK AND ATM CENTRES

The Campus has two banks and a few ATM outlets.

SBI Bank: It is located opposite to KV School (around 200 m from Gandhara Circle on Benn Avenue). The bank has two ATMs – one located within the premises and the other near the Taramani Guest House.



Canara Bank: It is located near the shopping centre close to the residential area. The bank has two ATMs – one is located within the premises and the other at Student Facilities Centre.

ICICI Bank ATMs: One is located at Office of Hostel Management and the other at Near Nilgiri Mess.



HDFC Bank ATM: Opposite Iskcon Hostel.

Post Office: It is located opposite the SBI Bank, Near KV School on Benn Avenue. Railway Ticket Booking Counter (Limited Schedule) is also created.



SCHOOLS & CRECHE

Kendriya Vidyalaya IT Madras - On Boim Avenue, Opposite to the SBI and Post Office.



VanaVani Matriculation Higher Secondary School, IT Madras - On Boim Avenue, around 1.2 km from Gopurba Circle, Near Staff Club



Techkids - Creche facility is also available on Campus for the children of the employees and students of IIT Madras.





Section IV

INSTRUCTION FOR STUDENTS

SOME IMPORTANT POINTS



- Smoking and use of alcohol is not allowed in the campus.
- Parking, hunting, and fishing are strictly prohibited.
- Don't feed animals.
- Smoking and Consumption of alcohol inside the campus is strictly prohibited.
- Possessing or possession of any type of drugs is a criminal offence.
- IIT Madras comes under the jurisdiction of the IIT Kharagpur Police Station.
- IIT Madras follows the POSH Act (Protection of Women from Sexual Harassment at Workplace Act), 2013.
- Please follow the social media guidelines of the institute - <https://www.iitm.ac.in/iitmadras/student-policies>

For More Information, Please Visit:

<https://www.iitm.ac.in/campus-life/other-facilities>

THINGS YOU WILL NEED TO GET YOU GOING IN CAMPUS

- A bed and bucket, mug and toiletries.
- A mattress, bedsheet and pillow.
- A laptop, scientific calculator and other required stationary.
- A uniform prescribed by the Academic Section and black leather shoes for Central Skill Training and Fabrication Facility.
- **English Learning Platforms:** To improve Communication Skills using an AI-based online Central Library has Subscribed LANDOIL. Visit ohappy.iitm.ac.in for further details.



INSTITUTE RELATED WEBSITE LINKS

Institute Website: <https://www.itiitmadras.in>

IITM Students Academic Portal: <https://academic.itiitmadras.in>

IIT Workflow Portal: <https://workflow.itiitmadras.in>

Office of Hostel Management: <https://ohm.itiitmadras.in>

Hostel Related Workflow Portal: <https://kollegelcm.itiitmadras.in>

Office of Alumni Affairs: <https://oaa.itiitmadras.in>

IIT Madras Alumni Association: <https://itmaa.org>

Dostoffice Website: <https://dost.itiitmadras.in>

Behappy: <https://behappy.itiitmadras.in>

Mitr: https://intranet/mitr_itiitmadras.in

Scholarship: <https://www.itiitmadras.in/academic/scholarships-and-financial-assistance>

CCASH: <https://www.itiitmadras.in/the-institute/administration/campaign-committee>

















Dean (Students)

Prof. Achyutharajanna H. Gummadi
9444008050

Dean (Academic Courses)

Prof. Prashant Kulkarni
9444008000

Dean (Academic Research)

Prof. Shanthi Pawar
9444008040

Dean (Planning & Wellness Co-ordinator)

Prof. H. Jambhekar
9444008080

Registrar

Dr. Jale Prasad
9444008100

Chairperson Council of Wardens

Prof. Y. M. S. Sampathraj
9444008070

Vice Chairperson Council of Wardens

Prof. A. L. G. Heghubanth
9444008430

Adviser (Special Needs)

Prof. Shaligram Tiwar
9444008435

EMERGENCY CONTACTS (LANDLINE: 044-2257-XXXX)

DoST Office
8051/8052/8053/8054/8055

Chief Medical Officer
8301

24*7 Electrical Emergency
8161 / 8185

Security Emergency
9999 / 8280

Security Officer
8263

Hostel Allotment
8513

Hospital Enquiries
8333 / 8888

Hostel and Mess Biometric & i-kollege
queries 8509

Temporary Accommodation
8500

Ambulance (Institute Hospital)
8888 / 8333

ZERO TOLERANCE TO SEXUAL HARASSMENT
ZERO TOLERANCE TO RAGGING
SAY NO TO PLASTIC



Released By

Office of the Dean (Students)
INDIAN INSTITUTE OF TECHNOLOGY MADRAS