

Report

Two-day Sensitization and Refresher Training Programme on Psychosocial Care in Disasters by NIMHANS

Venue:		Hotel Holiday Home
Date:		2 nd and 3 rd April 2019
Organizers:		The Municipal Corporation Shimla in collaboration with USAID, United Nations Development Programme (UNDP), Himachal Pradesh State Disaster Management Authority (HPSDMA) and National Institute of Mental Health and Neurosciences (NIMHANS) for Enhancing Institutional and Community Resilience to Disasters and Climate Change
Total Number of Participants:		<i>Sensitization Workshop</i> 40
		<i>Refresher Programme</i> 23
Chairperson:	Sensitization Workshop	Sh. Prabodh Saxena (IAS) - <i>Principal Secretary (Urban Development) to the Government of Himachal Pradesh</i>
	Refresher Programme	Sh. Anil Sharma (HAS) <i>Joint Commissioner, Municipal Corporation Shimla</i>
Key Speakers Sensitization Workshop		<ul style="list-style-type: none"> • Sh. Pankaj Rai (HAS) <i>Commissioner, Municipal Corporation Shimla</i> • Sh. Anil Sharma (HAS) <i>Joint Commissioner, Municipal Corporation Shimla</i> • Dr. Jaya Kumar, <i>Assistant Professor and Co-Principal Investigator, NIMHANS</i> • Ms. Neinunnem Grace Khaute, <i>State Project Coordinator, NIMHANS</i>
Resources Persons/ Facilitator:		<ul style="list-style-type: none"> • Dr Jaya Kumar, <i>Assistant Professor and Co-Principal Investigator, NIMHANS, Bengaluru</i> • Ms. Neinunnem Grace Khaute, <i>State Project Coordinator, NIMHANS, Bengaluru</i>

Aim: To sensitize the stakeholders on integrating psychosocial care in disaster management and to conduct refresher training for Training of Trainers.

Objective:

- To share the findings of the psychosocial need analysis of the city
- To review the first level training of trainers (TOT)
- To enhance capacity building and integration of training in their department/ sector and community

Goal: To build capacity at the State level to support provision of psychosocial support at the community level in the region and to develop a replicable model for providing the same by identifying the roles and responsibilities of the organisations involved in this effort.

Methodology: The two-day workshop consisted of a mixture of conceptual and participatory learning appraisal (PLA) - involving presentations, games, discussions, group –work and brainstorming session.

Targeted Participants were representatives from Government Stakeholder Departments of Disaster Management within District Shimla and in Jurisdiction of Municipal Corporation Shimla.

Day One (2nd April 2019)
Forenoon Session

Registration was carried out of the officials for the Sensitization Workshop on Psychosocial care by NIMHANS

Inaugural Session

The inaugural session was commenced with welcoming of the Chief Guest, the guest speakers along with the participants, followed by lightening of the lamp. This was followed by felicitating the Chief Guest and the resource persons by **Sh. Pankaj Rai, Commissioner, Municipal Corporation Shimla** (MCS). In his welcome speech Commissioner MCS highlighted Shimla cities hazard and vulnerabilities owing to its geographical setup and it coming in earthquake Zone IV. He also emphasized on the need to analyse the influx of floating population and tourists who are there throughout the year within city, from viewpoint of disasters. He stated that from time to time programmes on awareness in disaster management are being carried out so as to prepare and mitigate its effects. He informed the participants that under the Smart City project, disaster management and preparedness is a priority. Further, he updated the participants that within various departments disaster management trainings would be undertaken regards to psychosocial care, in which Municipal Corporation Shimla would play a major role. Commissioner Shimla in the end urged the key personnel present from various departments to actively take up the task of devising comprehensive and user-friendly disaster management plans.



*Lighting of the Lamp by Sh. Prabodh Saxena
Principal Secretary (UD), Govt. of H.P.*



*Welcome speech by Sh. Pankaj Rai,
Commissioner, M.C. Shimla*

The chief guest **Sh. Prabodh Saxena, Principal Secretary (UD), Govt. of H.P.**, in his address to participants stated that in any disaster besides reducing the physical loss of the survivors and providing security, the concept of psychological care is equally important. He recalled his experience of feeling proud while attending an international conference at Manila in 2014, where everyone complimented the efforts made by the Indian government for preparedness and

management during the cyclones in Orissa. He mentioned that Orissa has taught how to prepare, prevent and mitigate large disasters. He emphasised on the dimension of mental health and well-being regarding post-traumatic stress, as was seen in 9/11 terror strikes among the surfaced cases of those who lost their close ones and who saw it happening. He highlighted a pertinent attitudinal concern where human beings defer to talk about subjects like pain and suffering and hence the need of mainstreaming the concerns about psychosocial care in preparedness of disasters.

Sh. Prabodh Saxena, highlighted the paradigm shift in disaster management with regards to preparedness and that almost all over the country necessary measures were being taken to prevent and mitigate disastrous miseries. He agreed on the fact that issues related to behaviour and mental health is a dimension in disasters which is usually missed. It is an issue that does not affect a person immediately but requires preparedness along with physical response to a disaster by the authorities so as to make the survivors live a normal life after disasters. He mentioned that the state government of Himachal Pradesh is carrying out continuous efforts at various levels to bring about awareness in disaster management through various means in order to reduce the effects of disasters and build resilience among the community. He articulated that the workshop should come up with new ideas regards to the dimension, dynamic, nature and volume of this problem. He ended with the hope that the two-day workshop on psychosocial care will bring out affirmative results and the suggested solutions would help to prepare and reduce risk in disaster management.



*Speech by Chief Guest Sh. Prabodh Saxena
Principal Secretary (UD), Govt. of H.P.*



*Introduction about Sensitization Programme
Dr Jaya Kumar, Assistant Professor and
Co-Principal Investigator NIMHANS*

First Session

The introduction session was taken by Dr Jaya Kumar who first appraised the participants regarding NIMHANS. He mentioned that the institute has been working in disasters over the past three and a half decades not only within India but across South East Asia and other parts of the world as well. It has been designated as the nodal institute to provide psychosocial care by the national government. Looking into the hazardous nature of the country, Ministry of Home Affairs

along with USAID, UNDP in collaboration with NIMHANS took to institutionalise psychosocial care and risk reduction among the communities. This initiative was thus, started a year back as a pilot project in six cities across the country namely Shillong, Vishakhapatnam, Navi Mumbai, Vijaywada, Cuttack and Shimla under the project of “Enhancing Institutional and Community Resilience to Disasters and Climate Change”. Psychosocial care is also being looked into by the World Health Organisation as to how to carry it out on the global platform.

Dr Jaya Kumar suggested that a paradigm shift in disaster management within India from rescue and relief to preparedness and risk reduction has taken place following post 1999 Orissa super-cyclone, Gujarat earthquake and the Indian Ocean Tsunami. It was mentioned that the Orissa model with regards to cyclones has become a global model post 2013. He further stated that the concept of psychosocial support and mental health services evolved from clinical care provided to the communities over the years within various disasters. It was suggested that there is a need to change the cultural perspective of disaster management from relief camps, rehabilitation to risk reduction and preparedness, so as to move towards the millennium goals and concepts of Sendai framework. As the coping capacity and resilience of the community has a direct relevance with the mental health of the people, psychosocial care is a cross cutting issue that needs to be addressed by various stakeholders and not only by the health department as usually considered.

He talked about the criticality of deinstitutionalizing psychosocial care in a multi-risk and multi-hazard prone state like Himachal Pradesh, especially for post disaster survivors. He stated that the government of Himachal Pradesh has been proactive in taking the initiative of carrying the concept of psychosocial care by creating a cadre of 25 Master Trainers after USAID, UNDP and NIMHANS conducted the first level training in February 2018. He also mentioned that further a training module will be followed to create awareness and sensitization among different stakeholders to build community resilience at large. It was suggested that the state has the potential to be a model-state when it comes to disaster preparedness and risk reduction for the other hill states within the country. He closed the session with the request to the state government and the departments to ensure commitment and support for taking this project forward in order to build resilience among the communities regards to disasters. Lastly, he mentioned that training would be tested in phases: first phase which includes the trainings in psychosocial care in disasters is undergoing and the other phases would include psychosocial preparedness and risk reduction along with development of IEC material by NIMHANS.

Second Session

In the next session Dr Jaya Kumar put forth a presentation with regards to disasters and the need of psychosocial care along with the experience and work done by NIMHANS in the most recent Kerala floods of 2018. He mentioned that in the developed state like Kerala an average family only got an immediate compensation of around Rs. 40,000/- for life after a disaster. Thus, highlighting the disastrous change in living pattern of the survivors after a disaster. He mentioned about the five aspects which get severely effected during any disaster namely loss of life, injuries, loss of property, assets and loss of job. Besides these there is an added change in the mental well-being of the survivor’s that does not allow them to undertake a pre disaster normalised lifestyle. Hence, no amount of compensation, money or solace can bring community back to normalcy until they are provided with psychosocial care in post disasters. Thus, he stated that one of the most neglected components in disasters is the psychosocial care for survivors that needs to be addressed.

He stated that the mental health concerns, in the Indian context emerged during the Bangalore Circus Fire in 1981. During 1984, Bhopal Gas Tragedy he mentioned that there was not even one mental health professional available in the city of Bhopal. Studies have suggested that post disasters there is a change in the structure of human brain and individuals with Post Traumatic Stress Disorder (PTSD) showing large number of somatic symptoms like headaches, body aches, hyper-vigilance and so on. He stated that even though in India we have a good community support, still people resort to negative coping strategies like alcohol, abuse etc. Another concern he stressed upon was of the society having a very regressive attitude when it comes to addressing issues of mental health. Hence, the need for psychosocial care and trained individuals is the requirement for disaster preparedness.

In the end he suggested that due to extreme paucity of mental health professionals within India, departments like health, women and child development, police, home-guard, education and so on, must converge to mitigate risks to reduce stress, increase resilience and to encourage positive coping strategies, as it is a cross cutting issue in disaster management.

Third Session

The last session of the Sensitization Workshop was presented by *Ms. Grace* on Psychosocial Need Assessment and First Level Training of Trainers (ToT) in Shimla. In her presentation she put forth to the participants the concept notes on the psychosocial work having been done within the state of H.P. in coordination with USAID and UNDP India. She stated that the psychosocial need assessment of Shimla was conducted on 27th and 28th November 2017 by the team of NIMHANS along with State UNDP office for the stakeholders of various departments using tools such as Key Informant Interview (KII) and Transect Review (TR) in a sector wise need assessment based on the selected six cities. Following the assessment, the key issues documented during need analysis like lack of trained mental health professionals, lack of networking, non-structured planning for floating population like tourist in case of emergencies, lack of awareness on handling vulnerable population groups, absence of IEC materials, and inadequate support of government towards the work of NGOs was shared.



Presentation by Ms. Grace, NIMHANS

As a follow up to the assessment conducted with stakeholders, a first level TOT was conducted from 26th -28th February 2018 with 34 participants from various government and non-government organisations within the state by NIMHANS in association with USAID, UNDP and HPSDMA. The pre and post assessment scores of the trainees participating in psychosocial care showed a difference of 5.29 percent (pre score [14.30] – post score [19.59]). Taking this initiative further the State Government selected 25 participants for the next level from ToT and DDMA's to be trained as Master trainers by providing 5 days training at NIMHANS Bengaluru in August

2018. Following this training number of trainings were conducted within departments by trainees of institutes like the State Institute of Health and Family Welfare (SIHFW), Shimla; Tanda Medical College and Hospital, Kangra; Home Guards; NGO - Doers, Shimla; etc.

Keeping in with the training module the present Sensitization and Refresher programme of two days was organised to revisit the psychological assessments findings, effectiveness of TOT, feedback on the gap, modification and further plan of action. The session closed with the feedback from the participants.

Feedback/ Suggestions Session

During feedback and suggestion session Sh. Rajeev Punethe, Director, Shimla Airport Authority of India, praised and congratulated the organisers for bringing in a different concept of training in disasters. With Shimla being a tourist destination, he stated that this concept is a much-needed one from disaster point of view and necessary to train the stakeholders in this regard. Giving example of airport incidences around the world and in Chennai floods he stressed on the need of trained psychosocial caregivers in the aviation line as well.



*Sh. Rajeev Punethe, Director
Shimla Airport Authority of India*



Similarly, Sh. Praveer Thakur, Additional Superintendent of Police, Shimla also stressed on providing such training to the officials of the department seeing the scale of increased mental stress among the working force as well during disasters. He stressed on providing such trainings to the First responders in Home Guard.

*Sh. Praveer Thakur, Additional Superintendent of Police,
Shimla*

Closing Session

The Sensitization workshop ended with a vote of thanks by Sh. Anil Sharma, Joint Commissioner, Municipal Corporation, Shimla. He thanked the Chief Guest for his valuable participation and also the officers of different stakeholder departments attending the sensitization workshop on psychosocial care by NIMHANS and making it very fruitful with their participation and valuable inputs and suggestions.

He cited that during disasters the administration, police, fire, home guards, PWD, Health departments all have the challenge of shifting the people to safe places by providing immediate help to the victims and that people have a lot of expectations from the government during disasters. However, the after effects of any disaster is always challenging for all. He stated that such seminars help in providing information that can be well used by the responders of disasters to handle disastrous situations and the public in a better manner. He thus requested the participants to make the best use of the awareness being provided to them and to help build resilient communities within the city. Finally, he thanked the resource persons from NIMHANS for providing their valuable time for the two-day training programme at Shimla.



*Sh. Anil Sharma, Joint Commissioner,
Municipal Corporation, Shimla*

Day One (2nd April 2019) Afternoon Session

Registration was done of 23 participants for the Refresher Course

Inaugural Session

The Chief Guest Sh. Anil Sharma, Joint Commissioner, Municipal Corporation Shimla and the participants for the one-and-a-half-day Refresher programme was welcomed by Ms. Harkanchan Singh, City Project Coordinator, Municipal Corporation Shimla. Sh. Anil Sharma while welcoming the participants requested them to participate with vigour and valour making the maximum use of the refresher programme. He thanked the resource persons and the participants for participating in the refresher course and stimulated them to provide future trainings within various departments for which full support will be provided by MC Shimla. The session started with introduction of the participants from various departments and NGO.



*Chief Guest Refresher Programme Sh. Anil Sharma,
Joint Commissioner, Municipal Corporation Shimla*

The training programme was facilitated by the resource persons Dr Jaya Kumar and Ms. Neinunem Grace Khaute from NIMHANS. The training methodology adopted was based on presentations, discussion, activities, games, role plays, assessment, group work and brainstorming sessions. Each participant was provided with a different topic to present as per the refresher training module for one-and-a-half-day. The session started as per module with understanding disasters and its impact, it was followed by group work on needs assessment of survivors during disasters and circle of support. Another group activity was carried out based on driver and the car concept for understanding the survivor's experience in the aftermath of disasters and why psychosocial care giver should be non-judgemental. Group activity with presentation was done for understanding experiences of stress and stages of reaction of the survivors.



Participants of the Refresher Programme on Psychosocial Care

The first day ended with enthusiasm to meet before schedule of the refresher programme the next day.

Day Two (3rd April 2019)

Second day started with a recap of the previous day's modules. The morning session started with group discussion and presentation related to 'Techniques of Psychosocial Care' which involved 7 techniques of Ventilation, Empathy, Active Listening, Social Support, Externalization of interest, Relaxation and Recreational activities and Spirituality. These techniques are used to provide intervention to the survivor.

Next there was a group activity involving hurdles to view the visible and invisible impacts in the aftermath of a disaster, followed by another activity involving Spectrum of holistic care in which participants formed an umbrella with a thread mentioning the various needs of the survivors during disasters. The other modules included discussions on coping mechanism, family life cycle and life events. A group activity on role play was also undertaken by the participants to handle problematic disaster situations in which different roles were given to the selected participants. Their roles had to be recognised by other participants in order to develop an understanding, thinking and feeling of empathy among the caregivers.

After lunch the discussions and brainstorming session continued and was basically based on the vulnerable group involving children. These modules involved sharing childhood experiences by the participants, impact on children and emotional reactions in children during disasters. There was also an activity related to mediums that can be used to help children recover from disasters through use of different emojis, clay images, toys, etc. Another module was based on why, who, how, where and when children need to be referred in the aftermath of a disaster, so that timely referral may help to prevent worsening of the illness in children. The last session on

children was related to care for special children and related Do's and Don'ts from disaster point of view keeping with different disabilities among children and their special needs.

The next session involved modules related to another vulnerable group -women and the impact of disasters on them. It involved principles related to working with the sensitive issues of the vulnerable group, looking into the initiatives that would allow women to be productive so as to defocus on their suffering and help rebuild their lives. Lastly, there was session on the caregivers own mental stress relieving methods as well. There was discussion on care givers ways of stress management and self -care strategies, tree of sustenance which involves the family, friends and the society, how to have a holistic living by balancing life through physical, creative, spiritual, recreational and mental activities.

Future Action Plan

After completion of the modules of refresher programme, future action plan was discussed by Dr Jaya Kumar with the master trainers. They were informed that the further trainings on psychosocial care being imparted within departments of the state would be monitored by Ms. Harkanchan Singh, City Project Coordinator (UNDP), Municipal Corporation Shimla. They were asked to provide previous data of all the trainings conducted by them in various departments and also to provide data of the future trainings in a format that shall be mailed to them after being formed by City Project Coordinator (CPC), Shimla and Ms. Grace, State Project Coordinator (SPC), NIMHANS for keeping proper records. It was decided that once again the participants/trainers will meet and form a training schedule for the departments to conduct the psychosocial care training, the time and schedule of the meeting would be coordinated by CPC MC Shimla along with SPC, NIMHANS.

Finally, the day two sensitization workshop and refresher course ended with a vote of thanks by Ms. Harkanchan Singh, City Project Coordinator, Municipal Corporation Shimla to the resource persons from NIMHANS Bengaluru and the participants from various departments for taking out their valuable time and being a part of the workshop.

Prepared by:

Ms. Harkanchan Singh
City Project Coordinator
Municipal Corporation Shimla

Picture Gallery

Sensitization and Refresher Course on Psychosocial Care in Shimla



Dignitaries on the dais



Participants of the Sensitization Workshop



Refresher Course presided over by Sh. Anil Kumar, Joint Commissioner MC Shimla and Dr Jaya Kumar from NIMHANS

Various sessions of the Refresher course on Psychosocial care







Group Snap Refresher Course



18/04/2020 : खलकूद प्रतियोगिता में अवल विद्यार्थी महाविद्यालय स्टाफ के साथ सामूहिक चित्र में। (दृश्य)

को आमंत्रित करने पर सभी सदस्यों ने रा

कार्यशाला का आयोजन : पुनर्वास कार्यों में मनोसामाजिक देखभाल का कार्य अत्यंत महत्वपूर्ण

आपदा में प्रभावितों की सुरक्षा व पुनर्वास बेहद महत्वपूर्ण : प्रबोध



शिमला : आपदा प्रबंधन में मनोसामाजिक देखभाल विषय पर कार्यशाला के उद्घाटन अवसर पर संबोधित करते हुए मुख्यातिथि। (नरेश)

त को क का पीई है। जन यक्ष बाएं

शिमला, 2 अप्रैल (ब्यूरो): आपदा प्रबंधन में मनोसामाजिक देखभाल विषय पर 2 दिवसीय कार्यशाला मंगलवार को शिमला में की गई। शहरी विकास विभाग के प्रधान सचिव प्रबोध सक्सेना ने कार्यशाला का शुभारंभ किया। कार्यशाला का आयोजन संयुक्त राष्ट्र विकास कार्यक्रम, राष्ट्रीय मानसिक स्वास्थ्य एवं स्नायु विज्ञान संस्थान बंगलुरु तथा नगर निगम शिमला के संयुक्त तत्वावधान में किया गया।

इस अवसर पर प्रबोध सक्सेना ने कहा कि किसी भी आपदा के समय नुकसान को कम करने के साथ-साथ प्रभावितों की सुरक्षा एवं उनका मानसिक एवं शारीरिक पुनर्वास अत्यंत महत्वपूर्ण होता है। उन्होंने कहा कि मनोसामाजिक देखभाल से जहां हम आपदा प्रभावितों को भविष्य में पुनर्निर्माण के लिए शीघ्र तैयार कर सकते हैं, वहीं इससे श्रम शक्ति के बेहतर प्रबंधन में भी सहायता मिलती है। उन्होंने कहा कि आपदा प्रबंधन

स्वयं सहायता समूहों को भी किया जाएगा जागरूक

कार्यक्रम की दूसरी कड़ी के तहत शीघ्र ही विभिन्न स्वयं सहायता समूहों, स्वैच्छिक संस्थाओं के सदस्यों तथा विभिन्न स्तरों पर पंचायती राज संस्थाओं के सदस्यों को भी जानकारी प्रदान कर जागरूक किया जाएगा ताकि आपदा के समय इनसे भी सहयोग प्राप्त किया जा सके। कार्यशाला में बंगलुरु स्थित राष्ट्रीय मानसिक स्वास्थ्य एवं स्नायु विज्ञान के परियोजना समन्वयक डा. जय कुमार व राज्य परियोजना समन्वयक निन्युनिम ग्रेस खोटे ने उपस्थित अधिकारियों को आपदा प्रबंधन व इसके बाद उभरते अवसाद पर जानकारी दी।

एवं जागरूकता की दिशा में प्रदेश सरकार द्वारा सतत् प्रयास किए जा रहे हैं। उन्होंने इस दिशा में जनता को जागरूक करने पर बल दिया। उन्होंने कहा कि प्रदेश सरकार आपदा प्रबंधन पर योजनाबद्ध कार्य कर रही है ताकि आपदा के दौरान होने वाले नुकसान को कम किया जा सके। इस दिशा में नागरिकों को विभिन्न स्तरों पर प्रशिक्षण प्रदान किया जा रहा है। प्रधान सचिव ने कहा कि आपदा के उपरांत पीड़ितों के पुनर्वास कार्यों में उनकी मनोसामाजिक देखभाल का

कार्य अत्यंत महत्वपूर्ण है। उन्होंने विश्वास जताया कि 2 दिवसीय इस जागरूकता प्रशिक्षण कार्यशाला के सकारात्मक परिणाम निकलेंगे। डा. जय कुमार ने कहा कि आपदा के बाद उभरते अवसाद को लेकर राज्य के लोगों को निमहान्स बंगलुरु में प्रशिक्षण प्रदान किया जाएगा, जिससे वे अपने क्षेत्रों में स्थानीय लोगों को जागरूक कर सकें। नगर निगम शिमला के आयुक्त पंकज राय ने कहा कि शिमला शहर भूकंप की दृष्टि से अतिसंवेदनशील

जोन 4 में आता है। उन्होंने कहा कि निगम द्वारा समय-समय पर आपदा प्रबंधन की कार्यशालाओं का आयोजन किया जाता है ताकि लोगों को इसके खतरे से अवगत करवाया जा सके और नुकसान को कम किया जा सके। उन्होंने कहा कि विभिन्न विभागों में आपदा प्रबंधन व उसके बाद उभरते अवसाद को लेकर प्रकोष्ठ बनाए जाएंगे और इस कार्य में नगर निगम शिमला अहम भूमिका निभाएगा।

उधर, सैंटर ऑफ एकसीलेंस संजोली कॉलेज में मंगलवार को भूकंप के प्रति जागरूकता कार्यक्रम का आयोजन किया गया। यह कार्यक्रम 4 अप्रैल, 1905 को कांगड़ा में आए भयानक भूकंप में मारे गए हजारों लोगों की आत्मिक शांति के लिए समर्पित था। इस कार्यक्रम में महाविद्यालय के लगभग 300 विद्यार्थियों ने भाग लिया। कार्यशाला में महाविद्यालय के प्राचार्य डा. सी.बी. मेहता बतौर मुख्यातिथि मौजूद रहे।

राज मंगल फेक गया, सांस छूटे तौर महारि डा. नं को उ शुभक

आपदा प्रबंधन में मनोसामाजिक देखभाल पर हुई कार्यशाला, बचाव कार्यों पर हुआ मंथन

आपदा में नुकसान कम करने के साथ प्रभावितों की सुरक्षा, मानसिक और शारीरिक पुनर्वास भी है जरूरी

सिटी रिपोर्टर | शिमला

आपदा प्रबंधन में मनोसामाजिक देखभाल विषय पर दो दिवसीय कार्यशाला मंगलवार को यहां होटल हॉलीडे होम में आयोजित की गई। शहरी विकास विभाग के प्रधान सचिव प्रबोध सक्सेना ने कार्यशाला का शुभारंभ किया। कार्यशाला का आयोजन संयुक्त राष्ट्र विकास कार्यक्रम, राष्ट्रीय मानसिक स्वास्थ्य एवं स्नायु विज्ञान संस्थान (निमहान्स) बंगलुरु तथा नगर निगम शिमला के संयुक्त तत्वावधान में किया गया।

इस दौरान प्रबोध सक्सेना ने कहा कि किसी भी आपदा के समय नुकसान को कम करने के साथ-साथ प्रभावितों की सुरक्षा एवं उनका मानसिक एवं शारीरिक पुनर्वास अत्यंत महत्वपूर्ण होता है। उन्होंने कहा कि मनोसामाजिक देखभाल से जहां हम आपदा प्रभावितों को भविष्य में पुनर्निर्माण के लिए शीघ्र तैयार कर सकते हैं, वहीं इससे श्रम शक्ति के बेहतर प्रबंधन में भी सहायता मिलती है।

अब पंचायत स्तर पर होने जागरूकता कार्यक्रम: कार्यक्रम की दूसरी कड़ी के तहत शीघ्र ही विभिन्न स्वयं सहायता समूहों, स्वैच्छिक संस्थाओं के सदस्यों



आपदा प्रबंधन पर आयोजित कार्यशाला में भाग लेते अधिकारी और कर्मचारी।

25 प्रशिक्षणार्थियों को करेंगे प्रशिक्षित संयुक्त राष्ट्र विकास कार्यक्रम शिमला के नगर परियोजना समन्वयक हरकंचन सिंह ने कहा कि कार्यशाला के द्वितीय सत्र में मास्टर प्रशिक्षुओं के प्रशिक्षण कार्यक्रम के तहत चयनित 25 प्रशिक्षणार्थियों को इस संबंध में विभिन्न जानकारीयों प्रदान कर प्रशिक्षित किया जाएगा। कार्यशाला में विभिन्न विभागों के लगभग 50 अधिकारियों ने इस संबंध में विविध जानकारीयों प्राप्त की।

तथा विभिन्न स्तरों पर पंचायती राज संस्थाओं के सदस्यों को भी जानकारी प्रदान कर जागरूक किया जाएगा, ताकि आपदा के समय इनसे भी सहयोग प्राप्त किया जा सके। कार्यशाला में बंगलुरु स्थित

राष्ट्रीय मानसिक स्वास्थ्य एवं स्नायु विज्ञान (निमहान्स) के परियोजना समन्वयक डॉ. जय कुमार व राज्य परियोजना समन्वयक निन्युनिम ग्रेस खोटे ने उपस्थित अधिकारियों को आपदा प्रबंधन व इसके बाद उभरते

अवसाद पर जानकारी दी। डॉ. जय कुमार ने कहा कि आपदा के बाद उभरते अवसाद को लेकर राज्य के लोगों को निमहान्स, बंगलुरु में प्रशिक्षण प्रदान किया जाएगा, जिससे वे अपने क्षेत्रों में स्थानीय लोगों को

लोगों को जागरूक करने पर दिया जा रहा जोर प्रबोध सक्सेना ने कहा कि आपदा प्रबंधन एवं जागरूकता की दिशा में प्रदेश सरकार द्वारा सतत् प्रयास किए जा रहे हैं। उन्होंने इस दिशा में जनता को जागरूक करने पर बल दिया। उन्होंने कहा कि प्रदेश सरकार आपदा प्रबंधन पर योजनाबद्ध कार्य कर रही है, ताकि आपदा के दौरान होने वाले नुकसान को कम किया जा सके। इस दिशा में नागरिकों को विभिन्न स्तरों पर प्रशिक्षण प्रदान किया जा रहा है। प्रधान सचिव ने कहा कि आपदा के उपरांत पीड़ितों के पुनर्वास कार्यों में उनकी मनोसामाजिक देखभाल का कार्य अत्यंत महत्वपूर्ण है। उन्होंने विश्वास जताया कि दो दिवसीय इस जागरूकता प्रशिक्षण कार्यशाला के सकारात्मक परिणाम निकलेंगे। यह प्रदेश में आपदा प्रबंधन को और आगे बढ़ाने में सफल सिद्ध होगा।

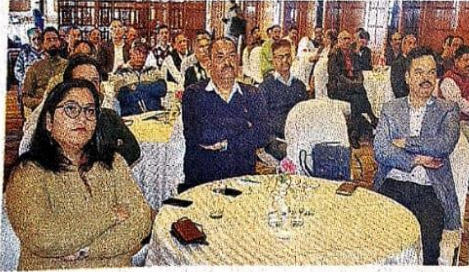
शिमला संवेदनशील जोन-4 में नगर निगम शिमला के आयुक्त पंकज राय ने सभी का स्वागत करते हुए कहा कि शिमला शहर भूकंप की दृष्टि से अति संवेदनशील जोन-4 में आता है। उन्होंने कहा कि निगम द्वारा समय-समय पर आपदा प्रबंधन की कार्यशालाओं का आयोजन किया जाता है, ताकि लोगों को इसके खतरे से अवगत करवाया जा सके और नुकसान को कम किया जा सके। उन्होंने कहा कि कार्यशाला में शिमला के विभिन्न विभागों के अधिकारी भाग ले रहे हैं। इसका उद्देश्य विभिन्न स्तरों पर आपदा, जागरूकता एवं मनोसामाजिक देखभाल के रूप में कर्मचारियों एवं अन्य को निपुण बनाना है। उन्होंने कहा कि विभिन्न विभागों में आपदा प्रबंधन व उसके बाद उभरते अवसाद को लेकर प्रकोष्ठ बनाए जाएंगे और इस कार्य में नगर निगम शिमला अहम भूमिका निभाएगा।

जागरूक कर सके। कार्यक्रम में इस संदर्भ में विस्तृत चर्चा तथा गहन विचार-विमर्श भी किया गया।

इस अवसर पर नगर निगम के संयुक्त आयुक्त अनिल शर्मा ने आभार व्यक्त किया।

आपदा के बाद मानसिक पुनर्वास बहुत जरूरी

जागरण संवाददाता, शिमला : आपदा प्रबंधन में मनो सामाजिक देखभाल विषय पर दो दिवसीय कार्यशाला मंगलवार को शिमला के होटल होलीडे होम में हुई। शहरी विकास विभाग के प्रधान सचिव प्रबोध सक्सेना ने कार्यशाला का आगाज किया। कार्यशाला का आयोजन संयुक्त राष्ट्र विकास कार्यक्रम, राष्ट्रीय मानसिक स्वास्थ्य एवं स्नायु विज्ञान संस्थान बेंगलुरु और नगर निगम शिमला ने किया। प्रबोध सक्सेना ने कहा कि किसी भी आपदा के समय नुकसान को कम करने के साथ प्रभावितों की सुरक्षा एवं उनका मानसिक एवं शारीरिक पुनर्वास बहुत महत्वपूर्ण होता है। मनो सामाजिक देखभाल से जहां हम आपदा प्रभावितों को भविष्य में पुनर्निर्माण के



शिमला में आपदा प्रबंधन में मनोसामाजिक विषय पर आयोजित कार्यशाला के दौरान माजुद जिला के अधिकारी ● जागरण

लिए जल्द तैयार कर सकते हैं, वहीं इससे श्रम शक्ति के बेहतर प्रबंधन में भी सहायता मिलती है। कहा कि प्रदेश सरकार आपदा प्रबंधन पर योजनाबद्ध कार्य कर रही है, ताकि आपदा के

दौरान होने वाले नुकसान को कम किया जा सके। नागरिकों को विभिन्न स्तरों पर प्रशिक्षण प्रदान किया जा रहा है। विश्वास जताया कि दो दिवसीय इस जागरूकता प्रशिक्षण कार्यशाला

के सकारात्मक परिणाम निकलेंगे। यह प्रदेश में आपदा प्रबंधन को और कारगर बनाने में सफल सिद्ध होंगे।

नगर निगम शिमला के आयुक्त पंकज राय ने कहा कि शिमला शहर भूकंप की दृष्टि से अति संवेदनशील जोन चार में आता है। निगम द्वारा समय-समय पर आपदा प्रबंधन की कार्यशालाओं का आयोजन किया जाता है, ताकि लोगों को इसके खतरे से अवगत करवाया जा सके और नुकसान को कम किया जा सके। कार्यशाला में शिमला के विभिन्न विभागों के अधिकारी भाग ले रहे हैं। कार्यक्रम की दूसरी कड़ी के तहत जल्द ही विभिन्न स्वयं सहायता समूहों, स्वैच्छिक संस्थाओं के सदस्यों तथा विभिन्न स्तरों पर पंचायती राज

संस्थाओं के सदस्यों को भी जागरूक किया जाएगा, ताकि आपदा के समय इनसे भी सहयोग प्राप्त किया जा सके। कार्यशाला में बेंगलुरु स्थित राष्ट्रीय मानसिक स्वास्थ्य एवं स्नायु विज्ञान के परियोजना समन्वयक डॉ. जय कुमार व राज्य परियोजना समन्वयक निरंजुनिम ग्रेस खोंटे ने अधिकारियों को आपदा प्रबंधन व इसके बाद उभरते अवासाद पर जानकारी दी। डॉ. जय कुमार ने कहा कि आपदा के बाद उभरते अवासाद को लेकर प्रदेश के लोगों को बेंगलुरु में प्रशिक्षण प्रदान किया जाएगा।

इस अवसर पर नगर निगम के संयुक्त आयुक्त अनिल शर्मा, संयुक्त राष्ट्र विकास कार्यक्रम शिमला के नगर परियोजना समन्वयक हरकेचन सिंह सहित करीब 50 अधिकारी मौजूद रहे।

आपदा से बचाव के लिए जागरूक होना है जरूरी

कार्यशाला में दूसरे दिन कर्मचारियों से की चर्चा



होलीडे होम में आपदा प्रबंधन पर कार्यशाला में अधिकारी रहे मौजूद।

शिमला | आपदा प्रबंधन पर कार्यशाला के दूसरे दिन होटल होलीडे होम में कर्मचारियों को बताया गया कि आपदा से निपटने के लिए सबसे जरूरी है कि हम तैयारियों के बारे में किस प्रकार से जागरूक है।

किसी भी आपदा के समय नुकसान को कम करने के साथ-साथ प्रभावितों की सुरक्षा एवं उनका मानसिक एवं शारीरिक पुनर्वास बेहद जरूरी होता है। आपदा के बाद

सबसे पहला दायित्व है कि मीडियों को सुरक्षा दी जाए। इस दौरान निगम की टीम ने बताया कि प्रदेश सरकार आपदा प्रबंधन पर योजनाबद्ध कार्य कर रही है। इस दिशा में नागरिकों को विभिन्न स्तरों पर प्रशिक्षण दिया जा रहा है। दो दिवसीय इस जागरूकता प्रशिक्षण कार्यशाला में आपदा से बचाव के तरीकों के बारे में बताया गया। निगम इससे पहले भी आपदा प्रबंधन की कार्यशालाओं का करता रहा है।

Registration of Sensitization Workshop on 2nd April 2019



REGISTRATION FOR SENSITIZATION PROGRAMME

TRAINING OF TRAINERS ON PSYCHOSOCIAL CARE

Date: 2nd April, 2019

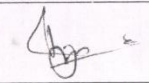
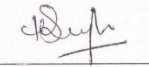
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35	Vinod Sharma	M	M.C. Shimla	R.B.	94592-29785	W.S. Sharma

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39	Dr. Neha Sharma	F	DDMA X office	CB&T	9857379885	Neha Sharma
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Registration of Refresher Course - 2nd & 3rd April 2019



**REGISTRATION FOR REFRESHER PROGRAMME
TRAINING OF TRAINERS ON PSYCHOSOCIAL CARE**

Date: 2nd- 3rd April, 2019
Venue: Hotel Holiday Home, Shimla

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Organization

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21	Neha Sharma	F	CB&T DD MA	CB&T	9857379885	nehashar05@yahoo.com
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Attendance Refresher Course - 2nd & 3rd April 2019



REGISTRATION FOR REFRESHER PROGRAMME TRAINING OF TRAINERS ON PSYCHOSOCIAL CARE

Date: 2nd- 3rd April, 2019

Venue: Hotel Holiday Home, Shimla

03-04-

S. No.	Name	02-04-2019	03-04-2019
1	Anand Kumar	<i>[Signature]</i>	<i>[Signature]</i>
2	Neha Sharma	<i>[Signature]</i>	<i>[Signature]</i>
3	Nidhi	<i>[Signature]</i>	<i>[Signature]</i>
4	Gayatri Sharma	<i>[Signature]</i>	<i>[Signature]</i>
5	Arupam Singh	<i>[Signature]</i>	<i>[Signature]</i>
6	Dr. S Mayank Sharma	<i>[Signature]</i>	<i>[Signature]</i>
7	Navita Sharma	<i>[Signature]</i>	<i>[Signature]</i>
8	Dr. Suman Jate	<i>[Signature]</i>	<i>[Signature]</i>
9	NAVNEET	<i>[Signature]</i>	<i>[Signature]</i>
10	Dr. Umi Tyagi	<i>[Signature]</i>	<i>[Signature]</i>
11	Shantalesh Chauhan	<i>[Signature]</i>	
12	Rajesh Bera	<i>[Signature]</i>	<i>[Signature]</i>

13	Keishna Verma	Kanil	Kanil
14	MAMTA PAUL	Paula	Paula
15	ANURADHA	AB	AB
16	TENJEEEN GYACHHO	Tenjeeen	Tenjeeen
17	Halkanchan Singh	Singh	Singh
18	Kayash Rana	Rana	Rana
19	Urmila Devi	Urmila	Urmila
20	Rashod Singh	Rashod	Rashod
21	Kiyanka Chankam	Kiyanka	Kiyanka
22	TENJEEEN GYACHHO	Tenjeeen	
23	Dr. H. P. Singh Barwal	H. P.	
24	Navita Sharma	Sharma	
25	Dr. S. K. Rana	S. K.	S. K.
26	Asvina Chankam	Chankam	Chankam
27	Halkanchan Dr. Sunar Jit		
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