

Department of Clinical Psychology HIMS-SRHU

NAAC Compliance Report – Activity Description (Bullet-Point Format)

Title of the Activity:

Staff Development Training Programme on “*Mental Health & Well-Being*”

Organizing Unit:

Department of Clinical Psychology, HIMS / SRHU

Human Resource Department

Date and Venue:

- **Date:** 31 January 2026
- **Venue:** Conference Room, HIMS Building

Objectives of the Programme:

- To enhance awareness of mental health and well-being among institutional staff.
- To sensitize staff to early warning signs of stress, psychological distress, and self-harm.
- To provide basic skills in Psychological First Aid (PFA) for crisis response.
- To strengthen institutional referral and reporting pathways for mental health concerns.
- To reduce stigma and promote a supportive and psychologically safe workplace environment.

Description of the Activity:

- A structured training session of 2.5 hours was conducted for institutional staff members.
- Participants were introduced to key mental health concepts, stress indicators, and crisis intervention principles.
- The role of staff as first responders (non-therapists) was highlighted, with guidance on referral and reporting mechanisms.
- Interactive discussions and practical illustrations were used to enhance learning and engagement.
- The session emphasized stigma reduction and institutional responsibility for employee well-being.

Participants and Resource Person:

- **Number of Participants:** 24
- **Resource Person:** Dr. Malini Srivastava, Department of Clinical Psychology

Outcomes of the Programme:

- Improved awareness and understanding of mental health and workplace well-being.
- Enhanced ability to recognize early signs of psychological distress and self-harm risk.
- Increased confidence among staff in providing first-line psychological support.
- Better clarity on institutional referral and reporting procedures.
- Strengthened culture of empathy, mental health sensitivity, and supportive work environment.

Evidence of the Activity:

- Attendance sheet
- Training brochure and session presentation slides
- Photographs of the programme
- Participant feedback forms
- Departmental and institutional records

NAAC QIF Criterion Mapping

Criterion 6: Governance, Leadership and Management

- **Metric 6.3.3:** Professional development and training programmes for teaching and non-teaching staff.

Criterion 7: Institutional Values and Best Practices

- **Metric 7.1.9:** Sensitization of students and employees to human values, rights, duties, and responsibilities.
- **Metric 7.1.10:** Promotion of universal values, ethics, and workplace well-being initiatives.

SDG Mapping:

- **SDG 3: Good Health and Well-Being**



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