

Training programme on Psychosocial Care in Disaster Management

NIDM in collaboration with University of Kashmir
25-29 September, 2017

CONTEXT

Disasters not only result in loss of life, injury, disability, damage to infrastructure but also leave a profound trail of suffering to the community. It is not only the construction of house or livelihood rather it is the building up the eroded social support, human spirit and initiating the caring community which becomes a challenge in the rehabilitation and reconciliation process. The community is overwhelmed by the event and the impact of the disaster. They face multiple difficulties in their families and society. Readjustment and the reconciliation is a lifelong process, which must be facilitated by ensuring by developing a system of caring community among the affected people. It is essential to build the capacity of the community so that they are empowered to deal with their loss and suffering and get back to their routine life as soon as possible.

Adopting a community centric approach to provide psychosocial care to disaster survivors has manifold advantages. Capacities are built for a caring and sensitive community which can respond locally not only to those affected by disasters but also to those community members who have to deal with stress within their community or their family. Moreover, imparting skills to the community to provide psychosocial care reduces the dependence on mental health professional who are limited in number in our country. Finally, the process of imparting skills to the community ensures their involvement in the process and empowers them with skills to take care of their psychosocial needs. It ensures smooth transition from a psychiatric model towards a deprofessionalized psychosocial model of care in disaster management.

Addressing the psychosocial impact of the disaster is an integral aspect in the relief and the rehabilitation process among the survivors. It promotes emotional healing of the disaster-affected populace with the help of social support. It enables them in their arduous journey to come back to their normal life. It should be ensured that survivors are supported in a holistic care approach to ensure their normalization and speedy recovery after the disaster. The process in returning to normalcy would be more meaningful when the community is strengthened by means of psychosocial care at the community level. Therefore, creating community resources by training and subsequent supportive activities are very crucial for long-term rehabilitation of the affected population.

We need to develop a pool of human resources to respond to the psychosocial needs of the survivors. This is not only a need of the community but also a responsibility of the civil society and the governments to support the affected communities to rebuild the shattered lives of the survivors. We need to enhance training on psychosocial care and the capacity building exercises towards integrated care to fasten the process of normalization of individual and group reactions to disaster experiences.

In this context, NIDM is conducting a Training Programme on Psychosocial care in Disaster Management from 25-29 September, 2017 with University of Kashmir. The target group for the programme is post graduate students of University of Kashmir in the Department of

Geography and Regional development within the school of Earth and Environmental sciences. The programme aims to equip the students with necessary skill to provide psychosocial care to the affected community in the post disaster scenario.

ABOUT NIDM

The **National Institute of Disaster Management (NIDM)**, is a statutory organization of the Government of India under Ministry of Home Affairs, established to function within the policies & guidelines laid down under the Disaster Management Act, 2005, and to cater the needs of research, training, documentation and publication in the area of disaster management, including natural (geological, hydrological, climatic), and human induced (chemical, industrial, nuclear, environmental) hazards. It is a premier national institute working for human resource development at the apex level in the area of disaster mitigation and management. The mandate of the institute is to gear up the national, state and district level administration to tackle natural calamities and will also be coordinating research projects, training programmes and will build a database on natural disasters with case studies. The mission of the institute is to work as a think tank for the government by providing policy advice and facilitating capacity building services including strategic learning, research, training, system development and expertise promotion for effective disaster preparedness and mitigation.

NIDM works to design, develop and implement training programmes, undertake and coordinate research, formulate and implement the human resource development plan, provide assistance in national policy formulation, collaborate with and promote other research and training institutes, State Governments and other organizations for successfully discharging their tasks, develop educational wares for dissemination among stakeholders in addition to undertake any other function as assigned to it by the Central Government. The institute also works towards the effective application of disaster risk mitigation and management in India as well as the region by providing technical assistance for capacity building and developing disaster management systems and Institutional framework in the sector. The Institute works to design, develop and implement training programmes, undertake and coordinate research, formulate and implement the human resource development plan, provide assistance in national policy formulation, collaborate with and promote other research and training institutes, State Governments and other organizations for successfully discharging their tasks, develop educational awareness for dissemination among stakeholders in addition to undertake any other function as assigned to it by the Central Government.

TITLE OF THE PROGRAMME

The title of the programme is Training programme on “Psychosocial care in Disaster management”.

AIM

The main aim of the programme is to equip the participants with necessary skills to provide psychosocial care to the community in the aftermath of disasters.

DURATION

The duration of the training programme will be of five days. The programme will start on 25th September end on 30th September, 2017.

VENUE

The training programme will be organized at the campus of University of Kashmir, Srinagar. .

OBJECTIVES

The objectives of the programme are as follows:

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
10. To understand the importance of self care and gain knowledge about skills on taking care of self while working in stressful situations.

LANGUAGE OF INSTRUCTION

The language of instruction in the training programme will primarily will be English. Hindi will also be used a language of instruction as and when necessary.

PARTICIPANT PROFILE

The target group for the programme is post graduate students of Disaster Management, Department of Geography and Regional development, School of Earth and Environmental Sciences, University of Kashmir.

ACCOMMODATION

The boarding and lodging arrangements for the participants would be made by University of Kashmir, Srinagar.

CERTIFICATE

The participants will be awarded certificates at the completion of the training programme.

SUGGESTED READINGS

1. Satapathy, S. (2009). A TOT Module on Psychosocial Care in Disaster Management , National Institute of Disaster Management, Ministry of Home Affairs, New Delhi, Available at <http://nidm.gov.in/PDF/modules/psychosocial.pdf>
2. National Disaster Management Guidelines on Psycho-social Support and Mental Health Services (PSSMHS) in Disasters, National Disaster Management Authority, India, Available at <http://ndma.gov.in/en/capacity-building/psychosocial/important-guidelines.html>
3. Psychosocial care in Disaster Management: Facilitation Manual for Trainers of Trainees in Natural disasters (2005) Dr. K. Sekar, Subhasis Bhadra, C. Jayakumar. E. Aravindraj, Grace Henry, .K.V.Kishorekumar, National Institute of Mental Health and Neuro Sciences, Bangalore. Available at <http://www.tn.gov.in/tsunami/digitallibrary/ebooks->

[eb/88%20PSYCHOSOCIAL%20CARE%20IN%20DISASTER%20MANAGEMENT.pdf](#)

4. World health organization (2011) Disaster Risk Management for Health, mental Health and Psychosocial Support. Available at http://www.who.int/hac/events/drm_fact_sheet_mental_health.pdf
5. Satapathy, S. and Walia, A. (2007). A Home-based Disaster Psycho-social Intervention Programme: Case Study of a School Fire Disaster Victim in India, Australian Journal of Disaster and Trauma Studies, Vol. 2007-2 <http://www.massey.ac.nz/~trauma/>

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