

# 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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