

# Program Agenda

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Time	Topics	Resource Person
11:00 - 11:05	Welcome Address	Chief Executive Officer, GSFA
11:05 - 11:15	Importance of Mental Well-being and Resilience in Fire Services	Director, State Fire Prevention Services
11:15 - 12:00	<b>Understanding Occupational Stress in Fire Services</b> <ul style="list-style-type: none"> <li>• <i>Stressors in firefighting and emergency response</i></li> <li>• <i>Types of stress (acute, chronic, cumulative)</i></li> <li>• <i>Signs and symptoms (physical, emotional, behavioural)</i></li> <li>• <i>Impact of stress on operational performance</i></li> <li>• <i>Recovery after difficult incidents</i></li> </ul>	Dr. Bina Vadalia Rtd. Regional deputy Director health & family well-fare (Public health expert)
12:00 - 12:45	<b>Building Mental Resilience and Peer Support</b> <ul style="list-style-type: none"> <li>• <i>Understanding mental resilience</i></li> <li>• <i>Pillars of resilience: fitness, sleep, emotional awareness, social support and positive mindset</i></li> <li>• <i>Tactical breathing and grounding techniques</i></li> <li>• <i>Post-incident recovery and fatigue management</i></li> <li>• <i>Peer support and team resilience</i></li> <li>• <i>Recognising when professional help is needed</i></li> </ul>	Dr. Shikha Talati, Consultant Psychiatrist (Hospital For Mental Health Ahmedabad)
12:45 - 12:55	Question & Answer Session	Resource Persons
12:55 - 13:00	Key Takeaways and Vote of Thanks	Officers from GSFA / Gujarat State Fire Services