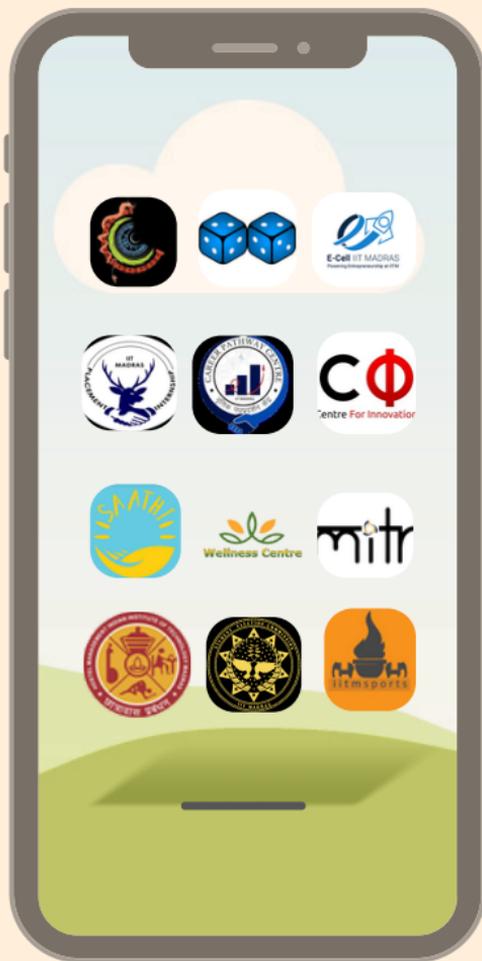




# IIT MADRAS

## Pocket Guide for Freshies 2025



[dost.iitm.ac.in](http://dost.iitm.ac.in)



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DoST - IIT Madras



# IIT MADRAS



**POCKET GUIDE  
FOR FRESHIES  
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# SAY NO TO RAGGING



What Constitutes Ragging:	Action/Punishment in the event of Ragging:
<p>Ragging Constitutes one or more of any of the following Acts:</p> <ul style="list-style-type: none"> <li>• Mental/Physical/Sexual Abuse</li> <li>• Verbal Abuse</li> <li>• Indecent Behavior</li> <li>• Criminal Intimidation/Wrongful Restraint</li> <li>• Undermining Human Dignity</li> <li>• Financial Exploitation/Extortion</li> </ul>	<ul style="list-style-type: none"> <li>• Cancellation of Admission</li> <li>• Suspension from attending classes.</li> <li>• Withholding / withdrawing Scholarship/ Fellowship and other benefits.</li> <li>• Debarring from representing the institution in any regional, national or international meet, tournament or youth festival etc.</li> <li>• <b>Collective Punishment:</b> 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 pressure on potential ragger.</li> </ul>

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 in the online undertaking against anti-ragging at [https://www.antiragging.in/affidavit\\_registration\\_disclaimer.html](https://www.antiragging.in/affidavit_registration_disclaimer.html)

- For Ragging Related Complain: (24/7) Helpline No: **+91 (44) 2257 9999, 044 2257 8280 Email: secsec@iitm.ac.in**
- You may also contact: Hostel Warden, CCW, CCW-VC, Dost Office



## Message from Dean (Students)



Dear Student,

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 Insti 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 DoSt**  
***Sathya***





# 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 (Various Activities)
- MiTR, Saathi Teams
- Emotional Wellness and Wellness Centre

## Section III

- Amenities and Food Joints
- Banks and ATMs
- Schools and Creche

## Section IV

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



## Important contact details

DESIGNATION	PHONE NUMBER	EMAIL ID
Deputy Registrar (Students) & (CO & PR)	044-2257-8053 / 8293	drstudents@iitm.ac.in
Deputy Registrar (Career Pathway Centre)	044-2257-8131	drcpc@iitm.ac.in
Deputy Registrar (Courses)	044-2257-8036	drcourses@iitm.ac.in
Deputy Registrar / Assistant Registrar (Research)	044-2257-8044 / 8036	drresearch@iitm.ac.in
Chief Security Officer	044-2257-8262	cso@iitm.ac.in
Dost Office	044-2257-8051 / 8052	dostoffice@smail.iitm.ac.in
Chief Medical Officer	044-2257-8301	cmo@iitm.ac.in
Ambulance (Institute Hospital)	044-2257-8888 / 8333	hosppoff@iitm.ac.in
Hospital Reception	044-2257-8330	hosppoff@iitm.ac.in
Hostel Allotment	044-2257-8513 8015765192	ccw.operation@smail.iitm.ac.in
Mess Allotment	044-2257-8511 9566229672	ccw.mess@smail.iitm.ac.in
Hostel and Mess Biometric	044-2257-8509 8778213518	ccw.operation@smail.iitm.ac.in





Section I

## MOTTO

- "Siddhirbhavati Karmaja" This Sanskrit phrase translates to "success comes through hard work" or "success is achieved through effort".

## MISSION

- To create and sustain a community of learning in which students acquire knowledge and learn to apply it professionally with due consideration for ethical, 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 stellar student community (11,000+), 18 departments with an excellent ministerial and technical staff (700+), and an efficient administration all of which contribute to its pre-eminent status. IITM has been Ranked No.1 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 is 617 acres, 2.5km<sup>2</sup> 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 Sardar Patel Road, between the Raj Bhavan and the Adyar Bus Terminus.

The other Landmarks around the campus are:



Adjacent to Cancer Institute  
& Guindy Snake Park



Opp to Anna University



Opposite to Central Leather  
Research Institute (CLRI)



Near Madhya Kailash Temple

## IIT MADRAS HAS THREE GATES:

- Main Gate, on the Sardar Patel Road (for pedestrians / Two & Four wheeler vehicles).
- Velachery Gate ( pedestrians / Two – wheeler vehicles), on the Guru Nanak College road
- Taramani Gate (pedestrians / Two – wheeler vehicles).

The campus is connected to the IIT Madras Research Park (IITM RP) through the Industry-Academia Bridge.



## TO-AND-FRO FROM CAMPUS

**Bus:** IIT Madras is connected to the Chennai Railway Station and other major landmarks by bus routes. Madhya Kailash and CLRI / Cancer Institute are the bus stops near the Main Gate. Gandhi Road and Guru Nanak College are the bus stops near the Velachery Gate. Outstation buses are available from the Chennai Mofussil bus Terminus (CMBT), Koyambedu. For bus route information, visit the MTC website.

**MRTS:** Kasturba Nagar station (near Madhya Kailash) is located at 1.2km from the Main Gate

**Chennai Metro :** Little Mount (around 3 km) and Guindy (3.3km) metro stations are about 5-10 minutes by road.

**Local Train:** Local trains are also available from Guindy (3.3km). Outstation trains are available from the Chennai Central Railway Station and Egmore Railway Station.

**Autos and Taxis:** The city is well-served by autos and taxis and common ride-hailing apps can be used

### On-Campus Bus Transport:

a) On-campus bus service is available for all on all days from 6.15 am to 9.30 pm at an interval of 15 minutes. The buses start at 6.15 am simultaneously from the Main Gate to the Hostel zone and from the hostel zone to the Main Gate. The last starts from the main gate at 10.00 pm to the Bus Depot via Gajendra Circle (GC)

(b) Night transport is available from the Academic zone to the Hostel zone any time between 10.00 pm and 6.00 am on call. Contact the security section (044-2257 9999) 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, Heritage 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 VIPs and Institute Guest.

**Career Pathway Centre:** is to empower students to independently navigate and decide their career paths. It has been designed to provide students with knowledge, essential skills, and exposure to an entrepreneurial environment, all located in one facility.

The key functions of the newly established Career Pathway Centre include

- Skill Development Cell & Skill Development Cell – Research: The CPC offers a range of skill development programs, including resume building, mock interviews, and career development workshops.
- Entrepreneurship Cell: Hone the entrepreneurship skills of students and provide them an opportunity to explore entrepreneurial ventures.
- Placement and Internship (P&I) Office: Facilitating hiring of students by recruiters for placement and internships.



**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 ahead of the Administration, in the Humanities and Sciences block. It is often used as the venue for quizzes, special lectures, cultural activities and more.



**Central Library:** This five storeyed building is home to a large number of books and journals and it's located close to the Gajendra circle. It also has a book bank where one can borrow text-books 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 hall-way between the Humanities and Sciences Block (HSB) and the Velachery Gate. The majority of first-year classes are held here.

**Dining Facility:**

Himalaya Mess - Situated on Bhadra Road

Nilgiri Mess - Near Krishna Hostel

Vindhya Mess - Near Sharavati Hostel

**Discovery Campus:** Discovery campus at Thaiyur (163 acre) is located at 36km from the main Campus. It will host state-of-the-art research centres with large dedicated facilities

**Ellora:** Hangout place located next to the building of the Department of Management Studies (DoMS).

**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 Administration Block-Ground Floor.



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

**IIT Madras Research Park (IITMRP):** IITMRP provides an ecosystem for Academic-Industry collaborations with particular focus on R&D and start-up facilities. IITMRP is connected to the IITM campus via bridge.

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

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

**Manohar C Watsa Stadium:** This large open air stadium is situated on Delhi Avenue and is used for various sports activities, air shows during Shaastra, 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-II.

**Office of the Dean of Students (DoSt):** It is situated adjacent to the west end of the Administration Building. It houses Wellness Centre on the 1<sup>st</sup> floor, Dean Students Office on the 2<sup>nd</sup> floor and a multipurpose Utility Hall (UTIL) on the 3<sup>rd</sup> floor.

**Office of Hostel Management (OHM):** Takes care of various Hostel Accommodation / Dining) related activities.



**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.



**Quark:** Student activities space near Saraswathi hostel. A restaurant is located in the ground floor. 81 lounge for student's activities 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 quiz weeks to serve as hangout spots for the muggu junta apart from the library.

**Security Section:** The main office of Security section is located on the back side 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 Hospital

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

**Up-Top Interaction Lounge (UTIL):** UTIL is located on the roof-top of the DoST 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 DoST building (1st floor).



## STUDENTS CLUBS

**Activity Clubs:** Numerous Co-curricular and cultural clubs are available for various activities. These clubs organize various events and get-togethers throughout the year. For more information, visit <https://www.iitm.ac.in/campus-life/clubs>. Cultural Clubs: Student's team coordinate 16 cultural clubs including various art forms ranging from music to dance, classical arts, E-Sports, etc

**Prakriti, the wildlife Club:** Encourages residents to understand and value the unique ecological diversity of the IIT Madras campus. It hosts talks, excursions and observation programmes, involving nature enthusiasts. Wildlife Helpline: <http://home.iitm.ac.in/prakriti/prakriti/helpline.html> contact: [prakriti@iitm.ac.in](mailto:prakriti@iitm.ac.in)

**Women's Forum:** This is the official organisation for all women at IITM, 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 located in the academic, hostel and resident zones.

**Computer Centre:** The PG Senapathy Centre for Computer Resources is a centralized computing facility. It also takes care of network/internet connectivity. For more information, visit <https://cc.iitm.ac.in>

**Workflow:** All academic activities related to Course registration, Bonafide certificates and grade information can be accessed.

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



### Complaints and Grievances:

1. Complaint Committee Against Sexual Harassment (CCASH)
2. High Power Committee
3. Departmental Grievances Committee
4. Internal Inquiry Committee



## SPORTS FACILITIES AT IITM

### Sitara Indoor Sports Complex:

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

First Floor: Table Tennis

Third Floor: Open Terrace Tennis Court.



Volleyball Court, 2 nos. of Mud Court near Sports Complex





Basketball Court, 2 nos of Concrete court near Volleyball Court

Tennis Court, a Court near Basketball Court.



Badminton, 5 Nos  
(Indoor multigame Sports)

Sports Complex (Opp. To Taramani Guest House):

Ground Floor: Weightlifting

1<sup>st</sup> Floor: Fitness Centre

2<sup>nd</sup> Floor: Wooden Squash Court & Yoga Hall

3<sup>rd</sup> Floor: Chess



Chemplast Cricket Ground near Dept. of ED (Practice pitch/ground to be booked. Subject to availability and prior booking with Sanmar). In 2017, IITM-Chemplast ground was renamed as K.S. Narayanan Centre for Cricketing Excellence.



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

Skating Facility. Sangam Ground, Near Saraswati Hostel - (Subject to booking in advance)



Football & Hockey, Near Dept of Biotechnology



Manohar C Watsa 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 Chauhan
2	Co-Curricular Affairs Secretary	Mr. Mith R Jain
3	Cultural Affairs Secretary Arts	Mr. Arjun
4	Cultural Affairs Secretary Literary	Mr. Rathnam Sai Sankalp
5	International & Alumni Relations Secretary	Ms. Anoushka Sanjiv Rabha
6	Hostel Affairs Secretary	Mr. Kandregula Rohit
7	Research Affairs Secretary	Mr. Pabitra Kumar Sahu
8	Institute Sports Secretary	Ms. Prabhajana D
9	Speaker Students Legislative Council	Mr. Yaswanth Kumar A
10	Students' General Secretary	Mr. Tarun Kumar
11	Chief Commissioner (Student Ethics and Constitution Commission) SECC	Mr. Kaushik Raja P
12	CFI, Students Head	Mr. Aaditya Sharma
13	MiTR Student Head	Ms. Hiba Fathima
14	Executive Editor TSE (The Fifthe Estate)	Ms. Meenakshi Rajeev
15	Executive Editor TSE (The Fifthe Estate)	Mr. Krushanu Patki



## INSTITUTE SECRETARIES (Students Executive Council 2025-2026)

Roll No.	Inst. Cell No.	Email id
CH21B103	9444005765	sec_acaf@smail.iitm.ac.in
CS22B097	9444407541	sec_cocur@smail.iitm.ac.in
BE22B020	9444005768	sec_arts@smail.iitm.ac.in
CH22B090	9444005769	sec_lit@smail.iitm.ac.in
HS21H010	9444396170	sec_iar@smail.iitm.ac.in
MM22B034	9444005783	sec_hosaf@smail.iitm.ac.in
ME21D062	9444005772	sec_resaf@smail.iitm.ac.in
HS22H065	9444005774	sec_sprts@smail.iitm.ac.in
MM22B012	9444397340	spkr_sac@smail.iitm.ac.in
HS21H048	9444005782	gen_sec@smail.iitm.ac.in
HS22H028	-	secc@smail.iitm.ac.in
PH22B005	9444005773	cfi@smail.iitm.ac.in
HS21H025	-	mitr_studentadvisor@smail.iitm.ac.in
HS21H033	-	t5e@smail.iitm.ac.in
BE23B007	-	t5e@smail.iitm.ac.in



## HOSTEL ADMINISTRATION

S. No	Hostel	Warden	Mobile No.	Official Email id
1	Chairman Council of Wardens	Prof. Y .V. S. S. Sanyasiraju	9444009052	ccw@iitm.ac.in
2	Vice Chairman Council of Wardens	Prof. STG Raghukanth	9444094430	ccwvc@smail.iitm.ac.in
3	Alakananda	Dr. Babji Srinivasan	9444009068	wardenalak@smail.iitm.ac.in
4	Brahmaputra	Dr. Soumendra Nath Kuiry	9444009070	wardenbrahma@smail.iitm.ac.in
5	Cauvery	Dr. Sivasrinivasu Devadula	9445556802	wardencauvery@smail.iitm.ac.in
6	Ganga	Dr. Suhas Jayakumar Pandit	9444009074	wardenganga@smail.iitm.ac.in
7	Godavari	Dr. Prabhat Ranjan Pujahari	9444009076	wardengodavari@smail.iitm.ac.in
8	Jamuna	Prof. S R Manam	9444009078	wardenjamuna@smail.iitm.ac.in
9	Krishna	Prof. Abhijit Chaudhuri	9444009580	wardenkrishna@smail.iitm.ac.in
10	Mahanadhi	Prof. Md. Mahiuddin Baidya	9444393520	wardenmahanadhi@smail.iitm.ac.in
11	Narmada	Dr. Srinivasa Rao Bakshi	9444009084	wardennarmada@smail.iitm.ac.in
12	Pampa	Dr. Piyush Shakya	9444393521	wardenpampa@smail.iitm.ac.in



## HOSTEL ADMINISTRATION

S. No	Hostel	Warden	Mobile No.	Official Email id
13	Saraswathi	Dr. Ilaksh Adlakha	9444009086	wardensaras@ smail.iitm.ac.in
14	Sindhu	Prof. Lakshman Neelakantan	9444009088	wardensindhu@ smail.iitm.ac.in
15	Tamiraparani	Dr. Suresh Rajendran	9444393523	wardentambi@ smail.iitm.ac.in
16	Tapti	Dr. Santosh Kumar Sahu	9444009089	wardentapti@ smail.iitm.ac.in
17	Mandakini - A	Prof. Sandipan Bandyopadhyay	9444009082	wardenmandakini @smail.iitm.ac.in
18	Mandakini - B	Prof. Vidya Bhushan Maji	9444008708	wardenmandakini @smail.iitm.ac.in
19	Bhadra	Dr. Prabha Mandayam	9444397349	wardenbhadra@ smail.iitm.ac.in
20	Sabarmati	Dr. Merin Simi Raj	9444395488	wardensabar@ smail.iitm.ac.in
21	Sarayu	Dr. Merin Simi Raj	9444393522	wardensarayu@ smail.iitm.ac.in
22	Sharavathi	Dr. Jayeeta Bhattacharyya	9444009092	wardensharav@ smail.iitm.ac.in
23	Tunga	Prof. Sonika Gupta	9444397346	wardentunga@ smail.iitm.ac.in
24	Swarnamukhi	Prof. Rupashree Baral	9840938692	wardenswarnamuk hi@smail.iitm.ac.in



## FACULTY ADVISORS (VARIOUS ACTIVITIES)

S. No	Advisor	Name	Official Email id	Mobil No.
1	Chairman Council of Wardens	Prof. Y .V. S. S. Sanyasiraju	ccw@iitm.ac.in	9444009052
2	Vice Chairman Council of Wardens	Prof. Raghukanth S T G	ccwvc@smail.iitm.ac.in	9444094430
3	Chairperson (CMGFS)	Prof. Somnath Chanda Roy	cmgfs@smail.iitm.ac.in	9444008125
4	Advisor (Saathi)	Prof. Beeraiah Baire	saathi@smail.iitm.ac.in	9444094431
5	Advisor (Cultural)	Prof. Sushanta Kumar Panigrahi	adcul@smail.iitm.ac.in	9444008756
6	Advisor (Co-curricular)	Prof. Murugiyam Amirthalingam	adcocur@smail.iitm.ac.in	9444008757
7	Advisor Sports	Prof. K Arul Prakash	adsports@smail.iitm.ac.in	9444008758
8	Co - Advisor Sports	Prof. Shruti Dubey	coadvsports@smail.iitm.ac.in	9444008055
9	Co - Advisor Sports	Prof. Sudakar Chandran	csudakar@iitm.ac.in	044 - 2257-4895



## FACULTY ADVISORS (VARIOUS ACTIVITIES)

S. No	Advisor	Name	Official Email id	Mobil No.
10	Chairperson, Career Pathway Centre (CPC)	Prof. Sathyan Subbiah	chaircpc@iitm.ac.in	9445062253
11	Advisor (Placement & Internship)	Prof. P Murugavel	adtp@iitm.ac.in	9444008057
12	Co-Advisor (Placement & Internship)	Prof. Parasuraman Swaminathan	adi@iitm.ac.in	9444008126
13	Advisor (Special Needs)	Dr. Manish Anand	adws@smail.iitm.ac.in	9444094433
14	Advisor (E-Cell)	Prof. Murugaiyan Amirthalingam	adecell@smail.iitm.ac.in	9444094436
15	Advisor (IAR Affairs)	Prof. Srikanth Vedantam	adiar@smail.iitm.ac.in	9444094439
16	Advisor (Skill Development Cell)	Dr. Mathangi Krishnamurthy	adecdi@smail.iitm.ac.in	9444094438
17	Advisor (NSS, Ivil, Society Services )	Prof. Rupen Goswami	adnss@smail.iitm.ac.in	9444671028
18	Advisor (EML)	Prof. Dillip Kumar Satapathy	eml@smail.iitm.ac.in	9176659760
19	Advisor (Innovation and Entrepreneurship)	Dr. Manish Anand	headcfi@smail.iitm.ac.in	9444397342



## FACULTY ADVISORS (VARIOUS ACTIVITIES)

S. No	Advisor	Name	Official Email id	Mobile No.
20	Advisor (SLC / SECC)	Prof. M Jeganmohan	adslc@ smaail.iitm.ac.in	9444094437
21	Chief Election Officer	Prof. P Ramkumar	chiefelection@ smaail.iitm.ac.in	044-2257-4294
22	Deputy Election Officer	Prof. Vidya Bhushan Maji	deputyelection@ smaail.iitm.ac.in	044-2257-4294
23	Advisor (NCC)	Prof. R Vijayakumar	adncc@ smaail.iitm.ac.in	9444094435
24	Advisor (Flim Club)	Prof. Jitendra Sangwai	filmclubsec@ iitm.ac.in	9444384168
25	Chairperson Institute Disciplinary Committee for Students	Prof. P Sriram	chairidcs@sma il.iitm.ac.in	9444119425
26	Advisor (Hostel Infrastructure)	Prof. Shaikh Faruque Ali	adinfra@ smaail.iitm.ac.in	044-2257-4054
27	Advisor (Mitr & Wellness)	Prof. Sarith P Sathian	adwellness@ smaail.iitm.ac.in	9498665027
28	Advisor (Fifth Estate)	Prof. P Sudarsan	adt5e@ smaail.iitm.ac.in	044-2257-4526
29	Advisor (Outbound Training)	Prof. M.S.Sivakumar	adobt@ smaail.iitm.ac.in	044-2257-4061



## EMOTIONAL WELLNESS

BE HAPPY WEBSITE: <https://behappy.iitm.ac.in/>

### Message from the Director

Attitude is half the battle in a difficult situation. Staying optimistic releases 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 litmus test determines if a particular situation should 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, instead acknowledging, validating and addressing them allows us to move forward without hanging on to animosity, a trait that will help us respond rather than react to situations that are not in our favour.

Aiming for contentment in every endeavour can be the strength that puts us at ease with our situation, body and mind. Socrates 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 are. Look inward to introspect, accept your negatives, celebrate every success, acknowledge your potential and strive for fulfillment.

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

with regards

Prof. V. Kamakoti



## BEING HAPPY IS IMPORTANT



### Wellness Initiative

GatekeeperTrainingProgram

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

### Wellness Session

[https://behappy.iitm.ac.in/documents/Wellness-Session-Series\\_NHM\\_19-Apr-23-Press-release.pdf](https://behappy.iitm.ac.in/documents/Wellness-Session-Series_NHM_19-Apr-23-Press-release.pdf)

### Wellness Survey

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

### Details of Listeners

Name	Mobile No.
Prof. M. S. Sivakumar	94452 84085
Dr. P. Kandhasamy (Rtd.)	9498118888
Mr. Sridhar Boovaraghavan	94449 00395
Mr. Akshar Patel	+44 7424914823
Ms. Gargi Mukherjee	62025 51936
Mr. Keshav Bharadwaj	+1 541-791- 6632
Dr. Tiju Thomas	8056456442
Mr. Manikandan R	9942212076
Dr. G. Arunkumar	9789670066





# Wellness Centre

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

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

 **Contact:**

**044 2257 8521 / 94986 65021 / wellness1@smail.iitm.ac.in**

**Timings:** Monday – Saturday: 10 am – 6 pm

Saturday: Any one counsellor\*

**Senior Wellness Officer : wo@smail.iitm.ac.in / 9498665101**

## Clinical psychologists

- |    |   |
|----|---|
| 1. | wellness4@smail.iitm.ac.in, 044 2257 8527 |
| 2. | wellness3@smail.iitm.ac.in, 044 2257 8540 |
| 3. | wellness2@smail.iitm.ac.in, 044 2257 8523 |

## Counseling psychologists

- |    |   |
|----|---|
| 1. | wellnesswc1@smail.iitm.ac.in, 044 2257 8522 |
| 2. | wellness5@smail.iitm.ac.in, 044 2257 8524   |

**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/IITMF2FNew](https://bit.ly/IITMF2FNew)

Tele - Counselling 24\*7 Unlimited Helpline no- 044 4813 6222

Face to Face Counseling inside Campus.

**Venue:** Central Library, 2nd Floor

Friday, Saturday and Sunday



## Counselling facility at Institute Hospital

<b>Timings</b>	10:00 am - 6:00 pm 8:00 pm - 6:00 am (365 days)
<b>Contact</b>	90806 18874 / 044 2257 8324 <a href="mailto:iitm@myndwell.in">iitm@myndwell.in</a>



"Happiness is a collective responsibility at IIT Madras"  
[behappy.iitm.ac.in](http://behappy.iitm.ac.in)



**Student Wellness  
Resources Overview**



MITR, Mentoring for Individual Transformation, is a wellness support group comprising faculty and student coordinators. MITR student coordinators offer peer counselling, psychosocial 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.iitm.ac.in](mailto:mitr@smail.iitm.ac.in)

 [mitr\\_iitm](https://www.instagram.com/mitr_iitm)



Prof. Sathyanarayana N Gummedi (DoSt) (MITR Chief Advisor)	9444008050
Prof. Sarith P Sathian (Wellness Advisor)	9498665027
Colonel R Balaji (Retd) (Senior wellness officer)	94986 65101 97173 62141
Hiba Fathima (Student Advisor)	9497511408
Saravana Guru S (Counselling Core)	8637453391
Mupparthi Sonali (Counselling Core)	9564778899
Rahul Kumar Mahamalla (Design and Media Core)	9179130164
Sumit Prakash (Events Core)	8521387624
Lakshmi Prasanna (Finance and events Core)	7207553869
Geeta Priyanka Vasadi (IE Connect Core)	7981558377





# SAATHI

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

### You can contact us at

 [saathi\\_core@smail.iitm.ac.in](mailto:saathi_core@smail.iitm.ac.in)

 [saathi.iitm](https://www.instagram.com/saathi.iitm)

Prof. Beeraiah Baire (Advisor)	94440 94431
Tarun Kumar (Student Gen Sec)	7404209228
Naman Sharma (UG Core)	74046 47824
Rishi Dhar Gandhi (PG Core)	70076 77005

## NATIONAL HELPLINES

Tele-consultation through NHM

- Toll-Free number 104 – 24x7 service
- Toll-Free number 14416 – 24x7 service.
- Manas App (Play Store/App Store)





**Section III**

## AMENITIES AND FOOD JOINTS

Name of the Shop	Shop Location
Rotorman's (Food Truck)	Behind TGH
Isthara (Food Aggregator)	HFC
Cream Stone	ICICI Bank Hangout
Maaran Snacks	ICICI Bank Hangout
7 Star Beauty Salon	Narmada Basement
Srivari Browsing centre	Narmada Basement
Prime Mart (Stationary shop)	Near CCW Office
CCD (Café Coffee Day)	Near DoMS
Speed Buy Cycle (Cycle repair shop)	Near Sangam Ground
Zaitoon Restaurant & Grill	Quark
Usha Café (Snacks)	Shop No 01 NSFC



## BANK AND ATM CENTRES

The Campus has two banks and a few ATM outlets

- **SBI Bank:** It is located opposite to KV School (around 200m from Gajendra Circle on Bonn 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 Jamuna Hostel.

- **Post Office:** It is located opposite the SBI Bank, Near KV School on Bonn Avenue. Railway Ticket Booking Counter (limited Schedule) is also co-located



## SCHOOLS & CRECHE

**Kendriya Vidyalaya IIT Madras** - On Bonn Avenue, Opposite to the SBI and Post Office.



**VanaVani Matriculation Higher Secondary School, IIT Madras** - On Bonn Avenue, around 1.2 km from Gajendra 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



- Powered vehicle are not allowed in the campus.
- Poaching, hunting, and fishing are strictly prohibited.
- Don't feed animals.
- Smoking and Consumption of alcohol inside the campus is strictly prohibited
- Trafficking or possession of, any type of drugs is a criminal offence.
- IIT Madras comes under the jurisdiction of the J-4 Kotturpuram Police Station.
- On 13th August 1997, the Supreme Court of India held that sexual harassment of women is a violation of the fundamental right of women to work in a safe environment.
- Please follow the social media guidelines of the Institute - <https://dost.iitm.ac.in/iitmdost/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 lock and bucket, mug and toiletries.
- A mattress, bedsheet and pillow.
- A laptop, scientific calculator and other required stationery.
- A uniform prescribed by the Academic Section and black leather shoes for Central Skill Training and Fabrication Facility.
- English Learning Platform: To Improve Communication Skills using an AI-based engine. Central Library has Subscribed: LANQUILL. Visit [behappy.iitm.ac.in](http://behappy.iitm.ac.in) for further details



## INSTITUTE RELATED WEBSITE LINKS

**Institute Website:** <https://www.iitm.ac.in>

**IITM Students Academic Portal:** <https://academic.iitm.ac.in>

**IIT Workflow Portal:** <https://workflow.iitm.ac.in>

**Office of Hostel Management:** <https://ccw.iitm.ac.in>

**Hostel Related Workflow Portal:** <https://ikollege.iitm.ac.in>

**Office of Alumni Affairs:** <https://alumni.iitm.ac.in>

**IIT Madras Alumni Association:** <https://iitmaa.org>

**Dostoffice Website:** <https://dost.iitm.ac.in>

**Behappy:** <https://behappy.iitm.ac.in>

**Mitr:** [https://linktr.ee/mitr\\_iitm](https://linktr.ee/mitr_iitm)

**Scholarship:** <https://www.iitm.ac.in/academics/academic-services/scholarships-and-financial-assistance>

**CCASH:** <https://www.iitm.ac.in/the-institute/administration/complaint-committee>













**Dean (Students)**

Prof. Sathyanarayana N. Gummadi  
9444008050

**Dean (Academic Courses)**

Prof. Prathap Haridoss  
9444008030

**Dean (Academic Research)**

Prof. Shanthi Pavan  
9444008040

**Dean (Planning & Wellness Co-ordinator)**

Prof. R. Sarathi  
9444009080

**Registrar**

Dr. Jane Prasad  
9444008100

**Chairperson Council of Wardens**

Prof. Y. V. S. S. Sanyasiraju  
9444009052

**Vice Chairperson Council of Wardens**

Prof. S. T. G. Raghukanth  
9444094430

**Advisor (Special Needs)**

Dr. Manish Anand  
9444094433

## **EMERGENCY CONTACTS (LANDLINE: 044-2257-XXXX)**

**DoST Office**  
8051/8052/8053/8054/8055

**Chief Medical Officer**  
8301

**24\*7 Electrical Emergency**  
8181 / 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**

