

Government of Karnataka  
Centre for Disaster Management  
**ADMINISTRATIVE TRAINING INSTITUTE**  
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*Training Programme on*  
**“Psychosocial Care in Disaster Management”**

Venue

Course Coordinator

Course Assistant

**Aim**

To develop skills to provide Psychosocial care to the disaster affected community & individuals during & after disaster.

**Objectives**

At the end of the training, participants will be able to;

- Describe psycho-social stress among the affected community and individuals after a disaster
- Explain techniques of Psycho-social Need Assessment
- List the basic steps in PSC
- Practice techniques for PSC
- Play games to internalize the PSC

**Sessions:**

I	09:30 am to 10:30 am	
II	10:30 am to 11:30 am	11:30 am to 11:45 am Tea Break
III	11:45 am to 12:45 pm	
IV	12:45 pm to 01:45 pm	01:45 pm to 02:30 pm Lunch Break
V	02:30 pm to 03:30 pm	03:30 pm to 03:45 pm Tea Break
VI	03:45 pm to 04:30 pm	
VII	04.30 pm to 05.30 pm	research

*Sessions will continue until the activities of the day are completed*

## Programme Schedule

Day/Date	Sessions	Topic	Resource persons
	09.30 AM to 10.30AM	Registration, Introductory Activities, Expectations	
	10.30 AM to 11.30 AM	<b>Inauguration</b> : Roles and Responsibilities of Officers in DM	
	11.45AM to 01.45 PM	Basic Concepts of DM, Institutional Mechanism, Automation in DM Planning	
	02.30 PM to 05.30 PM	Psycho-Social Care in Disaster Management - Basic techniques	
	09.30 AM to 11.30 AM	Develop a Need Spreadsheet of PSC - Exercise and Presentation Experience of survivors - Exercise and Presentation	
	11.45 AM to 01.45 PM	Emotional, Moral and Empathetic Support to Disaster Affected People	
	02.30 PM to 04.45 PM	Concept of Loss: Group Sharing and feedback Clapping Exercise	
		Visibility v/s Invisibility of problems - Group work and Feedback	
		Understanding the experience of stress - Group Activity and debriefing	
		Normalcy and abnormalcy of reactions - Presentation and reactions	
	09.30 AM to 11.30 AM	Mental Health and Psycho-social Need Assessment -Presentation Needs spreadsheet Exercise	
	11.45 AM to 01.45 PM	Women in Disaster - Presentation Sounding like an animal- Activity	
	02.30 PM to 04.45 PM	Special Needs of Women, old aged and disabled in disaster - Listing and presentations	
		Working with women - Body mapping PPT and open discussion	
		Life events and family life cycle coping abilities	

	09.30 AM to 11.30 AM	<ul style="list-style-type: none"> <li>✓ Understanding needs of children</li> <li>✓ Understanding Emotional Reactions of Children</li> <li>✓ Working with Children</li> <li>✓ Ethics and confidentiality - Exercise</li> </ul>	
	11.45 AM to 01.45 PM	Games and Exercises on PSC followed by Feedback	
	02.30 PM to 04.45 PM	Community Based Participatory Disaster Risk Assessment Tools - Group Activities and Presentations	
	09.30 AM to 10.30 AM	GIS and RS Applications in Disaster Management	
	10.30 AM to 11.30 AM	Outbreaks of Epidemics and its Control Measures	
	11.45 AM to 01.45 PM	Visit to Rehabilitation Centre in Mysore and Discussions	
	02.30 PM to 03.45 PM	Group Discussion on Visit to Rehabilitation Centre	
	03.45 PM to 04.45 PM	Feedback and Internal Validation	

**Course Coordinator**