

**SES's L.S. RAHEJA COLLEGE OF ARTS AND
COMMERCE
(AUTONOMOUS)**



Syllabus of Psychological First Aid under NEP 2020 vertical (SEC) with effect from 2024- 25

Department of Psychology

HoD/Sr. Person of the Department: Neha Dalal

Date of approval by the BoS: 27/04/2024

Approved by the Academic Council on: 29/04/2024

Ratified by the Governing Body on: 06/05/2024



Programme: Bachelor of Arts			Semester: II		
Course: Psychological First Aid			Code: UGBAIIPSYVSC24		
Academic Year: 2024-2025			Batch: 2024-2027		
Teaching Scheme			Evaluation Scheme		
Lectures	Practical	Tutorials	Credits	Internal Continuous Assessment (ICA) (weightage)	Term End Examinations (TEE) (weightage)
30	Nil	Nil	2	20	30
Particulars				Marks	
Class tests				10	
Projects				5	
Viva Voce				5	

Learning Objectives:	<ol style="list-style-type: none"> 1. Understand the basic principles and goals of psychological first aid. 2. Recognize signs of distress and psychological crisis in individuals. 3. Learn effective communication techniques for providing emotional support. 4. Develop skills in assessing immediate needs and prioritizing interventions. 5. Identify resources and referral options for individuals requiring additional support. 6. Practice self-care strategies to mitigate burnout and compassion fatigue
Learning Outcomes:	<ol style="list-style-type: none"> 1. Analyse case studies to identify appropriate interventions and action plans in psychological first aid 2. Evaluate the impact of practical assistance, psychological first aid techniques, and reassurance on individuals' well-being.
Pedagogy:	Skill-Building Workshops Self-Care and Well-being Practices Interactive Lectures and Discussions Role-plays and Simulation Exercises Case Studies and Group Activities

Module	Module Content	Module Wise Pedagogy Used	Module Wise Duration
I	Introduction to Psychological First Aid <ol style="list-style-type: none"> 1. Common reactions to trauma and crisis, 2. Signs and symptoms of psychological distress 3. Cultural considerations in assessing distress 4. Active listening techniques 5. Verbal and non-verbal communication strategies 6. Building rapport and establishing trust 7. Conducting rapid needs assessments 8. Triageing individuals based on urgency and severity 9. Developing action plans for immediate support 	Interactive Lectures and Discussions Role-plays and Simulation Exercises Case Studies and Group Activities	15 hours
II	Intervention in Psychological first aid <ol style="list-style-type: none"> 1. Validation and normalization of feelings 2. Offering practical assistance and reassurance 3. Managing strong emotional reactions in others 4. Knowledge of community resources and support services 5. Making appropriate referrals based on individual needs 6. Collaboration with other professionals and agencies 7. Recognizing signs of burnout and compassion fatigue 8. Implementing self-care strategies to maintain well-being 9. Seeking support and supervision when needed 	Skill-Building Workshops Self-Care and Well-being Practices Interactive Lectures and Discussions Role-plays and Simulation Exercises	15 hours

REFERENCE BOOKS

Snider, L., Organization, W. H., Foundation, W. T., & International, W. V. (2011). *Psychological first aid: Guide for Field Workers*. World Health Organization.

- Supplementary Readings: Relevant research articles and case studies
- Online Resources: Access to PFA training modules and webinars

QUESTION PAPER PATTERN
(30 marks)

Q1. Answer any one (15 marks)

A. Unit one

Or

B. Unit one

Q2. Answer any one (15 marks)

A. Unit two

Or

B. Unit two