#CampusUpbeat

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No stresspassing!

Physical and mental well-being of employees is of primary concern to several present-day employers. Some educational institutes in the city provide gym, indoor games, crèche and other facilities to help employees relax and boost their productivity, finds out **Rhea Lodhiya**

CEPT

FACILITIES PROVIDED: Crèche for faculty and staff members

TEACHERS CAN beat ease and focus on work better if there was a crèche on the campus to take care of their children. With this I thought, a few female faculty members of CEPT issued a request for a crèche and in no time the facility was made available. "A survey was carried out and the response was huge as it would be really convenient for a working mother to have the children within reach at a facility they could trust," said Dr Nimisha Pandya, professor, CEPT University and the current in-charge of the crèche, which began in August 2016. "Teachers and even the students on campus organise workshops and movie screenings for the children," she said.

Currently, there are two caretakers at the crèche with around 10 children. The expenses are taken care of by the faculty. "While I was pursuing my masters degree, my kids were 1 and 4. So, when I learnt about the crèche, it was a huge relief," said Dennis Vyas, a research associate at the teaching learning centre. "Assignment deadlines can come up anytime, and knowing that my kids are in safe hands helps me focus. I am able to give my best at work without any tension," said Shivangie Arora Akhoury, coordinator of the research and development foundation.

Gujarat University

FACILITIES PROVIDED: Recreation room, health centre, consumer store

THE BASEMENT at Gujarat University's building was used as a dump house where old answer-sheets were stored. But now the university has revamped the space completely. It now has gym equipment and table tennis facility for the employees to take a break and relax. The idea was that of VC Himanshu Pandya. "Work is always cumbersome and stress takes a toll on employee's health," said Pandya. He felt that the place would be a fair escape from the monotonousness of everyday toil. "Besides, if you are healthy, you can focus more appropriately on work," he added. GU also has a health centre which offers medicines and free check-ups, yoga and meditation room is the latest addition. "We do not make the gym mandatory for anyone. But around 30 do use it daily. These associates contribute towards ensuring we remain fit to do our job," said Shailesh Bhatt-vadi, assistant registrar.

L D College of Engineering

FACILITIES PROVIDED: Training and equipment for table tennis, basketball, volley ball, cricket and several other sports

IF YOU happen to enter LD's campus on an evening, you will find crowded GP Vadodaria Un I to pic stand relishing a game of table tennis or volleyball with fellow faculty members. While Vadodaria has been playing the sport for long, indoor games at the LDEC keep teachers in high spirits. The staff has access to table tennis, tennis, basketball, badminton and carrom. "We even hold inter-departmental cricket leagues every winter for the faculty members," shared Tejas Patel, a player from the electrical department here. The teachers receive equipment for different games and free training for tournaments. That is how seriously the college takes its sporting culture.

IIT, Gandhinagar

FACILITIES PROVIDED: Recreational room, cafes and community space

AS THE institute offers residential programmes, students and teachers spend more time in the classrooms and labs. To help the teachers and students interact in an informal set-up, the campus has a gym, a recreational space, and a café and a community space. "It is not just academics, our social lives also revolve around the campus," said Baradhwaj Colepta, assistant professor, physics department. "We need these amenities like a mountaineer needs oxygen. I often sit at the cafe where a coffee and the view of the Sabarmati helps me relieve stress," said Devarsh Barbhaya, communications assistant. Around 30 faculty members use gym on a daily basis.

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