

Non-Teaching Advertisement through Outsourcing Agency

Advt. No.: IIT/GAD/Outsourced/Rect./03

Dated: October 9, 2026

Name of the post: Wellness Therapist

No. of Posts: 02

Essential Qualification: MPhil and MA/ MSc in Clinical Psychology OR MA/ Msc in Clinical Psychology

Desirable Qualification: M.phil in Clinical Psychology/Mphil in Rehabilitation Psychology

Minimum Experience: 01 to 03 years of experience in a hospital/Psychiatry Clinic or an educational Institution.

Job requirements/description:

(a) Provide counselling services to assist community Provide Wellness therapy in managing mental health concerns.

(b) sessions focusing on Stress. Anxiety. Emotional Imbalance. Sleep Issues Academic Pressure, and general Well-Being.

(c) Carry out initial assessments to understand community issues, concerns, and wellness needs (d) Identify students showing signs of distress and provide early-intervention support.

(e) Maintain confidential wellness records, follow-up plans, and progress documentation.

(f) Assist in designing and implementing campus. wide wellness programs, including Wellness Week Exam-time relaxation sessions, and Hostel well. being activities.

(g) Collaborate with Counselling Unit, Student Affairs, Sports, and Health Centre to integrate wellness practices into student life.

(h) Develop informative content on practices, coping strategies, and emotional health.

(i) Create a positive, approachable, and trust-based environment for the community.

(j) Conduct group sessions/workshops on stress management, emotional resilience, self-care routines, meditation, and lifestyle balance.

(k) The experience may be relaxed for meritorious candidates.

(l) Promote help-seeking behavior among the community through outreach sessions.

(m) The Wellness Therapist will be required to reside in the Students Hostel in the campus. They must also be available to attend to emergencies at any time

(n) Must possess good oral and written communication skills, with the ability to interact effectively and sensitively with a diverse community of students and staff members.

Age: Up to 35 Years from the last date of advertisement.

Remuneration/Salary: ₹50,000/- to ₹60,000/- (Highly Skilled) consolidated per month.

Period of engagement: 01 Year (Extension based on performance).