

ABOUT THE PROGRAM

This FDP aims to enable faculty members to respond empathetically, identify signs of emotional distress, maintain ethical boundaries and contribute to creating a psychologically safe campus for students.

Mode: Hybrid

OBJECTIVES

01



To understand the principles and application of Psychological First Aid in student settings.

02



To recognize signs of psychological distress among students across disciplines.

03



To learn and apply various Psychological First Aid models.

04



To enhance faculty's ability to respond to crises with empathy and ethical care.

THEMES

Main Themes: Mental Health, Psychological First Aid, Student Support

Sub-Themes: Self-care for faculties, Managing Distress, Building Departmental Mental Health Action Plans.

ABOUT THE UNIVERSITY

CHRIST (Deemed to be University) in Bangalore, India is a leading institution dedicated to excellence and service. Established in 1969 and granted university status in 2008, it offers diverse undergraduate, postgraduate, and doctoral programs across fields such as arts, sciences, commerce, management and law. Known for its holistic education, CHRIST (Deemed to be University) emphasises on ethical responsibility, research, and critical thinking. With campuses in Bangalore, Delhi NCR, and Pune Lavasa, it fosters inclusivity, diversity, and global learning through international collaborations and student welfare initiatives. The university was also recently ranked 101st in the world by the WURI (World's Universities with Real Impact) rankings.

ABOUT THE DEPARTMENT

The School of Psychological Sciences at CHRIST (Deemed to be University) is a founding department known for its innovative curriculum, dynamic pedagogy and impactful initiatives. Its mission is to uphold high academic standards in psychology by fostering enriching learning experiences and encouraging personal and professional growth. The School offers certificate, undergraduate, postgraduate, and Ph.D. programs, emphasising on self-awareness, service orientation, and human values. Excellence is maintained through regular curriculum reviews and diverse teaching methods, including seminars, experiential learning, workshops, field studies, and expert interactions.



A 5-Day Faculty Development Program on

PSYCHOLOGICAL FIRST AID FOR STUDENTS: SKILLS FOR IMMEDIATE SUPPORT

4th August to 8th August,
2025

RESOURCE PERSONS



Mr. Ahmed A Asif
Counselling Psychologist
Relationship and Family Conflicts

Dr. Roopesh BN
Assoc. Prof. (Cli. Psy)
NIMHANS, Bangalore
Suicidal Thoughts and Self-Harm



Ms. Fardeen
Counselling Psychologist
Soothing Minds
Grief and Loss



Dr. Sreenivas M
Professor and Chairman,
Bangalore University
*Adjustment Issues and First-Year
Transition Support*



Dr. Padma V
(RCI) Neuro-cognitive therapist
*Identity or Sexual Orientation
Confusion*

Dr. Divya Sundaram
Ass.Prof., Coordinator (Psy)
Christ University, Bangalore
Substance Use and Addiction



Ms. Smitha Keeran Warriar
Senior Counsellor & Life Coach
Christ University, Bangalore
*Academic Failure and Examination
Anxiety*



Dr. Leemamol Mathew
Assoc. Prof. (Psy)
Christ University, Bangalore
Faculty Well-being



Col. Dr. Jai Govind P
Assoc. Prof (ECE)
Christ University,, Bangalore
Bullying, Ragging and Cyber Bullying

Dr. Sabu John
Ass. Prof. (Psy)
Christ University, Bangalore
Trauma from Violence or Abuse



ENHANCING STUDENT SUPPORT

This FDP trains faculty in Psychological First Aid using WHO's Look-Listen-Link and the RAPID model to offer timely, empathetic support. It strengthens first-line response while maintaining professional boundaries.

Aligned with SDGs 3 (Good Health), 4 (Quality Education), 5 (Gender Equality), 10 (Reduced Inequalities), and 16 (Peace and Justice), it promotes student well-being and inclusive growth.

REGISTRATION FEE

Registration Fee for	Fees
Online Participants	Rs. 400/-
Offline Participants	Rs. 500/-

REGISTRATION DETAILS

<https://feebook.southindianbank.com/FeeBookUser/userhome> or

Go to: Christ University Website >> E Services >> Online Payment Portal >> Select: Kengeri Campus
Fee Name: FDP (Faculty Development Program)

A certificate will be provided for the registered participants



(Scan the QR Code to register)

ORGANISING COMMITTEE

Fr. Jiby Jose, Director, CHRIST (Deemed to be University), Kengeri Campus

Dr. Jincy Cherian, Assistant Professor, CHRIST (Deemed to be University), Kengeri Campus

Dr. Varsha Singh, Assistant Professor, CHRIST (Deemed to be University), Kengeri Campus

Dr. Bhanu BS, Assistant Professor, CHRIST (Deemed to be University), Kengeri Campus