

12. Schedule of Programme

The tentative schedule of the proposed capacity building programme is mentioned below:

Day – 1: 29 Oct 2025			
Time	Session	Session Details/ Objectives	Resource
8.30-10.00	Breakfast		
9.30-10.00	Registration	- Online registration of participants - Training kit distribution - Safety briefing - Facility briefing	GIDM
10.00 –10.30	Pre-Test & Introduction of Participants	- About GIDM - Introduction of participants - Introduction of Facilitators/Coordinators - Pre-Test	GIDM
10.30-11.45	Understanding of Disaster Risk Management (DRM)	At the end of the session participants would be able to understand: <i>Understanding 'Disaster Risk' through Hazards, Exposure, Vulnerability and Capacity components</i> <i>Policy & Governance in DRM</i> <i>Key principles of Disaster Risk Reduction (DRR)</i> <i>Emerging trends in disaster management and infrastructure resilience</i>	GIDM
11.45 - 12.00	Tea break		
12.00-13.30	Understanding Psychosocial Impact	At the end of the session participants would be able to understand: <i>Disasters and their psychosocial consequences</i> <i>Distinction between physical damage vs. invisible mental health impact</i> <i>Role of psychosocial care in disaster management cycle (prevention, response, recovery)</i> <i>Overview of national & international guidelines (NDMA, WHO, Sphere Standards)</i> <i>Multi-sectoral roles (health, administration, NGOs, community)</i> <i>Myths & Misconceptions about Mental Health in Disasters</i>	NDMA, New Delhi
13.30-14.30	Lunch break		
14.30-15.45	Common Psychological Reactions to Disasters	At the end of the session participants would be able to understand: <i>Stress, fear, and anxiety in immediate aftermath</i> <i>Short-term vs. long-term reactions (acute stress disorder, PTSD)</i>	TISS, Mumbai

		• Age and gender variations in reactions • Group vs. individual coping patterns • Recognizing normal vs. maladaptive responses	
15.45-16.00	Tea break		
16.00-17.15	Psychosocial Support in Disaster Response: The Ahmedabad Air Crash Experience	At the end of the session participants would be able to understand: • Overview of the Ahmedabad Air Crash • Immediate Psychological and Emotional Reactions • Psychosocial Support Interventions • Role of Agencies and Stakeholders • Lessons Learned and Way Forward	Ahmedabad Civil Hospital
Day -2: 30 Oct 2025			
9.00-10.00	Breakfast		
10.30-11.45	Psychosocial First Aid (PFA)	At the end of the session participants would be able to understand: • Core elements: Look, Listen, Link • Do's and Don'ts in PFA • Empowering survivors through choice • Ethics in providing care (confidentiality, consent) • Building trust with survivors • Communicating with children & non-verbal survivors • Identifying High-Risk Individuals	NIMHANS, Bengaluru
11.45-12.00	Tea break		
12.00 – 13.15	Community Coping Mechanisms and Resilience Building	At the end of the session participants would be able to understand: • Traditional/community-based coping strategies • Role of family, peer, and faith-based support • Mobilizing community volunteers • Collective healing practices (storytelling, rituals, cultural practices) • Building long-term resilience in communities • Psychosocial care for children, elderly, differently abled, women and migrants	UNICEF
13.15-14.00	LUNCH break		
14.00-15.15	Psychosocial Care for Women in Disasters: Insights from the Indian Ocean Tsunami	At the end of the session participants would be able to understand: • Brief history of Indian Ocean Tsunami • Gendered impact of Indian Ocean Tsunami • Psychological and Emotional Consequences • Interventions by stakeholders group in reducing the impact	Subject Matter Expert

		• <i>Lessons Learned and Way Forward</i>	
15.15-15.30	Tea break		
15.30-16.45	Post-Disaster Assessment Of Mental Health Vulnerabilities And Capacities	At the end of the session participants would be able to: • <i>Conducting Rapid And Extended Post-Disaster Assessments</i> • <i>Identifying Vulnerabilities in Affected Populations (Social Determinants of Mental Health, Mental Health and Psychosocial Context, Humanitarian context)</i> • <i>Assessing Community Capacities and Coping Mechanisms</i> • <i>Tools and Methods for Post-Disaster Assessments</i> • <i>Integrating Findings into Disaster Response Planning</i>	TISS, Mumbai
16.45-17.00	Valedictory Session	• Post-test • Feedback • Certificate distribution • Group Photo	GIDM
