

# Department of Clinical Psychology

## HIMS-SRHU

### Detailed Report on the Awareness Workshop on Psychological First Aid (PFA)

**Organized by:** Department of Psychology, SDPG Degree College, Doiwala

**Under:** Counselling Wing

**Resource Person:** *Dr. Malini Srivastava*, Associate Professor & Head, Department of Clinical Psychology

**Total Duration:** 5 Hours

## 1. Introduction

The Department of Psychology, SDPG Degree College, Doiwala, in collaboration with its Counselling Wing, organized a **Psychological First Aid (PFA) Awareness Workshop** aimed at strengthening students' capacity to understand, respond to, and support peers experiencing psychological distress. Psychological First Aid, an evidence-based supportive intervention, equips individuals with basic skills to offer immediate emotional and practical support following stressful events.

The workshop emphasized **early identification of emotional concerns, reducing stigma around mental health, and promoting psychological self-care**. Designed as an interactive and participatory session, the workshop introduced students to the foundational principles of PFA and the essential components of emotional support in educational and community settings.

## 2. Participants

The workshop received enthusiastic participation from a diverse academic audience:

- Students across various undergraduate and postgraduate programmes.
- Postgraduate and Ph.D. scholars from the Psychology department who brought forward advanced academic insights and contributed to reflective discussions.
- Faculty members from multiple departments who acknowledged the growing need for psychological literacy and PFA competencies in the educational environment.
- The presence of the Counselling Wing added professional engagement and enriched the workshop's practical orientation.

The wide representation of disciplines highlighted the relevance of psychological awareness across academic fields.

## 3. Objectives of the Workshop

The workshop was designed with the following key objectives:

1. **To create awareness** about common psychological and emotional challenges faced by students, including stress, anxiety, academic pressure, and interpersonal issues.
2. **To educate participants** on identifying early warning signs of emotional distress and psychological breakdowns.

## Department of Clinical Psychology

### HIMS-SRHU

3. **To introduce the principles of Psychological First Aid (PFA)**—Look, Listen, Link—providing students with a structured approach to supporting peers in distress.
4. **To promote help-seeking behaviour**, encouraging students to access counselling services and mental health support without hesitation.
5. **To strengthen self-care practices**, emotional resilience, and peer support networks within the campus community.
6. **To reduce stigma** related to mental health and psychological consultation.

## 4. Workshop Highlights

The session was conducted by **Dr. Malini Srivastava**, who delivered an engaging, student-centric, and interactive module on Psychological First Aid. Key components covered during the workshop included:

### 4.1 Understanding Psychological First Aid

- Definition, purpose, and relevance of PFA in day-to-day life.
- Differentiation between PFA, counselling, and clinical intervention.
- The *Look–Listen–Link* model as a foundational PFA approach.

### 4.2 Core Concepts in Mental Health

- Introduction to key components of mental health and psychological wellness.
- Understanding common emotional concerns such as:
  - Stress
  - Anxiety
  - Mood fluctuations
  - Academic burnout
- Recognizing behavioural, emotional, and physical indicators of distress.

### 4.3 Emotional Regulation & Coping Strategies

- Techniques for managing stress and emotional overwhelm.
- Importance of grounding techniques, breathing exercises, and positive self-talk.
- Healthy coping mechanisms:
  - Maintaining structured routines
  - Prioritizing sleep and nutrition
  - Seeking social and emotional support
  - Managing unhelpful thought patterns
  - Reducing digital overload and rumination

### 4.4 Practical Demonstrations & Interactive Activities

- Group discussions, reflective sharing, and scenario-based learning.

## Department of Clinical Psychology HIMS-SRHU

- Students shared real-life experiences and explored safe and effective ways to respond to peers in distress.
- Demonstration of how to approach someone experiencing emotional difficulty using empathetic communication.

### 4.5 Accessing Professional Support

- Guidance on when and how to seek professional psychological help.
- Information on campus counselling services and referral processes.
- Encouragement to break stigma around mental health care and normalize support-seeking behaviour.

## 5. Outcomes of the Workshop

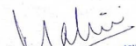
The workshop brought measurable benefits to the participants and contributed to strengthening the mental health ecosystem of the campus. Notable outcomes included:

- **Enhanced understanding of psychological first aid concepts** among students.
- **Improved awareness** of emotional health, common stressors, and early warning signs of psychological distress.
- **Positive shift in attitudes** towards mental health support and counselling services.
- Students learned **effective peer support practices**, enabling them to respond more sensitively to peers experiencing distress.
- **Strengthened sense of psychological safety** within the campus through openly discussing mental health concerns.
- Faculty members gained deeper appreciation for integrating psychological awareness within academic interactions.
- The workshop inspired discussions on institutional initiatives for mental well-being and preventive mental health care.

## 6. Conclusion

The **Awareness Workshop on Psychological First Aid** proved to be a vital and impactful initiative in fostering psychological awareness, emotional resilience, and supportive peer networks within SDPG Degree College, Doiwala. The expertise and interactive approach of *Dr. Malini Srivastava* enriched the learning experience and enabled students to gain both conceptual clarity and practical skills.

The Counselling Wing, along with the Department of Psychology, plans to organize further workshops, training programmes, and interactive sessions to continue strengthening mental health literacy and to ensure a psychologically safe learning environment for all students.

  
Dr. Malini Srivastava  
Associate Professor  
Head - Department of Clinical Psychology  
HIMS-SRHU  
Doiwala, Himachal Pradesh  
574001



# WORKSHOP ON PSYCHOLOGICAL FIRST AID AWARENESS

**Organised by:**  
**Department of Psychology**  
**S.D.M Government P.G College, Doiwala**



**Date: 22 November, 2025**

**Time: 10 am**

**Venue: IQAC ROOM**



**Participation link: <https://forms.gle/zAd2k216K64eUEHc8>**