

From

Dr. Aiswarya rasmi MN.
The Head of the Department
Department of Psychology
MES Keveeyam College, Valanchery

To

The principal
MES Keveeyam College, Valanchery

Sir,

Sub: Request for the Approval of Certificate Course

The Department of Psychology is planning to conduct a Certificate Course on "PSYCHOLOGICAL FIRST AID" of 28 hours duration for the UG students. So kindly grant permission for the same.

Thanking you

Yours faithfully,

Dr. Aiswarya rasmi MN.



Place: Valanchery

Date: 04/11/2022



SHAJID P P
ASSISTANT PROFESSOR
IN CHARGE OF PRINCIPAL
M.E.S KEVEEYAM COLLEGE
VALANCHERY, PIN 676 552

From

Dr. Aiswarya Rasmi MN
Head of the Department
Department of PSYCHOLOGY
MES Keveeyam College, Valanchery

To

The Principal
MES Keveeyam College, Valanchery

Sir,

Sub: Request for the Approval of Board of Studies for the short Term Course

The following academicians may be included in the Board of Studies for the Short Term Course on "Certificate Course in PSYCHOLOGICAL FIRST AID" to be conducted by the Department of PSYCHOLOGY with these members.

1. Mr krishnakumar k (HOD , Department of psychology, PMST college, kundoor)
2. Geo A Joseph (Assistant professor, psv college, coimbatore)
3. Dr. Aiswarya Rasmi MN (HOD and Counsellor, MES KVM college, valanchery)
4. Mr Nissar VP (Assistant professor, MES KVM college, valanchery)



Thanking you

Yours faithfully

Place: Valanchery

Date: 8/11/2022



SHAJID P P
ASSISTANT PROFESSOR
IN CHARGE OF PRINCIPAL
M.E.S KEVEEYAM COLLEGE
VALANCHERY, PIN 676 552



MES KEVEEYAM COLLEGE VALANCHERY

P.O.Valanchery, Malappuram Dist, Kerala, Pin:676 552.
Phone : 0494-2642670, 0494 2644380
www.meskeveeyamcollege.ac.in,
principal@meskeveeyamcollege.ac.in

Reaccredited with 'A+' Grade by NAAC (Score 3.44)

Aided by Govt. of Kerala and Affiliated to the University of Calicut
ISO 9001:2015 certified institution

Proceedings of the Principal, MES Keveeyam College, Valanchery

Order No. ACS/2022-2023/02

Dated 10/11/2022

Sub: Certificate Course –

Ref: (1) Request from the head of the Department of Psychology, Dated 04.11.2022.

(2) Minutes of the Board of Studies Meeting for approval of the syllabus Dated
10.11.2022

ORDER

As per the reference cited (1), a request was received from the Head of the Department of Psychology to start a certificate course on KVM/CC/PSY/22-23/02 - PSYCHOLOGICAL FIRST AID for UG students. In the same letter, the Head of The Department has recommended a panel of academicians to be included in the Board of Studies.

The Board of Studies for the above course is constituted of the following members

1. Dr. Aiswarya Rasmi MN (Head & Asst. Professor, Department of Psychology, MES Keveeyam College Valanchery)
2. Nisar VP (Asst. Professor, Department of Psychology, MES Keveeyam College Valanchery)

Sanction is hereby accorded to the Department of Psychology for conducting the above-referred certificate course.

Order is issued accordingly.

Principal

Copy to:

1. HoD, Department of Psychology
2. File



SHAJID P P
ASSISTANT PROFESSOR
IN CHARGE OF PRINCIPAL
M.E.S KEVEEYAM COLLEGE
VALANCHERY, PIN 676 552

Minutes of Board of Studies Meeting

Date: 10/11/2022

Time: 2.00 PM

Location: Department of PSYCHOLOGY

Attendees

1. Mr krishnakumar k (HOD , Department of psychology, PMST college, kundoor)
2. Geo A Joseph (Assistant professor, psv college, coimbatore)
3. Dr. Aiswarya Rasmi MN (HOD and Counsellor, MES KVM college, valanchery)
4. Mr Nissar VP (Assistant professor, MES KVM college, valanchery)

Agenda

1. Introduce the importance of Certificate Course – HOD introduced the Certificate Course, its importance, and students' better
2. Syllabus discussion – schedule total hours for complete
3. Discussed about the Practical Output.

Decisions

1. Decide to conduct a certificate course on Psychological First Aid
2. Detailed syllabus discussed.
3. Ensure Practical knowledge.
4. Create a request letter, getting approval from the Principal.

Action Item

1. Dr. Aiswarya rasmi MN take over
2. Mr. Nisar VP the structuring syllabus
3. Paper handled by Dr. Aiswarya rasmi MN.
4. Time table & certificate arrangements are handled by Dr. Aiswarya rasmi MN.

Minutes Recorded by: Dr. Aiswarya rasmi MN.

These minutes will be circulated to all committee members for their reference & review



SHAJID P P
ASSISTANT PROFESSOR
IN CHARGE OF PRINCIPAL
M.E.S KEVEEYAM COLLEGE
VALANCHERY, PIN 676 552



MES KEVEEYAM COLLEGE
VALANCHERY I MALAPPURAM I KERALA I INDIA

NAAC RE-ACCREDITED WITH "A+" GRADE (3.44)

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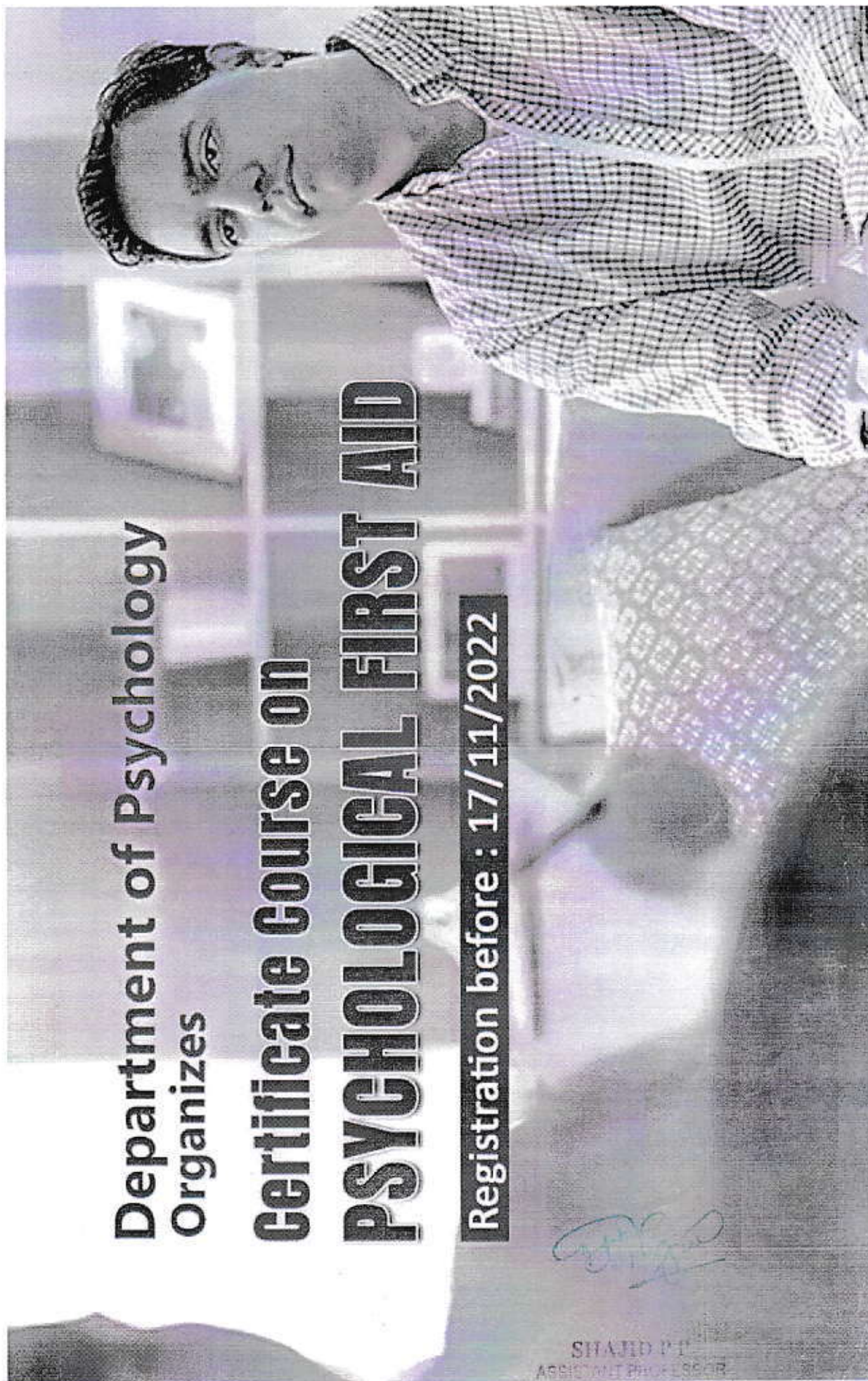


Psychology

**Department of Psychology
Organizes**

**Certificate Course on
PSYCHOLOGICAL FIRST AID**

Registration before : 17/11/2022



SHAJID P P
ASSISTANT PRINCIPAL
IN CHARGE OF PHYSICAL
M. S. KEVEEYAM COLLEGE
VALANCHERY, PIN 678 61.

MES KEVEEYAM COLLEGE VALANCHERY

DEPARTMENT OF PSYCHOLOGY

CERTIFICATE COURSE ON

MES/CC/PSY/22-23/02– Psychological First Aid

Credit 3

28 hrs.

Objectives

- Understand the principles and components of Psychological First Aid.
- Develop skills to provide immediate emotional and practical support.
- Learn to assess the needs and concerns of affected individuals.
- Gain knowledge of effective communication techniques during crises.
- Explore ways to foster resilience and coping mechanisms.

Outcomes

- This course introduces the principles and practices of Psychological First Aid (PFA) to support individuals in the immediate aftermath of disasters, crises, and traumatic events.
- Students will learn evidence-based techniques to provide initial support, reduce distress, and promote adaptive functioning.

Course Contents

- Theory: 28 Hrs.

Scheme of evaluation

- Written Examination (Conventional): 40 marks
- Assignment : 5 marks
- Internal exam : 5 marks
- Total : 50 marks

A Grade: 80% and above, B Grade: 60 – 79%, C Grade: 40 – 59%, below 40% D Grade


SILAJID P P
ASSISTANT PROFESSOR
IN CHARGE OF PRINCIPAL
M.E.S KEVEEYAM COLLEGE
VALANCHERY, PIN 676 552

MES KEVEEYAM COLLEGE VALANCHERY

DEPARTMENT OF PSYCHOLOGY

Psychological First Aid

SYLLABUS

(2022- 2023)

Unit 1: Introduction to Psychological First Aid

- Overview of PFA, History and Development, Principles and Goals of PFA, The Role of a PFA Provider.

Unit 2: Core Components of PFA

- Contact and Engagement, Safety and Comfort, Stabilization, Information Gathering, Practical Assistance.

Unit 3: Effective Communication in Crisis Situations

- Active Listening Skill , Empathy and Validation, Non-Verbal Communication, Managing Challenging Behaviors.

Unit 4: Assessing Needs and Providing Practical Support

- Identifying Immediate Needs, Referring to Appropriate Services, Providing Resources and Information, Supporting Specific Populations (children, elderly, individuals with disabilities).

REFERENCES

1. American Red Cross. (2012). *Disaster Mental Health Handbook*.
2. Everly, G. S., & Latin, J. M. (2013). *The Johns Hopkins Guide to Psychological First Aid* Johns Hopkins University Press.
3. National Child Traumatic Stress Network (NCTSN) & National Center for PTSD. (2006). *Psychological First Aid: Field Operations Guide*.


Dept. of Psychology
MES Keveeyam College
Valanchery.


ASSISTANT PROFESSOR
IN CHARGE OF PRINCIPAL
M.E.S KEVEEYAM COLLEGE
VALANCHERY

MES KEVEEYAM COLLEGE VALANCHERY			
Department of PSYCHOLOGY			
Unique ID and Name of the Certificate Course: PSYCHOLOGICAL FIRST AID and AID			
KVM/CC/PSY/22-23/02			

Sl No	Name of the students	Class	Date	4/11/23	2/11/23	16/12/22	14/12/22	12/12/22	9/12/22	7/12/22	5/12/22	2/12/22	30/11/22	28/11/22	25/11/22	23/11/22	21/11/22
1	Afefa sherin c	2nd year															
2	Ashikha thasni	2nd year															
3	Azwa p	2nd year															
4	Fathima fidha C	2nd year															
5	Hanan fathima	2nd year															
6	Navaf p	2nd year															
7	Navaneeth p	2nd year															

Dr. Aswange Resmi MN

Head of Department
MES KEVEEYAM COLLEGE
VALANCHERY

Signature of teachers who had engaged the sessions
Signature of HoD
Department seal
Signature of Principal

SILAJID P P
ASSISTANT PROFESSOR
IN COLLEGE OF PRINCIPAL
MES KEVEEYAM COLLEGE
VALANCHERY, PIN 676 552

MES KEVEEYAM COLLEGE VALANCHERY	
Department of PSYCHOLOGY	
Unique ID and Name of the Certificate Course: PSYCHOLOGICAL FIRST AID and AID	
KVM/CC/PSY/22-23/02	

Sl No	Name of the students	Class	Date	22/11/22	23/11/22	25/11/22	28/11/22	30/11/22	2/12/22	5/12/22	7/12/22	9/12/22	12/12/22	14/12/22	16/12/22	21/12/22	4/1/23
8	Shana kk	2nd year															
9	Thamijidha m	2nd year															
10	Shana rimshi	2nd year															
11	Shifa tahseen	1st year															
12	Aiswarya k	1st year															
13	Rinu	1st year															
14	Reema	1st year															

Signature of teachers who had engaged the sessions

Signature of HoD

Department seal

Signature of Principal

SILAJID P P
ASSISTANT PROFESSOR
IN CHARGE OF PRINCIPAL
MES KEVEEYAM COLLEGE
VALANCHERY, PIN 676 552

MES KEVEEYAM COLLEGE VALANCHERY			
Department of PSYCHOLOGY			
Unique ID and Name of the Certificate Course : PSYCHOLOGICAL FIRST AID and AID			
KVM/CC/PSY/22-23/02			

Sl No	Name of the students	Class	Date	21/12/22	23/11/22	25/11/22	28/11/22	30/11/22	2/12/22	5/12/22	7/12/22	9/12/22	12/12/22	14/12/22	16/12/22	21/12/22	4/1/23
22	Nafila	3rd year		NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
23	Megha c	3rd year		NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
24	Fildha	3rd year		NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
25	Jasna mv	3rd year		NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
26	Amritha k	3rd year		NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
27	Farsha m	3rd year		NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
28	Hiba m	3rd year		NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA

Signature of teachers who had engaged the sessions

Signature of HoD

Department seal

Signature of Principal

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Principal
MES KEVEEYAM COLLEGE
VALANCHERY, PIN 676 562

MES KEVEEYAM COLLEGE VALANCHERY

Department of PSYCHOLOGY

Unique ID and Name of the Certificate Course: PSYCHOLOGICAL FIRST AID and AID
KVM/CC/PSY/22-23/02

Sl No	Name of the students	Class	Date	6/1/23	9/1/23	11/1/23	13/1/23	16/1/23	18/1/23	20/1/23	25/1/23	27/1/23	30/1/23	1/2/23	3/2/23	6/2/23
1	Afeefa sherin c	2nd year														
2	Ashikha thasni	2nd year														
3	Azwa p	2nd year														
4	Fathima fidha C	2nd year														
5	Hanan fathima	2nd year														
6	Navaf p	2nd year														
7	Navaneeth p	2nd year														

Signature of teachers who had engaged the sessions
 Signature of **Dr. Aiswarya Resmi MN**
 Department seal
 Signature of Principal

ASSISTANT PROFESSOR
 CHARGE OF PRINCIPAL
 MES KEVEEYAM COLLEGE
 VALANCHERY, PIN 676 552

MES KEVEEYAM COLLEGE VALANCHERY	
Department of PSYCHOLOGY.....	
Unique ID and Name of the Certificate Course:	PSYCHOLOGICAL FIRST AID and AID
	KVM/CC/PSY/22-23/02

Signature of Teachers who had attended the sessions
Signature of HOD, Dept. of Science
Department seal
Signature of Principal

SHAJID P P
ASSISTANT PROFESSOR
IN CHARGE OF PRINCIPAL
M. S. KEVEEYAM COLLEGE
VALANCHERY, PIN 676 552

MES KEVEEYAM COLLEGE VALANCHERY

Department of PSYCHOLOGY

Unique ID and Name of the Certificate Course : PSYCHOLOGICAL FIRST AID and AID

KVM/CC/PSY/22-23/02

Sl No	Name of the students	Class	Date	6/1/23	9/1/23	11/1/23	13/1/23	15/1/23	18/1/23	22/1/23	25/1/23	25/1/23	25/1/23	27/1/23	30/1/23	1/2/23	3/2/23	6/2/23
22	Nafila	3rd year		W	W	W	W	W	W	W	W	W	W	W	W	W	W	W
23	Megha e	3rd year		W	W	W	W	W	W	W	W	W	W	W	W	W	W	W
24	Fildha	3rd year		W	W	W	W	W	W	W	W	W	W	W	W	W	W	W
25	Jasna mv	3rd year		W	W	W	W	W	W	W	W	W	W	W	W	W	W	W
26	Amritha k	3rd year		W	W	W	W	W	W	W	W	W	W	W	W	W	W	W
27	Farsha m	3rd year		W	W	W	W	W	W	W	W	W	W	W	W	W	W	W
28	Hiba m	3rd year		W	W	W	W	W	W	W	W	W	W	W	W	W	W	W

Signature of teachers who had engaged the sessions

Signature of HoD

Department seal

Signature of Principal

Principal
MES KEVEEYAM COLLEGE
VALANCHERY

Signature

SHAJID P P
ASSISTANT PROFESSOR
IN DEPARTMENT OF PRINCIPAL
MES KEVEEYAM COLLEGE
VALANCHERY, PIN 676 552

MES KEVEEYAM COLLEGE VALANCHERY
DEPARTMENT OF PSYCHOLOGY
TIME TABLE FOR CERTIFICATE COURSE (21/11/22 TO 06/02/23)

Sl. no.	Date	Day	Name of the faculty engaging the class	time
1.	21/11/22	Monday	Dr.Aiswarya Rasmi MN	3.30-4.30
2.	23/11/22	Wednesday	Dr.Aiswarya Rasmi MN	3.30-4.30
3.	25/11/22	Friday	Dr.Aiswarya Rasmi MN	3.30-4.30
4.	28/11/22	Monday	Dr.Aiswarya Rasmi MN	3.30-4.30
5.	30/11/22	Wednesday	Dr.Aiswarya Rasmi MN	3.30-4.30
6.	2/12/22	Friday	Dr.Aiswarya Rasmi MN	3.30-4.30
7.	5/12/22	Monday	Dr.Aiswarya Rasmi MN	3.30-4.30
8.	7/12/22	Wednesday	Dr.Aiswarya Rasmi MN	3.30-4.30
9.	9/12/22	Friday	Dr.Aiswarya Rasmi MN	3.30-4.30
10.	12/12/22	Monday	Dr.Aiswarya Rasmi MN	3.30-4.30
11.	14/12/22	Wednesday	Dr.Aiswarya Rasmi MN	3.30-4.30
12.	16/12/22	Friday	Dr.Aiswarya Rasmi MN	3.30-4.30
13.	2/1/23	Monday	Dr.Aiswarya Rasmi MN	3.30-4.30
14.	4/1/23	Wednesday	Dr.Aiswarya Rasmi MN	3.30-4.30
15.	6/1/23	Friday	Dr.Aiswarya Rasmi MN	3.30-4.30
16.	9/1/23	Monday	Dr.Aiswarya Rasmi MN	3.30-4.30
17.	11/1/23	Wednesday	Dr.Aiswarya Rasmi MN	3.30-4.30
18.	13/1/23	Friday	Dr.Aiswarya Rasmi MN	3.30-4.30
19.	16/1/23	Monday	Dr.Aiswarya Rasmi MN	3.30-4.30
20.	18/1/23	Wednesday	Dr.Aiswarya Rasmi MN	3.30-4.30
21.	20/1/23	Friday	Dr.Aiswarya Rasmi MN	3.30-4.30



ASSISTANT PROFESSOR
IN CHARGE OF PRINCIPAL
M.E.S KEVEEYAM COLLEGE

22.	23/1/23	Monday	Dr.Aiswarya Rasmi MN	3.30-4.30
23.	25/1/23	Wednesday	Dr.Aiswarya Rasmi MN	3.30-4.30
24.	27/1/23	Friday	Dr.Aiswarya Rasmi MN	3.30-4.30
25.	30/1/23	Monday	Dr.Aiswarya Rasmi MN	3.30-4.30
26.	1/2/23	Wednesday	Dr.Aiswarya Rasmi MN	3.30-4.30
27.	3/2/23	Friday	Dr.Aiswarya Rasmi MN	3.30-4.30
28.	6/2/23	Monday	Dr.Aiswarya Rasmi MN	3.30-4.30

Dr.Aiswarya Rasmi MN - 28hrs


 Dept. of Psychology
 MES Keveeyam College
 Valanchery.



SHAJID P P
 ASSISTANT PROFESSOR
 IN CHARGE OF PRINCIPAL
 M.E.S KEVEEYAM COLLEGE
 VALANCHERY, PIN 676 552



Name:

Roll no:

MES KEVEEYAM COLLEGE VALANCHERY

B.Sc PSYCHOLOGY

CERTIFICATE COURSE

PSYCHOLOGICAL FIRST AID

Time: 1:45 hrs

Maximum Marks: 40

SECTION A

ANSWER ANY FOUR QUESTIONS (4*5=20marks)

1. Define Psychological First Aid (PFA).
2. Explain the component of "Safety and Comfort" in PFA.
3. Explain Effective Communication in Crisis.
4. Explain why self-care is crucial for PFA providers.
5. Explain Fostering Resilience and Coping.

SECTION B

ANSWER ANY TWO QUESTIONS (2*10=20marks)

6. Explain the history and development of Psychological First Aid.
7. Discuss in detail the five essential elements of Psychological First Aid.
8. Describe the process of assessing needs and providing practical support in PFA.

SHAJID P P
ASSISTANT PROFESSOR
IN CHARGE OF PRINCIPAL
M.E.S KEVEEYAM COLLEGE
VALANCHERY, PIN 676 552

Dept of Psychology
MES Keveeyam College
Valanchery

STUDENT MARK LIST FOR CERTIFICATE COURSE

PSYCHOLOGICAL FIRST AID

YEAR 2022-23

SL NO	NAME	CLASS	GRADE
1	Afeefa sherin c	2nd year	A
2	Ashikha thasni	2nd year	A
3	Azwa p	2nd year	A
4	Fathima fidha C	2nd year	A
5	Hanan fathima	2nd year	A
6	Navaf p	2nd year	A
7	Navaneeth p	2nd year	A
8	Shana kk	2nd year	A
9	Thamjidha m	2nd year	A
10	Shana rimshi	2nd year	A
11	Shifa tahseen	1st year	A
12	Aiswarya k	1st year	A
13	Rinu	1st year	B
14	Reema	1st year	B
15	Amalu op	1st year	A
16	Anupriya m	1st year	A
17	Asna kv	1st year	A
18	Faheema	1st year	A
19	Pooja m	1st year	A
20	Shifa ka	1st year	B
21	Safrin	3rd year	B
22	Nafla	3rd year	B
23	Megha c	3rd year	A
24	Fildha	3rd year	A
25	Jasna mv	3rd year	A
26	Amritha k	3rd year	A
27	Farsha m	3rd year	A


SHAJI P P
 ASSISTANT PROFESSOR
 IN CHARGE OF PRINCIPAL
 M.E.S KEVEEYAM COLLEGE
 VALANCHERY, PIN 676 552

28	Hiba m	3rd year	B
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 Dept. of Psychology
 MES Kaveeyam College
 Valanchery.



SHAJID P P
 ASSISTANT PROFESSOR
 IN CHARGE OF PRINCIPAL
 M.E.S KEVEEYAM COLLEGE
 VALANCHERY, PIN 676 552

STUDENT SELECTED FOR CERTIFICATE COURSE

COURSE TITLE: PSYCHOLOGICAL FIRST AID

YEAR 2022-23

SL NO	NAME	CLASS
1	Afeefa sherin c	2nd year
2	Ashikha thasni	2nd year
3	Azwa p	2nd year
4	Fathima fidha C	2nd year
5	Hanan fathima	2nd year
6	Navaf p	2nd year
7	Navaneeth p	2nd year
8	Shana kk	2nd year
9	Thamjidha m	2nd year
10	Shana rimshi	2nd year
11	Shifa tahseen	1st year
12	Aiswarya k	1st year
13	Rinu	1st year
14	Reema	1st year
15	Amalu op	1st year
16	Anupriya m	1st year
17	Asna kv	1st year
18	Faheema	1st year
19	Pooja m	1st year
20	Shifa ka	1st year
21	Safrin	3rd year
22	Nafla	3rd year
23	Megha c	3rd year
24	Fildha	3rd year
25	Jasna mv	3rd year
26	Amritha k	3rd year
27	Farsha m	3rd year
28	Hiba m	3rd year


Dept. of Psychology
MES Keveeyam College
Valanchery


SHAMUDIP
ASSISTANT PROFESSOR
IN CHARGE OF PRINCIPAL
M.E.S. KEVEEYAM COLLEGE
VALANCHERY, PIN-676 552



MES KEVEEYAM COLLEGE VALANCHERY MALAPPURAM | KERALA

NAAC Accredited with A+ Grade
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Certificate

This is to certify that

KVM/CC/22-23/02

AFFEEFA SHERIN.C

has successfully completed the certificate course on "PSYCHOLOGICAL FIRST AID
-----" conducted by the Department of PSYCHOLOGY-----, MES

Keveeyam College, Valanchery during the period 2022-23.

Klinee

CO-ORDINATOR

[Signature]

HEAD OF DEPARTMENT

[Signature]

DR. K.P. VINOD KUMAR
PRINCIPAL





MES KEVEEYAM COLLEGE VALANCHERY MALAPPURAM | KERALA

NAAC Accredited with A+ Grade
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Certificate

This is to certify that

KVM/CC/22-23/02

JASNA MV

has successfully completed the certificate course on "PSYCHOLOGICAL FIRST AID"
conducted by the Department of PSYCHOLOGY, MES

Keveeyam College, Valanchery during the period 2022-23.

[Signature]

CO-ORDINATOR

[Signature]

HEAD OF DEPARTMENT

[Signature]

Dr. K.P. VINOD KUMAR
PRINCIPAL

