



(A Project of Sri Marudhar Kesari Jain Trust)

Supported by DST - FIST

**SCHOOL OF LIFE SCIENCES**

**IVAN PAVLOV ASSOCIATION OF THE PG DEPARTMENT OF PSYCHOLOGY**

## ORGANIZED

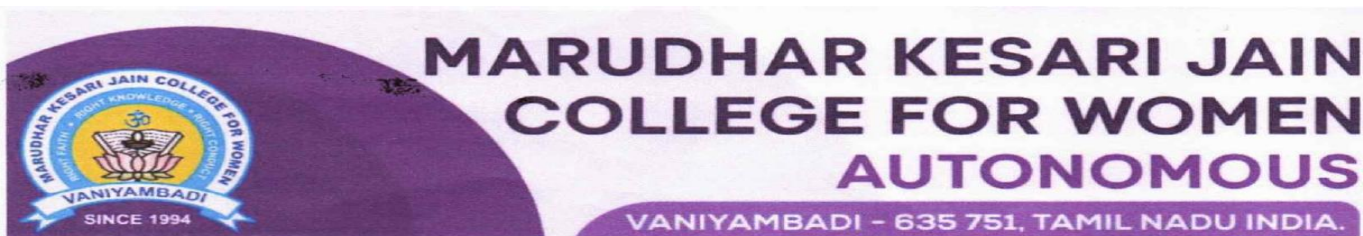
## TRAINING PROGRAM

# On

## PSYCHOLOGICAL FIRST AID

**16.07.2025**

## INVITATION



**SCHOOL OF LIFE SCIENCES**

**IVAN PAVLOV ASSOCIATION OF PG DEPARTMENT OF PSYCHOLOGY**

## ORGANIZES

## Training Programme on

# Psychological First Aid

**Date : 16.07.2025 | Time : 10.00 am to 03.00 PM**

★★★★★

**Venue : Sri Roop Rajat AV Hall**

★★★★★

## Resource Person



**Mr. S. SIVAKUMAR**

## Managing Director

**Emocare Private Limited**

## Ambattur, Chennai

**Principal**  
Kesarai Jain College  
Women (Autonomous)  
Bijaynagar - 635 054  
Tirupattur District **Head**

**V. Dilip Kumar Jain**  
**President**

**Anand Singhvi**  
**Secretary**

**Dr. M. Inbavalli**  
**Principal**

**Dr. C. Asokan** **Ms. M. Ayesha Sabeen**  
Vaniyambadi - 635 051  
Dean, S. S. Kupattur District Head

## AGENDA



### MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (Autonomous)

(A Project of Sri Marudhar Kesari Jain Trust)

Recognized u/s 2(f) & 12(B) of UGC Act, 1956 – Permanently Affiliated to Thiruvalluvar University

Accredited by NAAC with "A+" Grade (4th Cycle) – An ISO 21001:2018 (EOMS) Certified Institution – Supported by DST - FIST  
Vaniyambadi, Tirupattur District

### SCHOOL OF LIFE SCIENCES

### IVAN PAVLOV ASSOCIATION OF THE PG DEPARTMENT OF PSYCHOLOGY

Organizes

### TRAINING PROGRAM

On

### PSYCHOLOGICAL FIRST AID

Date : 16.07.2025

Time : 10.00 a.m - 03.00 p.m

Venue : Sri Roop Rajat Block - AV Hall

Master of Ceremony: Ms. Aliza Iram Bakshi Syed - III B.Sc Psychology

### AGENDA

Prayer & Tamil Thaaai Vazhthu

Welcome Address

: Ms. Zehewa Swada A  
III B.Sc Psychology, MKJC

Felicitation

: 1. Dr. M.Inbavalli  
Principal, MKJC  
2. Dr.C.Asokan  
Dean, School of Life Sciences, MKJC

Resource Person Introduction

: Ms. Sumha Sameen V,  
III B.Sc Psychology, MKJC

Honoring of the Resource Person

: Dignitaries on the Dias

Resource Person Address

: Mr. S. Siva Kumar.,  
Managing Director  
Emocare Private Limited  
Ambattur, Chennai

Interactive Session

: Students of Psychology

Feedback

: Students of Psychology

Vote of Thanks

: Ms. Aiman Fathima S T  
II B.Sc Psychology, MKJC

National Anthem

PRINCIPAL  
Marudhar Kesari Jain College  
for Women (Autonomous)  
Vaniyambadi - 635 751.  
Tirupattur District



## REPORT



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN  
(AUTONOMOUS), VANIYAMBADI**



### Activity Report

<b>Title</b>	<b>PSYCHOLOGICAL FIRST AID</b>		
<b>Organized By</b>	<b>PG Department of Psychology</b>		
<b>Type of Activity</b>	<b>Training Program</b>		
<b>Level</b>	<b>Intra Departmental</b>		
<b>Date</b>	<b>16.07.2025</b>	<b>Time</b>	<b>10.00 a.m to 03.00 p.m</b>
<b>Venue</b>	<b>AV Room (Sri Roop Rajat Block)</b>	<b>Mode</b>	<b>Offline</b>
<b>Resource Person Details</b>	Mr. S.Sivakumar., Managing Director, Emocare Private Limited, Ambattur, Chennai		
<b>Objective of the Programme</b>	To understand the Concept and Principles of PFA To recognize the signs of distress and crisis in individuals. To demonstrate active listening and supportive communication. To maintain confidentiality and obtain informed consent when possible. To apply self-care strategies and seek supervision/support when needed.		
<b>Internal Participants Count</b>	<b>Students : 104 Faculty : 7</b>	<b>External Participants Count</b>	<b>Students : Nil Faculty : Nil</b>

#### Summary

The Ivan Pavlov Association of the PG Department of Psychology, under the School of Life Sciences of Marudhar Kesari Jain College for Women (Autonomous), Vaniyambadi organized a training Program titled '**Psychological First Aid**' on 16.07.2025 between 10.00 a.m - 03.00 p.m in Sri Roop Rajat Block AV Hall. The program begun with the prayer song followed by the invocation to Mother Tamil and Ms.Zehewa Swada A of III B.Sc Psychology proposed the welcome address. The Dean, School of Life Sciences, Dr.C.Asokan, felicitated the gathering, by . Ms. Sumha Sameen V of III B.Sc Psychology introduced the resource person for the day, following which the resource person was honored and then the session was then handed over to Mr. S.Sivakumar, Managing Director, Emocare Private Limited, Ambattur, Chennai.

The session focused on understanding how to offer immediate emotional and psychological support in crisis situations, especially before professional help is available. The

core of PFA was introduced through the Look – Listen – Link model. This taught the students on how to observe distress signs, listen with empathy and without judgment, and connect affected individuals to necessary resources.

Through role-plays and group activities, the students learnt how to apply these steps practically, helping them feel more confident in real-life situations. They also explored the types of resistance that people may show during crisis—emotional (denial, fear), intellectual (rational objections), and physical (withdrawal, silence). Using practical demonstrations, they learnt how to approach each type calmly and supportively.

A key part of the training was understanding Transactional Analysis, especially how “strokes” (forms of recognition) impact communication:

Unconditional Positive Strokes – expressing care without conditions

Unconditional Negative Strokes – harmful feedback targeting the person, not their behavior

The students also got to know about the Four Horsemen of Relationship Conflict from the Gottman model and their antidotes:

1. Criticism – use a Gentle Start-Up
2. Contempt – replace with Appreciation
3. Defensiveness – Take Responsibility
4. Stonewalling – practice Self-Soothing

These were brought to life through discussions and skits, making it easier to recognize these patterns in ourselves and others.

In the practical segment, they were introduced to mindfulness techniques like focused breathing and body scanning, which can be used both for self-regulation and client support. The students also engaged in neurobic exercises—simple cognitive activities designed to stimulate brain function and emotional balance. Fun games and case-based discussions made the session engaging and deeply insightful. The students not only gained theoretical knowledge but also practiced essential soft skills like empathy, active listening, calm communication, and emotional containment.

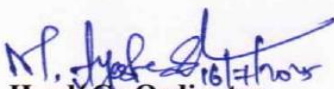


Overall, the session greatly enhanced the students preparedness to offer immediate psychological support in real-life emergencies. It gave them tools that are essential for any aspiring mental health professional.

The students interacted with the resource person effectively, got their queries cleared and registered their valuable feed backs regarding the session. Vote of thanks was proposed by Ms. Aiman Fathima S T of II B.Sc Psychology and the program came to an end by singing the National Anthem.

#### **Outcome of the Programme**

1. The participants gained a clear understanding of the principles, goals, and scope of Psychological First Aid.
2. The training improved the students ability to recognize signs of acute distress and psychological vulnerability.
3. The training program provided an understanding of when and how to refer individuals to professional mental health services.
4. The Participants recognized the importance of respecting cultural backgrounds, privacy, and autonomy during crisis intervention..
5. The training session increased participants confidence in handling emotionally challenging scenarios.

  
Head/ Co Ordinator

  
IQAC Director


  
Principal  
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Tirupattur District

## PHOTOS








  
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