

NATIONAL INSTITUTE OF DISASTER MANAGEMENT

(Ministry of Home Affairs, Government of India)

COURSE REPORT

1. Name of the Course : **Training Programme on “Psychosocial Care in Disaster Management ”**
2. Dates : 25-29 September,2017
3. Venue : University of Kashmir, Srinagar
4. Name of the Course Coordinator : **Dr. Ajinder Walia**
Dr Amir Ali Khan
Dr Pervez Ahmed
5. Number of participants : 32
6. **Course Objectives**
 1. To explain the basic concepts of Disaster Management
 2. To understand varied needs of the survivors of disasters
 3. To reflect upon the need for psychosocial care in disaster related work
 4. To develop an understanding of how people react in stressful situations
 5. To understand varied needs of the survivors of disasters
 6. To develop an understanding of holistic care giving approach
 7. To understand the role psychosocial care givers need to play
 8. To internalize techniques of psychosocial care giving while working with children
 9. To develop an understanding of needs of women in disasters and understand the role of women in disaster ,and;
 10. To understand the importance of self care and gain knowledge about skills on taking care of self while working in stressful situations
7. **Course Contents** :
 - Disaster Management: Concepts and Linkages with development
 - Experience Sharing of Disaster the survivors
 - Impact of Disasters on Survivors
 - Multiple Roles of Psycho-Social care giver
 - Visible and Invisible needs.
 - Psychosocial care at Community Level.
 - Circle of Support for Disaster Survivors
 - Life Events and Family Life cycles, coping abilities
 - Normal and Abnormal Reactions in Disasters Activity and Discussion
 - Seven Techniques of Psychosocial Care
 - Concept of HRVC Analysis
 - Recalling Childhood Events.
 - Principles of working with children.
 - Techniques of providing Psychosocial;

- Psychosocial care to children in Disasters.
- Social Discrimination against women.
- Different Impact of Disasters on men and Women.
- Strategies to prevent gender based violence in Disasters.
- Initiatives undertaken by Government of J & K for DRR.
- Relaxation Exercises for Self care.

Eligibility of Participants : Students of M.A. / M.Sc. Disaster Management Course

List of participants:

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