



JAYPEE UNIVERSITY OF INFORMATION TECHNOLOGY
WAKNAGHAT, P.O. – WAKNAGHAT,
TEHSIL – KANDAGHAT, DISTRICT – SOLAN (H.P.)
PIN – 173234 (INDIA) Phone Number- +91-1792-257999
(Established by H.P. State Legislature vide Act No. 14 of 2002)



October 10, 2025

**REPORT ON “TRAINING PROGRAM FOR TEACHING AND NON-TEACHING STAFF ON
MENTAL HEALTH AWARENESS”**

Resource Person

Miss Shradha Puri
Clinical Psychologist
MMU, Kumarhatti, Solan

Date & Time

October 10, 2025 (World Mental Health Day), 10:00 AM – 1:00 PM

Venue

Digital Learning Centre (DLC)

Organized By

Team Mental Health Aspect

Jaypee University of Information Technology, Wak



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The Mental Health Awareness Training Program for the teaching and non-teaching staff of JUIT was successfully conducted on October 10, 2025, on the occasion of World Mental Health Day.

This program was organized by the Team Mental Health Aspect to ensure compliance with section 6 of the guidelines issued by the Honourable Supreme Court of India on July 25, 2025. Section 6 mandates that all teaching and non-teaching staff shall undergo mandatory training at least twice a year, conducted by certified mental health professionals, on psychological first-aid, identification of warning signs, response to self-harm, and referral mechanisms.

The Supreme Court's directive mandates that all educational institutions must provide mandatory training (at least twice a year) for their staff on psychological first-aid, identification of warning signs, and sensitive response to student distress, thereby ensuring institutional culpability is avoided and student well-being is prioritized. The successful completion of this first-of-its-kind mandatory training session ensures JUIT is fully compliant with the Court's order regarding staff sensitization.

The training was conducted by Miss Shraddha Puri, Clinical Psychologist from MMU, Kumarhatti, Solan, at 10:00 AM in the DLC. The session was attended by more than 35 teaching and non-teaching staff. The training program was started by Dr Ranjith who gave a brief introduction of Miss Shradha Puri. Miss Puri focused on Psychological First Aid (PFA), its importance, identification and what action should be taken in case of emergency. The session was highly interactive and participants were interacted with the speaker regarding different aspect of mental health. It was concluded by Prof Rajendra Kumar Sharma, VC, JUIT along with highlighting the importance of World Mental Health Awareness Day and Honourable Supreme Court Guidelines. All the back-end support for the program was provided by Brig (Retd) RK Sharma, Registrar, JUIT. Ms Aman, Psychologist Counsellor, JUIT, made different arrangements for conducting the session. The overall program was coordinated by Prof Amit Srivastava and Team Mental Health Aspect.

Key Topics Covered:

The training focused on skills and institutional awareness, directly addressing the need for staff training as mandated by the Honourable Supreme Court of India's Order dated July 25, 2025.

1. Identifying and Recognizing Distress

- Recognition of Warning Signs: Detailed instruction on identifying both subtle and overt indicators of common mental health issues in students, including anxiety, depression, substance abuse, and heightened risk of self-harm/suicide.
- Vulnerability Awareness: Training staff to sensitively engage with and recognize signs of distress in students, ensuring empathetic interaction.

2. Immediate Response and First Aid





- Psychological First Aid (PFA): Core training in providing supportive, non-intrusive assistance to students in an emotionally overwhelmed or crisis state, focusing on stabilizing the individual and offering practical help.



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- **Crisis Communication:** Techniques for initiating empathetic and non-judgmental dialogue with distressed students and avoiding actions (like public shaming or disproportionate academic pressure) that could exacerbate their condition.




WORLD MENTAL HEALTH AWARENESS DAY

October 10, 2025



Training Program for Teaching & Non Teaching Staff on Mental Health Awareness



"You are braver than you believe, stronger than you seem and smarter than you think."
— Christopher Robin from Winnie the Pooh

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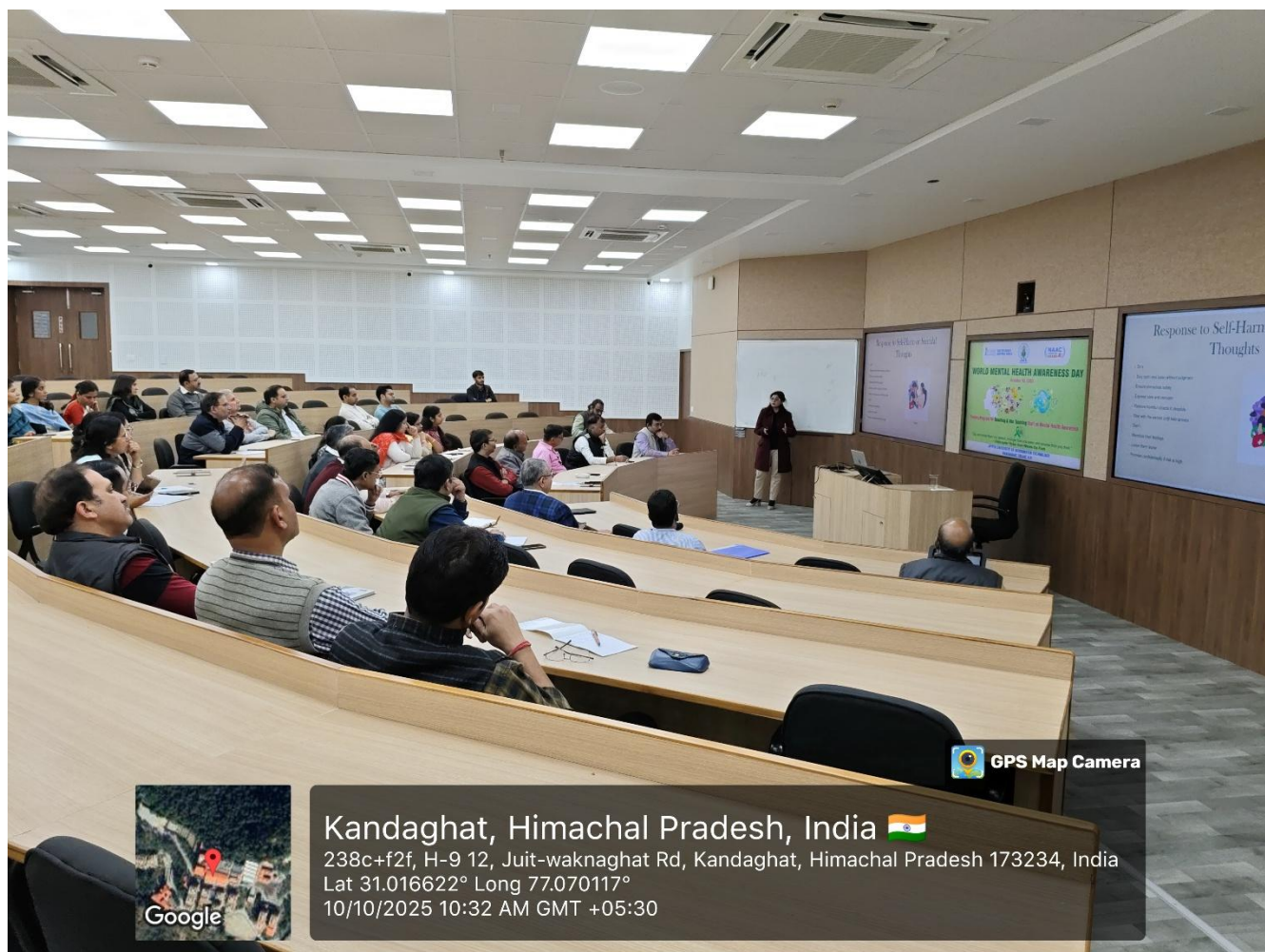


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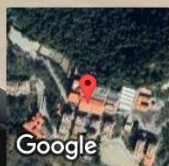




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GPS Map Camera



Kandaghat, Himachal Pradesh, India

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Lat 31.016622° Long 77.070117°

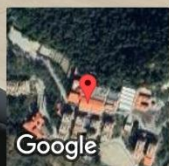
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