

## Compliance of well-being status of students

Mandatory training teaching and non-teaching staff at least twice a year, conducted by certified mental health professionals:

The institution ensures the mental well-being of its teaching and non-teaching staff by conducting **mandatory training programmes at least twice every academic year**. These programmes are conducted by **certified mental health professionals**, including qualified psychologists and counsellors.

The training sessions focus on mental health awareness, stress management, emotional well-being, work–life balance, early identification of mental health concerns, and effective coping strategies. The programmes also aim to create a supportive, inclusive, and empathetic workplace environment.

All staff members are required to participate in these training sessions. The institution maintains proper documentation of each programme, including **programme schedules, attendance records, details of the resource persons, and photographs of the training sessions** as evidence of implementation.



Dr. N. Vijaya Lakshmi, Psychologist, interacted with the teaching and non-teaching staff.

This initiative demonstrates the institution's commitment to promoting mental wellness and ensuring a healthy and productive academic environment.



Bhakthi Chaitanya, Bihar School of Yoga interaction with Teaching & Non-teaching staff.