

|                      |                                |
|----------------------|--------------------------------|
| <b>VAC053</b>        | <b>PSYCHOLOGICAL FIRST AID</b> |
| <b>Contact Hours</b> | <b>30 Hours</b>                |
| <b>Prerequisite</b>  | <b>Nil</b>                     |

### **Course Description**

This course is designed to provide participants with the knowledge and skills to offer immediate psychological support to individuals in distress, particularly in the aftermath of traumatic events. Participants will learn the principles of psychological first aid, including active listening, empathy, and crisis intervention, to help individuals cope with and recover from psychological trauma.

### **Course Objectives**

The course will enable the students to:

- Understand the concept and principles of psychological first aid (PFA).
- Recognize the signs of distress and emotional crisis in individuals.
- Develop active listening and empathetic communication skills.
- Apply the core components of PFA, including safety, stabilization, information, practical assistance, and connection.
- Support individuals in managing their immediate and long-term emotional and psychological needs.
- Identify self-care strategies for providing effective psychological support.
- Promote a compassionate and trauma-informed approach to psychological first aid.

### **Course Outcomes**

Upon successful completion of this course, students will be able to:

- CO1: Define and explain the principles of psychological first aid.
- CO2: Recognize signs of emotional distress in individuals.
- CO3: Apply active listening and empathetic communication techniques.
- CO4: Implement the core components of psychological first aid effectively.
- CO5: Support individuals in addressing their immediate and long-term psychological needs.
- CO6: Develop self-care strategies for PFA providers.
- CO7: Advocate for a compassionate and trauma-informed approach to psychological first aid.

### **Course Content**

#### **Module 1: Introduction to Psychological First Aid**

**2 hours**



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- Definition and Purpose of Psychological First Aid
- Historical Background and Evolution
- Ethical Considerations in PFA
- PFA in Different Contexts (e.g., disaster, crisis, public health)

**Module 2: Recognizing Distress**

**3 hours**

- Understanding Emotional and Psychological Responses
- Signs of Distress and Crisis
- Risk Factors and Vulnerability
- Cultural Sensitivity in Distress Recognition

**Module 3: Communication Skills**

**4 hours**

- Active Listening and Empathetic Communication
- Non-verbal Cues and Body Language
- Building Trust and Rapport
- Cultural and Linguistic Considerations

**Module 4: Core Components of PFA**

**5 hours**

- Safety and Stabilization
- Providing Information
- Offering Practical Assistance
- Promoting Emotional Connection
- Respecting Autonomy and Choice

**Module 5: Supporting Immediate and Long-Term Needs**

**4 hours**

- Addressing Immediate Emotional Needs
- Coping and Resilience Building
- Referral and Resources
- Follow-up and Ongoing Support

**Module 6: Self-Care for PFA Providers**

**4 hours**

- Recognizing the Impact of PFA on Providers
- Strategies for Reducing Burnout and Compassion Fatigue
- Supervision and Peer Support
- Personal Well-being and Self-Care Plans

**Module 7: Trauma-Informed Approach**

**3 hours**

- Understanding Trauma and Trauma-Informed Care
- Recognizing Triggers and Re-traumatization

- Creating a Safe and Supportive Environment
- Incorporating Trauma-Informed Principles into PFA

### Module 8: Practicum and Application

5 hours

- Role-Playing and Scenarios
- Case Studies and Group Discussions
- Self-Care Planning and Reflection
- Final Presentation and Integration of PFA Skills

### Practicum

The course includes a practicum where participants will engage in role-playing, case studies, and group discussions to apply their PFA skills. They will also develop self-care plans to ensure they can provide effective support while maintaining their well-being.

### Textbooks

1. Brymer, M., Jacobs, A., Layne, C., Pynoos, R., Ruzek, J., Steinberg, A., & Vernberg, E. (2006). Psychological first aid: Field operations guide (2nd edition). National Child Traumatic Stress Network.
2. Everly, G. S., Jr., & Lating, J. M. (2017). The Johns Hopkins Guide to Psychological First Aid. Johns Hopkins University Press.
3. Hobfoll, S. E., Watson, P., Bell, C. C., Bryant, R. A., Brymer, M. J., Friedman, M. J., ... & Ursano, R. J. (2007). Five essential elements of immediate and mid-term mass trauma intervention: Empirical evidence. *Psychiatry: Interpersonal and Biological Processes*.

### Reference Books

1. Litz, B. T., Gray, M. J., Bryant, R. A., & Adler, A. B. (2002). Early intervention for trauma: Current status and future directions. *Clinical Psychology: Science and Practice*.
2. Ruzek, J. I., & Norwood, A. E. (2008). Psychological first aid. *Journal of Mental Health Counseling*.
3. Kitch, S., Walsh, D., & Heady, M. (2019). A guide to psychological first aid: A partnership between Mental Health First Aid Australia and the University of Melbourne. Mental Health First Aid Australia.

|   | Evaluation Component | Weightage (%) |
|---|----------------------|---------------|
| 1 | Activities           | 20            |

**K.R. MANGALAM UNIVERSITY****EDUCATION FOR LIFE**

(Recognized by UGC and a member of AIU)

Ref.No.: KRMU/Admin./Notice/2020-21/ 210900 Dated: 08<sup>th</sup> December, 2020**NOTICE**

This is to put for information that School of Humanities is offering Value-Added Course (VAC) for all interested students during Even Semester as per the following specifications.

| Course Code | Course Title                      | Coordinating Department / School | Duration |
|-------------|-----------------------------------|----------------------------------|----------|
| VAC049      | Ethics and Culture                | SOHS                             | 30 Hrs.  |
| VAC051      | Positive Psychology and Work Life | SOHS                             | 30 Hrs.  |
| VAC053      | Psychological First Aid           | SOHS                             | 30 Hrs.  |
| VAC058      | The Art of Storytelling           | SOHS                             | 30 Hrs.  |
| VAC062      | Mindfulness and Wellbeing         | SOHS                             | 30 Hrs.  |
| VAC064      | Creative Writing                  | SOHS                             | 30 Hrs.  |
| VAC106      | Indian Constitution               | SOHS                             | 30 Hrs.  |

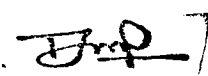
- a) *Maximum 100 seats are available for the course.*
- b) *Course Start Date: 02 January 2021*
- c) *Couse End Date: 19 March 2021*

All interested students are required to confirm their registration with the Dean-School of Humanities latest by **21<sup>th</sup> December, 2020**

  
Registrar

**Copy to:**

- Vice Chancellor : For kind information
- Dean (Academics Affairs)
- Controller of Examinations
- All Deans/ School Coordinators
- All Faculty Members/ Mentors
- Notice Board
- Office Copy

  
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K.R. Mangalam University  
Sohna Road, Gurugram (Haryana)



VAC COURSE FOR ACADEMIC YEAR 2020-21

COURSE CODE: VAC053

COURSE TITLE: PSYCHOLOGICAL FIRST AID

| ROLL NO    | NAME            | PROGRAMME          | SEMESTER    | 2-Jan-21 | 3-Jan-21 | 4-Jan-21 | 7-Jan-21 | 9-Jan-21 | 10-Jan-21 | 11-Jan-21 |
|------------|-----------------|--------------------|-------------|----------|----------|----------|----------|----------|-----------|-----------|
| 1908190001 | K ABHISHEK      | B.A. (H) Economics | Semester IV | A        | P        | P        | P        | A        | P         | P         |
| 1908190003 | ISHA GARG       | B.A. (H) Economics | Semester IV | A        | P        | P        | P        | P        | P         | P         |
| 1912770001 | AHAN DEY        | B.A. (H) Chinese   | Semester IV | P        | P        | P        | P        | P        | P         | P         |
| 1912770002 | PRERNA BHATT    | B.A. (H) Chinese   | Semester IV | P        | P        | P        | P        | P        | P         | P         |
| 1912770003 | SHRUTI POPTANI  | B.A. (H) Chinese   | Semester IV | A        | P        | P        | P        | P        | P         | P         |
| 1912770004 | YASHIKA KUMAR!  | B.A. (H) Chinese   | Semester IV | P        | A        | A        | P        | P        | P         | P         |
| 2008250009 | SAHIL           | B.A. Program       | Semester II | P        | P        | A        | P        | A        | P         | P         |
| 2008250010 | KARTIK LOHIA    | B.A. Program       | Semester I  | P        | A        | P        | P        | A        | P         | P         |
| 2008250011 | HRITIK AMBAWATA | B.A. Program       | Semester I  | A        | P        | A        | A        | A        | P         | P         |
| 2008250012 | AAKASH TANWAR   | B.A. Program       | Semester II | P        | P        | P        | P        | A        | P         | P         |
| 2008250013 | NIHARIKA SINGH  | B.A. Program       | Semester II | P        | P        | P        | P        | P        | P         | P         |
| 2008250015 | ANSHIKA         | B.A. Program       | Semester II | P        | P        | P        | P        | P        | P         | P         |

  
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VAC COURSE FOR ACADEMIC YEAR 2020-21

COURSE CODE: VAC053

COURSE TITLE: PSYCHOLOGICAL FIRST AID

| ROLL NO    | NAME            | 14-Jan-21 | 15-Jan-21 | 16-Jan-21 | 18-Jan-21 | 21-Jan-21 | 24-Jan-21 | 28-Jan-21 | 30-Jan-21 | 1-Feb-21 | 4-Feb-21 | 5-Feb-21 |
|------------|-----------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|----------|----------|----------|
| 1908190001 | K ABHISHEK      | P         | P         | P         | A         | P         | A         | P         | P         | P        | A        | P        |
| 1908190003 | ISHA GARG       | P         | P         | P         | P         | P         | P         | P         | P         | P        | P        | A        |
| 1912770001 | AHAN DEY        | P         | P         | P         | P         | P         | P         | P         | P         | P        | P        | P        |
| 1912770002 | PRERNA BHATT    | P         | P         | P         | A         | P         | A         | P         | P         | P        | P        | A        |
| 1912770003 | SHRUTI POPTANI  | P         | P         | P         | P         | P         | P         | P         | P         | P        | P        | P        |
| 1912770004 | YASHIKA KUMARI  | P         | P         | P         | A         | P         | P         | P         | A         | P        | P        | P        |
| 2008250009 | SAHIL           | P         | A         | P         | P         | P         | P         | P         | P         | P        | P        | P        |
| 2008250010 | KARTIK LOHIA    | P         | A         | P         | P         | P         | P         | A         | P         | P        | P        | A        |
| 2008250011 | HRITIK AMBAWATA | P         | P         | P         | P         | A         | P         | P         | P         | P        | P        | P        |
| 2008250012 | AAKASH TANWAR   | P         | P         | P         | A         | P         | A         | P         | P         | P        | A        | P        |
| 2008250013 | NIHARIKA SINGH  | P         | P         | P         | P         | P         | P         | P         | P         | P        | P        | A        |
| 2008250015 | ANSHIKA         | P         | P         | P         | P         | P         | P         | P         | P         | P        | P        | P        |



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VAC COURSE FOR ACADEMIC YEAR 2020-21

COURSE CODE: VAC053

COURSE TITLE: PSYCHOLOGICAL FIRST AID

| ROLL NO    | NAME            | 6-Feb-21 | 7-Feb-21 | 8-Feb-21 | 11-Feb-21 | 12-Feb-21 | 14-Feb-21 | 15-Feb-21 | 19-Feb-21 | 22-Feb-21 | 25-Feb-21 | 1-Mar-21 |
|------------|-----------------|----------|----------|----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|----------|
| 1908190001 | K ABHISHEK      | P        | A        | P        | P         | P         | P         | P         | A         | P         | P         | A        |
| 1908190003 | ISHA GARG       | P        | P        | P        | P         | A         | A         | A         | P         | A         | P         | P        |
| 1912770001 | AHAN DEY        | P        | P        | P        | A         | P         | P         | P         | P         | P         | P         | P        |
| 1912770002 | PRERNA BHATT    | P        | P        | A        | P         | P         | A         | A         | P         | P         | P         | A        |
| 1912770003 | SHRUTI POPTANI  | P        | A        | P        | P         | P         | P         | P         | A         | P         | P         | A        |
| 1912770004 | YASHIKA KUMARI  | P        | P        | A        | P         | P         | P         | P         | P         | P         | P         | P        |
| 2008250009 | SAHIL           | P        | P        | A        | P         | P         | P         | P         | P         | P         | P         | P        |
| 2008250010 | KARTIK LOHIA    | P        | P        | P        | A         | P         | P         | P         | P         | A         | P         | P        |
| 2008250011 | HRITIK AMBAWATA | P        | P        | A        | A         | P         | P         | A         | P         | P         | P         | P        |
| 2008250012 | AAKASH TANWAR   | P        | A        | P        | P         | A         | P         | P         | A         | P         | P         | A        |
| 2008250013 | NIHARIKA SINGH  | P        | P        | P        | P         | A         | P         | P         | P         | A         | P         | A        |
| 2008250015 | ANSHIKA         | P        | P        | P        | A         | P         | P         | P         | P         | P         | P         | P        |

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VAC COURSE FOR ACADEMIC YEAR 2020-21

COURSE CODE: VAC053

COURSE TITLE: PSYCHOLOGICAL FIRST AID

| ROLL NO    | NAME            | 6-Mar-21 | 12-Mar-21 | 14-Mar-21 | 15-Mar-21 | 18-Mar-21 | 19-Mar-21 | TOTAL | Present | %     |
|------------|-----------------|----------|-----------|-----------|-----------|-----------|-----------|-------|---------|-------|
| 1908190001 | K ABHISHEK      | P        | P         | A         | P         | P         | P         | 35    | 26      | 74.29 |
| 1908190003 | ISHA GARG       | P        | P         | P         | A         | P         | P         | 35    | 28      | 80.00 |
| 1912770001 | AHAN DEY        | A        | P         | P         | A         | P         | A         | 35    | 31      | 88.57 |
| 1912770002 | PRERNA BHATT    | P        | P         | P         | P         | P         | A         | 35    | 27      | 77.14 |
| 1912770003 | SHRUTI POPTANI  | P        | P         | P         | A         | P         | P         | 35    | 30      | 85.71 |
| 1912770004 | YASHIKA KUMARI  | P        | P         | P         | P         | A         | P         | 35    | 29      | 82.86 |
| 2008250009 | SAHIL           | P        | A         | P         | P         | P         | P         | 35    | 30      | 85.71 |
| 2008250010 | KARTIK LOHIA    | P        | P         | P         | A         | P         | P         | 35    | 27      | 77.14 |
| 2008250011 | HRITIK AMBAWATA | P        | A         | P         | P         | P         | P         | 35    | 26      | 74.29 |
| 2008250012 | AAKASH TANWAR   | P        | P         | P         | P         | P         | P         | 35    | 27      | 77.14 |
| 2008250013 | NIHARIKA SINGH  | P        | P         | P         | A         | P         | P         | 35    | 30      | 85.71 |
| 2008250015 | ANSHIKA         | A        | P         | P         | A         | P         | P         | 35    | 32      | 91.43 |

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VALUE ADDED COURSE (VAC)  
ACADEMIC YEAR 2020-21  
COURSE CODE: VAC053  
COURSE TITLE: PSYCHOLOGICAL FIRST AID  
COURSE OFFERED BY: SCHOOL OF HUMANITIES (SOHS)  
LIST OF STUDENTS COMPLETING THE COURSE

| S.NO | SESSION | ROLL NO    | NAME            | PROGRAMME          | SEMESTER    | COURSE CODE | COURSE TITLE            | SCHOOL                      |
|------|---------|------------|-----------------|--------------------|-------------|-------------|-------------------------|-----------------------------|
| 1    | 2020-21 | 1908190001 | K ABHISHEK      | B.A. (H) Economics | Semester IV | VAC053      | PSYCHOLOGICAL FIRST AID | SCHOOL OF HUMANITIES (SOHS) |
| 2    | 2020-21 | 1908190003 | ISHA GARG       | B.A. (H) Economics | Semester IV | VAC053      | PSYCHOLOGICAL FIRST AID | SCHOOL OF HUMANITIES (SOHS) |
| 3    | 2020-21 | 1912770001 | AHAN DEY        | B.A. (H) Chinese   | Semester IV | VAC053      | PSYCHOLOGICAL FIRST AID | SCHOOL OF HUMANITIES (SOHS) |
| 4    | 2020-21 | 1912770002 | PRERNA BHATT    | B.A. (H) Chinese   | Semester IV | VAC053      | PSYCHOLOGICAL FIRST AID | SCHOOL OF HUMANITIES (SOHS) |
| 5    | 2020-21 | 1912770003 | SHRUTI POPTANI  | B.A. (H) Chinese   | Semester IV | VAC053      | PSYCHOLOGICAL FIRST AID | SCHOOL OF HUMANITIES (SOHS) |
| 6    | 2020-21 | 1912770004 | YASHIKA KUMARI  | B.A. (H) Chinese   | Semester IV | VAC053      | PSYCHOLOGICAL FIRST AID | SCHOOL OF HUMANITIES (SOHS) |
| 7    | 2020-21 | 2008250009 | SAHIL           | B.A. Program       | Semester II | VAC053      | PSYCHOLOGICAL FIRST AID | SCHOOL OF HUMANITIES (SOHS) |
| 8    | 2020-21 | 2008250010 | KARTIK LOHIA    | B.A. Program       | Semester II | VAC053      | PSYCHOLOGICAL FIRST AID | SCHOOL OF HUMANITIES (SOHS) |
| 9    | 2020-21 | 2008250011 | HRITIK AMBAWATA | B.A. Program       | Semester II | VAC053      | PSYCHOLOGICAL FIRST AID | SCHOOL OF HUMANITIES (SOHS) |
| 10   | 2020-21 | 2008250012 | AAKASH TANWAR   | B.A. Program       | Semester II | VAC053      | PSYCHOLOGICAL FIRST AID | SCHOOL OF HUMANITIES (SOHS) |
| 11   | 2020-21 | 2008250013 | NIHARIKA SINGH  | B.A. Program       | Semester II | VAC053      | PSYCHOLOGICAL FIRST AID | SCHOOL OF HUMANITIES (SOHS) |
| 12   | 2020-21 | 2008250015 | ANSHIKA         | B.A. Program       | Semester II | VAC053      | PSYCHOLOGICAL FIRST AID | SCHOOL OF HUMANITIES (SOHS) |

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## **CERTIFICATE OF COMPLETION**

This is to certify that **K ABHISHEK**, University Enrolment No **1908190001** of **B.A. (H) Economics** programme has successfully qualified **VALUE ADDED COURSE VAC053 (Psychological First Aid)** during Academic Session **2020-21 (Even Semester)**.

Date: 23.08.2021

*h. mahajan*

Controller of Examination

*[Signature]*

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This is to certify that **ISHA GARG**, University Enrolment No **1908190003** of **B.A. (H) Economics** programme has successfully qualified **VALUE ADDED COURSE VAC053 (Psychological First Aid)** during Academic Session **2020-21 (Even Semester)**.

Date: 23.08.2021

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This is to certify that **AHAN DEY**, University Enrolment No **1912770001** of **B.A. (H) Economics** programme has successfully qualified **VALUE ADDED COURSE VAC053 (Psychological First Aid)** during Academic Session **2020-21 (Even Semester)**.

Date: 23.08.2021

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This is to certify that **PRERNA BHATT**, University Enrolment No **1912770002** of **B.A. (H) Economics** programme has successfully qualified **VALUE ADDED COURSE VAC053 (Psychological First Aid)** during Academic Session **2020-21 (Even Semester)**.

Date: 23.08.2021

Controller of Examination

*h. mahajan*

*Prof*

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This is to certify that **SHRUTI POPTANI**, University Enrolment No **1912770003** of **B.A. (H) Economics** programme has successfully qualified **VALUE ADDED COURSE VAC053 (Psychological First Aid)** during Academic Session **2020-21 (Even Semester)**.

Date: 23.08.2021

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This is to certify that **YASHIKA KUMARI**, University Enrolment No **1912770004** of **B.A. (H) Economics** programme has successfully qualified **VALUE ADDED COURSE VAC053 (Psychological First Aid)** during Academic Session **2020-21 (Even Semester)**.

Date: 23.08.2021

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This is to certify that **SAHIL**, University Enrolment No **2008250009** of **B.A. Program** programme has successfully qualified **VALUE ADDED COURSE VAC053 (Psychological First Aid)** during Academic Session **2020-21 (Even Semester)**.

Date: 23.08.2021

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**CERTIFICATE OF COMPLETION**

This is to certify that **KARTIK LOHIA**, University Enrolment No **2008250010** of **B.A.**  
**Program** programme has successfully qualified **VALUE ADDED COURSE VAC053**  
**(Psychological First Aid)** during Academic Session **2020-21 (Even Semester)**.

Date: 23.08.2021

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**CERTIFICATE OF COMPLETION**

This is to certify that **HRITIK AMBAWATA**, University Enrolment No **2008250011** of **B.A. Program** programme has successfully qualified **VALUE ADDED COURSE VAC053** (**Psychological First Aid**) during Academic Session **2020-21** (**Even Semester**).

Date: 23.08.2021

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**CERTIFICATE OF COMPLETION**

This is to certify that **AAKASH TANWAR**, University Enrolment No **2008250012** of **B.A.**  
**Program** programme has successfully qualified **VALUE ADDED COURSE VAC053**  
**(Psychological First Aid)** during Academic Session **2020-21 (Even Semester)**.

Date: 23.08.2021

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*Jnt*

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**CERTIFICATE OF COMPLETION**

This is to certify that **NIHARIKA SINGH**, University Enrolment No **2008250013** of **B.A. Program** programme has successfully qualified **VALUE ADDED COURSE VAC053** (**Psychological First Aid**) during Academic Session **2020-21** (**Even Semester**).

Date: 23.08.2021

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**CERTIFICATE OF COMPLETION**

This is to certify that **ANSHIKA**, University Enrolment No **2008250015** of **B.A. Program** programme has successfully qualified **VALUE ADDED COURSE VAC053 (Psychological First Aid)** during Academic Session **2020-21 (Even Semester)**.

Date: 23.08.2021

*h. mahajan*

Controller of Examination

*J. R.*

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