

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: 10 January 2026
- Venue: Conference Room, HIMS Building

Objectives of the Programme:

- To sensitize institutional staff about mental health and well-being.
- To enhance early identification of psychological distress and self-harm warning signs.
- To train staff in Psychological First Aid (PFA) and first-line crisis response.
- To strengthen institutional referral and reporting mechanisms for mental health support.
- To reduce stigma and promote a supportive workplace culture.

Description of the Activity:

- A 2.5-hour training session was conducted for institutional staff members.
- Key topics included mental health concepts, stress and self-harm indicators, PFA principles, and referral protocols.
- Interactive discussions and practical guidance were provided to enhance understanding of staff roles as first responders.
- The programme emphasized stigma reduction and promotion of psychological safety within the institution.

Participants and Resource Person:

- Number of Participants: 20
- Resource Person: Dr. Malini Srivastava, Department of Clinical Psychology

Outcomes of the Programme:

- Improved awareness and understanding of mental health among staff.
- Enhanced ability to recognize early warning signs of psychological distress.
- Increased confidence in providing initial support and crisis response.
- Better understanding of institutional referral pathways and reporting mechanisms.
- Promotion of a positive and supportive mental health culture in the workplace.

Evidence of the Activity:

- Attendance sheet
- Training brochure and session materials
- Photographs of the session
- Participant feedback forms
- Institutional records and reports

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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