






NATIONAL INSTITUTE OF MENTAL HEALTH AND NEURO SCIENCES, BENGALURU
 NIMHANS – UNDP collaborative project on
 “ENHANCING INSTITUTIONAL AND COMMUNITY RESILIENCE TO DISASTERS AND CLIMATE CHANGE”

REPORT ON PSYCHOSOCIAL CARE TRAINING IN DISASTER

State: Meghalaya	City: Shillong	UNDP city Co-ordinator: Ms. Maitreyee Mukherjee	
Training title: Sensitization Programme on Psychosocial Care and Disaster Risk Reduction		Department: Department Bachelor of Social Work	
Date: 18th July, 2019	Duration: # of Days: # of hours: 4 hours	Venue: Auditorium, St. Edmund's College	
Conducted by: St. Edmund's College	Facilitator: Ms. Iarisa Anette R. Dorphang	E mail id: iarisa1913@gmail.com	Mobile #: 9402161907
# of participants: 29 students	Target group: Students from 3rd & 5th Semester, Bachelor of Social Work		
Objectives	<ul style="list-style-type: none"> • To provide basic knowledge to students about psychosocial care in disaster situations • To develop skills for providing psychosocial care to individuals and groups 		
# of sessions covered	Covered all sessions Session I: Introduction and sharing of experience Session II: Gendered Vulnerability in Disaster Session III: Spectrum of Care Session IV: Understanding the Stages of Reaction Session V: Psychosocial Care Techniques Session VI: Do's & Don'ts in Disasters		
Process (Briefly explain how you carried out the training)	<p>The programme started with a registration at 10:00 am and a brief introduction was given by the facilitator, Ms. Iarisa Anette R. Dorphang. She introduced Ms. Neinunnem Grace Khuate, who is the State Project Co-ordinator of NIMHANS-UNDP .</p> <p>An introduction exercise was conducted where the students were paired between a student of 5th and 3rd semester and had to learn about each other in two minutes. We also had a brainstorming session on the types of disasters and many disasters were listed into natural and man-made disaster.</p> <p>Then the second session was taken over by Mr. Surajit Bordoloi. He explained about the term 'gender' and also discussed more on how women are more vulnerable than men, but how in the present generation men and women are equal so vulnerability depends from person to person. Then the session ended and an energizer was exercised.</p> <p>The next session was on 'Spectrum of Care' which was taken over by Ms. Iarisa Anette R. Dorphang. it was discussed along with a presentation. the needs of an individual was discussed.</p> <p>The fourth session was about 'Understanding Stages of Reaction'. for this session students were divided into four groups and were asked to discuss on normal and abnormal reactions during disasters. They were given 10 minutes to discuss and were given chart papers and sketch pens to pen down their discussion. After their discussion two students from each group were asked to present.</p> <p>After the fourth session, a lunch break was given for half an hour.</p>		

	<p>The next session was on 'Psychosocial Techniques'. The different types of techniques, i.e., ventilation, empathy, active listening, social support, externalisation of interest, relaxation/recreation and spirituality, were discussed using different exercises to demonstrate their meaning.</p> <p>The sixth and last session was on the do's and don'ts in a disaster. A list of the do's and don'ts were listed in a PowerPoint and were explained by the facilitator.</p> <p>The programme concluded with a vote of thanks by the facilitator and feedbacks were asked to be written in a sheet and were submitted to Ms. Grace. the programme ended at 2:10 pm</p> <p>The session was also attended by Ms. Maitreyee Mukherjee UNDP city Co-ordinator, two interns from the State Disaster Management Authority, four staff from the Department of Social Welfare, Government of Meghalaya and a staff from the Meghalaya Fire and Emergency Department and the Head of Department of Social Work, Ms. Audrey D. Dohling</p> <p>The programme was also attended by the principal, Dr. Sylvanus Lamare and the Secretary, Br. Simon Coelho for a short while.</p>
Challenges	<p>To conduct the activities efficiently I feel that the timeline could have been extended to another hour</p>
Outcome	<p>The students seems to be interested in the programme and actively participated in every exercises and activities.</p>
Future plan	<p>To conduct another sensitization programme on Psychosocial care in Disaster with proper timeline.</p>
Photo Gallery	
Photo Gallery	
Photo Gallery	

Date: **8th of August, 2019**

Signature of Facilitator: **Iarisa Anette R. Dorphan,**
Asst. Professor, Deptt. of BSW,
St. Edmund's College.