

9(f)

**Webinars / Online Extension Lectures**

S. No.	Faculty Name	Date/s of attending the event	Theme of the event attended	National/ International	whether online/ offline	Organizing Institute	Your role (convener/ co-convener/ scientific committee/ key-note/ session-chair/ paper-presenter/ attendee	Title of presentation (if any)
1	Mr. Peeyush Srivastav, Dr. Rachana Chandan, Dr. Prem Ram, Mr. Amit Kumar, Dr. Reshma Kamboj, Dr. Gagandeep Soni, Mr Amit Thakur, Mr. Mohan Jain, Ms. Jyotsna, Mr. Rohit & Ms. Riya Yadav	18th -26th July 2024	Online Faculty Development Program on Youth Mental Health First Aid	Institute Level	Online-Virtual	BCIHMCT	Participants	One Week



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**BANARSIDAS CHANDIWALA INSTITUTE OF HOTEL MANAGEMENT AND  
CATERING TECHNOLOGY, NEW DELHI**

**ANNEXURE-I: REPORT SHEET FOR INTER/ INTRA COLLEGE ACTIVITY/ EVENT**  
(IQAC-BCIHMCTinitiated)

(for event/workshop/activity/competition/demonstration/industry visit)

Date of submission: June 14, 2024

Report prepared by: Mr. Peeyush Srivastav

Event title/ name: Online Faculty Development Program on Youth Mental Health First Aid

Date of the event held: April 18, 2024 to April 26, 2024

Organized by (name of the department/ cell):- Communication & Soft Skills Department

Organized event is at Institutional level/ departmental level (specify):- Institutional

Organized event is as per activity/ academic calendar (specify):- Yes

No. of students /participants: - 16

Objectivity of the event: -

To equip faculty members with the necessary skills to recognize and respond effectively to mental health concerns among young individuals.

Event Write-up (Detailed Information):-

Empowering Educators: BCIHMCT Faculty Successfully Complete Youth Mental Health First Aid Program

(Online Faculty Development Program on Youth Mental Health First Aid)

In response to the critical need for enhancing awareness and skills in handling mental health issues among young people, the faculty of BCIHMCT participated in a comprehensive Online Faculty Development Program (FDP) titled "Youth Mental First Aid Health Program." The initiative was organized by M Power, an initiative by Aditya Birla Education Trust, aimed at empowering educators with vital knowledge and strategies to support adolescent mental well-being.

The FDP spanned seven days from April 18<sup>th</sup> to April 26<sup>th</sup>, 2024, comprising intense 2-hour sessions each day, conducted via Zoom Meeting. The sessions were expertly facilitated by Ms. Vishakha Sodhani, Associate - Outreach & Content, M Power, Mumbai. The curriculum focused on identifying signs, symptoms, and management strategies for common mental health disorders and crisis situations.

The core focus of the program was to equip faculty members with the necessary skills to recognize and respond effectively to mental health concerns among young individuals. Topics covered included:

  
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Understanding depression, anxiety, panic attacks, eating disorders, and suicidal behaviors in youth. Learning how to initiate conversations and provide initial aid to young individuals experiencing mental health challenges. Exploring evidence-based interventions and resources for assisting youth with mental health issues.

The program laid emphasis on identifying warning signs of mental health issues and respond empathetically and effectively.

Mr. Peeyush Srivastav, Head of Communication & Soft Skills at BCIMCT, New Delhi, coordinated the program. His management ensured that the sessions were conducted efficiently and that all participants achieved the best possible results from learning.

This FDP exemplifies our commitment to prioritizing mental health education and underscores the importance of continued efforts in nurturing the holistic development of our students.

**Faculty Coordinator I:- Mr. Peeyush Srivastav, Head of Communication & Soft Skills at BCIMCT, New Delhi**

**Team Members (students detail):- Attendance Sheet attached**

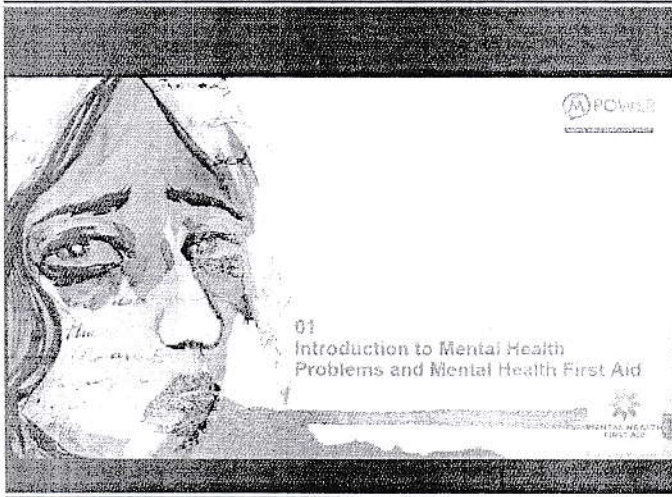
**Attach related/relevant pictures(Geo-Tagged pictures)**



### Mental Health First Aid Action Plan

- Action 1: **A**pproach them, assess and assist with any crisis
- Action 2: **L**isten and communicate non-judgmentally
- Action 3: **G**ive support and information
- Action 4: **E**ncourage them to get appropriate professional help
- Action 5: **E**ncourage other supports


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**What is Mental Illness?**

Mental illness:

- results in major changes in thoughts, feelings and behaviour.
- can cause disruption in day-to-day functioning.
- is something that doesn't go away as quickly as it should.

Signature.....

Name: Mr. Peeyush Srivastav, Head of Communication & Soft Skills, BCIMCT, New Delhi  
(Organizing Coordinator)

Posted by: .....

Validated by: .....

HOI/Principal .....

Date: .....

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Dear Faculty & Staff Members,

Greetings !

An online "Youth Mental Health First Aid program" exclusive for the teachers and staff of BCHMCT is being organized from April 18, 2024 by the Communication & Soft Skills Department, BCIHMCT.

This program is a 14-hour certification programme where the participant will be provided with the certificate upon completion of the training and a certificate of accreditation upon getting more than 80% score on the accreditation test.

**Mental Health First Aid or MHFA is a training program** pioneered in Australia. A person who has been through the training is qualified as a Mental Health First Aider who is then equipped to give Mental Health First Aid to a person developing a mental health problem, or worsening of an existing mental health concern, or in a mental health crisis. This aid is provided until appropriate professional help is received or until the crisis resolves.

**The objectives of the YMHFA program are to provide:**

- An overview of mental health landscape in India.
- Understanding specific conditions: Depression, Anxiety, Eating Disorders, Psychosis, Substance Abuse.
- Managing cultural sensitivities around mental health issues.
- A research backed, step by step first aid process to apply in mental health crisis situations

**The topics covered are:**

- Introduction to mental health problems and mental health first aid
- Mental health first aid and young people
- Mood Disorders
- Anxiety disorder
- Eating disorder
- Psychosis
- Substance use disorder
- Crisis Situations like – Suicide, Self – Harm, Trauma, Panic Attack, Aggressive Behaviour

The online program would commence from April 18, 2024.

The timings of the first three sessions are

April 18, 2024 7.00 pm – 9.00 pm  
April 19, 2024 7.00 pm – 9.00 pm  
April 20, 2024 11.00 am – 1.00 pm

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We have received following nominations for the same

Mr Peeyush sir

Mr Nikhil sir

Dr Gagan ma'am

Ms Reshma ma'am

Dr Ranga

Mr Amit thakur sir

Mr Amit Kumar sir

Mr Deepak sir

All others faculty and staff can also nominate for the same.

The rest of the sessions would be conducted in 7.00 pm to 9.00 pm timings next week.  
We will inform everyone regarding the dates.

Regards

Peeyush Srivastav

HOD-Communication & Soft Skills, BCIHMCT

  
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HEALTH  
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ADITYA BIRLA EDUCATION TRUST

# CERTIFICATE OF ACCREDITATION

Neha Sahni

is Accredited by Mpower as a  
**YOUTH MENTAL HEALTH FIRST AIDER**  
after successful completion of training and assessment.

This 14-hour course teaches adults how to assist youth who are developing a mental health problem or in a mental health crisis.

*Neerja Birla*

**Dr. Neerja Birla**

Founder and Chairperson  
Mpower

YMHA Instructor: *Vishakha Sodhani*  
Batch Date : *18<sup>th</sup> April 2024*  
Date of Expiry: *25<sup>th</sup> April 2027*

*R.K. Bhandari*

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 <b>BCIHMCT</b>	<b>ACADEMIC</b>	Doc. No. BCIHMCT/A/01
	<b>ACTIVITY</b>	Issue No.01 Date: 04/03/2024 Rev.No.00 Date: Page 1 of

09<sup>th</sup> April, 2024

## NOTICE

### Prioritizing Mind Health

The Communication & Soft Skills Department, BCIHMCT in association with "MPower" (An initiative by Aditya Birla Education Trust) is pleased to announce an informative and educational workshop on the crucial topic of "Prioritizing Mind Health".

Date: April 15, 2024, Time: 2:00 pm, Venue: Banquet Hall, Institute

This workshop is exclusive for First Year Students (Batch 2023-2027).


**Agenda:**

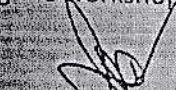
**Importance of Maintaining Mental Health:** Understand the significance of nurturing and maintaining mental well-being in our daily lives.

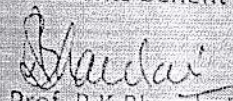
**Impact of Mental Illness:** Explore the profound effects mental illness can have on various aspects of our lives and relationships.

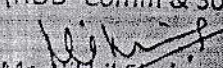
**Encouraging Help-Seeking Behaviors:** Learn strategies and resources for seeking help and support when facing mental health challenges.

Attendance will be taken during the workshop to ensure all students benefit from this essential workshop.

  
Mr. Peeyush Srivastav  
(HOD- Comm & Soft Skills)

  
Dr. Prem Ram  
(Program Coordinator)

  
Prof. R.K. Bhandari  
(Principal)

  
Mr. Nikhil Sharma  
(Asst. professor)

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