***WELLNESS CENTRE***

*‘I was assisted in knowing the real facts and devising fact based solutions, which helped me come out of my fears and helped me to face challenges and to feel strength within myself. A systematic way to deal with problems and situations was taught to me.’*

* *Anonymous*

*‘I thought this is me, and I can't change, no matter how hard I try. I used to judge myself a lot. But meeting with the Wellness Centre expert changed that. I felt empowered and supported. I used to over think and thought that I had a lot of problems. She helped me understand all this myself’*

* *Anonymous*

*‘I would like to appreciate you for all that you have been doing for my child. A job well done by any person who is competent and fully dedicated deserves sincere appreciation. I could make out your confidence levels in dealing with a situation professionally. You had not only instilled confidence in my child but also motivated her to the desired levels with your intensive counselling.’*

* *Anonymous*

*‘My younger brother went through psychosis under academic stress. He was in a very delicate situation. But because the institute has such effective and prompt facility for students, he could get help in time, and was able to recover with the help of the Wellness Centre.’*

* *Anonymous*

*‘I don't feel I will be able to do justice to my feelings towards the wellness center in words, because the wellness center has helped me that much. The sessions really helped me when I was not in a good state of mind. I have learned how to deal with my thoughts and emotions in a positive and good way.’*

* *Anonymous*

*‘The Wellness Centre at IIT Madras is seeing a lot of positives, holding out hope and motivation to students undergoing stress or other social issues. My daughter had anxiety related issues and our family was able to withstand the sudden twist in her hitherto successful behavioural record with the kind support, patience, and handling of the Wellness Centre staff.’*

* *Anonymous*

*‘I went to the Wellness Centre feeling very low mentally and physically. I had so many mental blocks in my mind and had quite a lot of negativity. I was helped to come out of it stage by stage. Starting with simple positivity exercises, which helped a lot. And a lot of help on self realizations. I have come far as a person, since entering the wellness centre. Also regularly asking for status helped give a support to me which helped me in my recovery. Thank you.’*

* *Anonymous*

*‘I am totally satisfied with the assistance provided by the wellness centre. The sessions have been extremely helpful and I am making significant progress. I am really grateful for the care from Wellness Centre.’*

* *Anonymous*

***MANNMEET***

*‘I have nothing but great things to say about MannMeet sessions 2021. The things I learned will stay with me forever. I was supported in making healthy choices in my life, challenging my thinking and staying grounded in my fait’*

* Anonymous

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*‘The Mannmeet sessions have taught me some things that have to be learnt in every one's life*

* Anonymous

*‘It was an amazing experience to be a part of Mann Meet session 2021. What I learnt from MannMeet is to be positive, happy and maintain good relationships. It’s a great platform to interact with people who have same/different mindset as you. I suggest juniors to be the part of this course/programme. This course can help you to build your mental health and helps to identify your strength. “You don't have to struggle in silence’*

* Anonymous

*‘I felt it was an open platform to express yourselves. The different topics chosen for the sessions were really involved, relatable, thoughtful, thought-provoking. I could really take away a lot of learnings from this set of sessions. I’m deeply thankful for making it happen.’*

* Anonymous

*‘It was a really nice experience to have a space where we could always discuss whatever we wanted to, that too with people who relate more to us!’*

* Anonymous

*‘These sessions helped so much in understanding deeper issues, where I had question marks. I was able to understand and find the broad meaning of some inner topics. Also the best thing is, sharing the insights, experience and advice among the members, gave the better picture on the problems and opinions we discussed’*

* Anonymous

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*‘Your own world is very complicated sometimes, but you always have a chance to make it simpler, clear and more defined, Mannmeet gave me that chance. Everyone acted like an equal and supported each other throughout the session. The seeker in me found the giver (Mannmeet members). The giver of love, support and the words of encouragement.’*

* Anonymous

*‘Sessions were pleasantly intense & thought provoking. Got ample opportunity to speak out my heart to the peers & also got valuable insights from them. Sometimes all someone needs is to be listened to & mannmeet got that right.’*

* Anonymous

*‘Mannmeet was an awesome experience for me. It was a place where I could share my thoughts and could receive constructive thoughts which let me and my view grow which otherwise was stagnant. The amount of freedom in speech and expression I experienced in the sessions itself was a unique experience.’*

* Anonymous

*‘Every Mannmeet session has given me a different perspective on different topics and it gave me an opportunity to look out on new approaches given by the group. Every session gave me a learning experience.’*

* Anonymous

*‘I got to learn a lot from the experience of other students and the course coordinator. The best thing about these sessions was no one was forced to do anything against his/her will. The topics chosen for discussions were very relevant. Overall it was a great learning experience. Glad I got the opportunity to be a part of Mannmeet.’*

* Anonymous

*‘I have a destination and Mannmeet helped me understand where I should start. I understood that there are many questions and answers too. And I have only started to figure out things from my unstructured and abstract thoughts. And I hope that I can make things clearer. The subject of each and every session has a profound meaning and the time spent will definitely make anyone understand a significant part of understanding ourselves’*

* Anonymous

*‘I found the MannMeet sessions to be pretty stimulating. They allowed me to explore various less-pondered-upon topics along with varied perspectives about them. Initially the sessions used to leave me pretty fatigued due to the amount of brainwork required to tread upon these novel paths but with time it became easier for me to articulate my thoughts about some abstract topics. It especially helped me define and concretize my thoughts about these abstract notions’*

* Anonymous
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*‘‘The sessions we had, the discussions, and the sharing of thoughts that we all took part in, it wasn’t something that you come across with your friends or family. The sessions helped me see things from a different perspective than mine. And one thing that I loved a lot was that there was no pressure ever to speak, or share my thoughts. It was made clear from the beginning that if we wanted to not speak and just listen, we could do that. This really helped me, it put me at ease. And surprisingly, I found myself speaking more when there was no pressure to speak’*

* Anonymo

*‘We had really great discussions on the topics which generally we would have not discussed outside and stigmas around them and most importantly I was able to see different perspectives to the same topics which resulted in me being more open minded and thinking out of box. This also made me a good listener and respecting others' perspectives on a topic’*

* Anonymous *.*

*‘When I joined the Mann meet, I was going through the most difficult time of my life and just to have a support group where I could go and share my view of life helped in healing myself. At the beginning I had a narrow lens through which I saw the world which really didn’t allow me to grow and after all the MannMeet sessions, my lens got widened and my perspective of life became more positive. I learned to accept both the good and the bad that life had to offer.’*

* Anonymous