

# Workshop

## **Psychological First Aid Awareness**

**Date:** 22 November 2025

**Time:** 10:00am-5:00am

**Venue:** IQAC Room, Shaheed Durga Mall Government Post Graduate College, Doiwala

### **1. Introduction of the Topic**

The one-day workshop commenced with a formal welcome and introduction to the theme “*Psychological First Aid Awareness*.” The organizing team, namely, Dr. Vallari Kukreti (Co-ordinator), Dr. Vandana Gaur (Co-Coordinator) and Dr. Poonam Pandey (Co-Coordinator) highlighted the growing importance of mental health awareness and the need for immediate psychological support during stressful and crisis situations during disaster management in the presence of the subject expert **Dr. Malini Srivastava**, Head, Department of Clinical Psychology, Swami Rama Himalayan University. The objectives of the workshop were clearly outlined, focusing on understanding the concept, principles, and applications of psychological first aid. She explained the fundamentals of psychological first aid, mental health protection and crisis intervention techniques. The session was informative, well-structured, and enriched with real-life examples, which helped students relate theory to practice.



### **2. Group Activities and Practical Demonstration**

A significant segment of the workshop was dedicated to **group activities and practical demonstrations**. Psychological techniques related to emotional support, coping skills, and crisis management were demonstrated. A total of **32 psychology students** actively participated in these activities. The hands-on practice enabled participants to gain experiential learning and understand the practical relevance of psychological first aid in real-world situations.





### **3. Interaction and Discussion Session**

An interactive discussion session followed the practical segment, during which students actively engaged with the resource person. Participants raised queries related to mental health challenges, application of techniques, and career opportunities in the field of psychology. Students, namely, Prince Sharma, Lubna, Simran, Bhumika Bhatt, Shruti Bhatt, Jyoti, Sakshi Joshi, Vaishali Khanduri, Rajkumari, Akash Pal & Satnam Singh actively raised queries regarding the provision of psychological first aid during disasters. The session encouraged open dialogue, critical thinking, and knowledge sharing.



### **4. Address by the Principal**

The principal of the college, **Dr. D. P. Bhatt**, addressed the gathering and emphasized the importance of mental health awareness in academic and personal life. He encouraged the students to gain psychological skills which play a pivotal role in managing the people suffering from trauma. He motivated students to maintain psychological balance and apply the learnings of the workshop in day-to-day situations.

### **5. Certificate Distribution and Best Participant Award**

The workshop concluded with the **certificate distribution ceremony**. Certificates were awarded to all participating students. Special recognition was given to the **Best Participants**, namely **Simran**

at the undergraduate level and **Satnam Singh** at the postgraduate level, for their active participation and performance during group activities.



## **6. Vote of Thanks**

The Vote of Thanks was delivered by **Dr. Vallari Kukreti**, Head, Department of Psychology. She expressed her sincere gratitude to the esteemed resource person, **Dr. Malini Srivastava**, for her insightful and engaging session on *Psychological First Aid Awareness Workshop*. Dr. Vallari Kukreti appreciated her valuable contribution in enriching the students with both theoretical knowledge and practical skills essential for mental health support.

She extended her heartfelt thanks to the Honourable Principal, **Dr. D. P. Bhatt**, for his continuous encouragement and support in promoting mental health awareness initiatives within the institution. She expressed her thanks towards Dr. Vandana Gaur & Dr. Poonam Pandey for the constant support in coordinating the event. Dr. Vallari Kukreti also extended gratitude towards Dr. Anil Kumar, Dr. Preetpal Singh & Dr. Sujata for their support and timely help. She thanked Dr. Indra Jugran, Dr. Kanchan Singh, Dr. Kiran Joshi & Dr. Kamna Lohani for their presence. Heartfelt thanks was given to Manoj Bhushan, research scholars Ravindra Saklani, Jyoti Singh, Deependra Chauhan & Vrinda Sah whose cooperation and dedication ensured the smooth and successful conduct of the workshop. Special thanks was extended towards Association of Psychology and class representatives of various psychology classes for their cooperation.

She conveyed special appreciation to the participating students for their active involvement and enthusiastic response throughout the sessions. Concluding her address, Dr. Vallari Kukreti expressed hope that more students will express enthusiasm towards such academic and skill-oriented programs so that the department continues to organize such workshops in the future for the holistic development of students and society at large.

(Dr. Vallari Kukreti)  
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(Countersigned)