

Department of Clinical Psychology HIMS-SRHU

Report of Guest Lecture

Organized by: College of Pharmacy, Swami Rama Himalayan University (SRHU)

Department Involved: Department of Clinical Psychology, Himalayan Institute of Medical Sciences (HIMS)

Date: August 19, 2025

Venue: Auditorium, College of Pharmacy

Resource Person: Dr. Malini Srivastava, Associate Professor & Head, Department of Clinical Psychology, HIMS

Topic of Lecture:

“Inclusive Education – Focus on Mental Health among Youth”

Brief Report:

The College of Pharmacy, SRHU, organized a guest lecture by **Dr. Malini Srivastava** on *Inclusive Education and Mental Health*. The interactive session was designed for **Bachelor of Pharmacy students** to raise awareness about the importance of mental health, inclusivity, and the role of future pharmacists in supporting patients with empathy and understanding.

The session began with an **icebreaker word cloud activity**, encouraging students to reflect on the meaning of inclusivity. Dr. Srivastava addressed challenges faced by youth such as academic pressure, peer competition, homesickness, and identity struggles. She emphasized how inclusive classrooms and sensitivity to mental well-being are crucial for professional and personal growth.

Through **case scenarios, myth-or-fact activities, and reflective discussions**, students learned to recognize signs of stress, anxiety, and depression, while exploring the supportive role peers and teachers can play. Importantly, the lecture highlighted the **unique role of pharmacists** in interacting with mental health patients, providing medication counseling, and offering empathy in practice.

Outcomes:

- Enhanced awareness of mental health issues among pharmacy students.
- Encouragement to reduce stigma and promote inclusivity in classrooms and professional spaces.
- Understanding of the pharmacist’s role in mental health care.
- Development of empathy, awareness, and support skills for future professional practice.



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