



The Tamil Nadu Dr. Ambedkar Law University

தமிழ்நாடு டாக்டர் அம்பேத்கர் சட்டப்பயிற்சாலை



**The Department of Interdisciplinary Studies
The Tamil Nadu Dr. Ambedkar Law University**

**“Poompozhi”, Dr.D.G.S.Dinakaran Salai Chennai – 28
& MGR Salai, Perungudi, Chennai-113**

In collaboration with

**National Institute of Disaster Management
(NIDM)**

**Ministry of Home Affairs, Government of India
A-wing, 4th Floor, NDCC-II Building, Jai Singh Road
New Delhi 110001**

**Report on
Three Days
National Training Programme
“Post Disaster Stress Management for
First Responders of Disasters” – For
Officers of Grade A & B Government
Departments of Tamil Nadu
6th to 8th December 2022**

**Edited & Compiled by
Prof. (Dr) K.S.Sarwani**

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Shri Taj Hassan, IPS, Executive Director, NIDM

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- ✚ Dr.P.Manimozhi, Assistant Professor
- ✚ Mrs.J.Nithya, Assistant Professor



Programme Banner



6th - 8th Dec 2022

10.00 a.m.

NATIONAL INSTITUTE OF DISASTER MANAGEMENT MINISTRY OF HOME AFFAIRS, GOVT. OF INDIA, NEW DELHI
&
THE TAMIL NADU Dr. AMBEDKAR LAW UNIVERSITY, CHENNAI
jointly organize
Three days National Training Program on "Post Disaster Stress Management for First Responders of Disasters"

Chief Patron  Prof (Dr) N S Santhosh Kumar Vice Chancellor The Tamil Nadu Dr. Ambedkar Law University	Patron  Shri Taj Hassan, IPS Executive Director NIDM	Chief Guest  Dr R Venkatesan National Centre for Coastal Research, Ministry of Earth Sciences Chennai
	Programme Coordinator  Dr. Ajinder Walia Associate Professor NIDM	Resource Person  Dr. E. Aravind Raj NIMHANS Bangalore

From the Vice –Chancellor’s Desk

At the outset, I would like to express my sincere thanks to Shri.Taj Hassan, I.P.S., Executive Director, National Institute of Disaster Management (NIDM), New Delhi for the encouragement in organizing this training programme.

I am particularly thankful to all the resources persons for their fruitful technical sessions, discussions and valued contributions in making this training programme a success. I acknowledge Prof. Sarwani’s organizing abilities and for successfully conducting these three days programme. I am very glad to acknowledge the hard work of all the committee members who were working for this programme for nearly a month along with Prof. Sarwani. It has reflected in the success of this programme.

I would also like to place on record the support rendered by the administrative staff of the TNDALU for this programme’s success. I would like to congratulate the entire team for compiling the report in a short span of time. It is gratifying to note that there was a huge positive response by the participants on all three days, but for whom this programme would not have succeeded. I congratulate all the “Frontline Officers”, from the various Departments in the state of Tamil Nadu, who are the beneficiaries of this programme.

Natural hazards are inevitable. Time and again, we witness the horrible impact of calamities. The last decade showed a tremendous increase in the annual occurrence of natural hazards. These hazards increasingly have had an impact on the livelihoods of vulnerable people, more specifically on their economic situation, their food security and health conditions.

It is in this context, The Tamil Nadu Dr.Ambedkar Law University, Chennai shares the zeal of NIDM which has been dynamically engaged in disaster preparedness and response operations in-order to minimize or address issues during calamities. We also endeavour to develop safer communities resilient towards disasters by strengthening institutional/ individual capacities, building partnerships, identifying the disaster risk management needs, and mainstreaming risk reduction measures in our projects and programs.

This training programme is aimed at securing the mental wellbeing of the Frontline Officers. NIDM is conducting such programmes in all the states. It is a welcome move.

This programme is the result of the dedicated team work and support from many persons and agencies. We are thankful to NIDM, MHA, Government of India and Government of Tamil Nadu, for entrusting us with this task and for providing the overall guidance, motivating us and extending support in myriad ways.



Prof. (Dr.) N.S.Santhosh Kumar

Vice Chancellor

The Tamil Nadu Dr.Ambedkar Law University

Chennai

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INVITATION
NATIONAL INSTITUTE OF DISASTER MANAGEMENT
MINISTRY OF HOME AFFAIRS, GOVT. OF INDIA, NEW DELHI
 &

THE DEPARTMENT OF INTER-DISCIPLINARY STUDIES
THE TAMIL NADU Dr. AMBEDKAR LAW UNIVERSITY, CHENNAI
 jointly organize

Three days National Training Program on
"Post Disaster Stress Management for



First Responders of Disasters"

6th- 8th Dec 2022



10.00 a.m.

Chief Patron



Prof (Dr) N S Santhosh Kumar
 Vice Chancellor

The Tamil Nadu Dr. Ambedkar Law University

Patron



Shri Taj Hassan, IPS
 Executive Director
 NIDM

Chief Guest

Dr R Venkatesan

National Centre for Coastal Research, Ministry of
 Earth Sciences Chennai



Resource Person



Prof. Dr. K.S. Sarwani
 Programme Director

Director-Distance Education

TNDALU

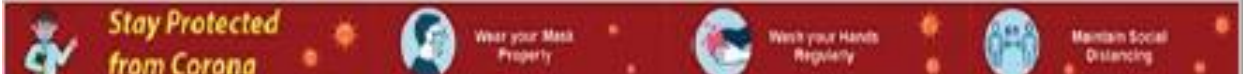


Dr. Ajinder Walia
 Programme Coordinator
 Associate Professor

NIDM



Dr. E. Aravind Raj
 NIMHANS, Bangalore





சதந்திரத் திருநாள் அமுதப் பெருவிழா



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The Tamil Nadu Dr. Ambedkar Law University



NATIONAL INSTITUTE OF DISASTER MANAGEMENT
MINISTRY OF HOME AFFAIRS, GOVT. OF INDIA, NEW DELHI

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THE TAMIL NADU DR. AMBEDKAR LAW UNIVERSITY, CHENNAI

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"Post Disaster Stress Management for
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Programme Director

Director-Distance Education

TNDALU



Dr. Ajinder Walia
Programme Coordinator
Associate Professor

NIDM



Dr. E. Aravind Raj
NIMHANS, Bangalore



வாழ்ந்த டீர்பர் அம்பேத்கர்



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The Tamil Nadu Dr. Ambedkar Law University



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ABOUT TNDALU

Government of Tamil Nadu by an Act of State Legislature [Act No.43 of 1997] established the Tamil Nadu Dr. Ambedkar Law University for the advancement and dissemination of knowledge in learning, teaching and research in the field of law. His Excellency Shri. K.R. Narayanan, former President of India inaugurated it on September 20, 1997, and the University started from October 3, 1997 onwards. The University was named after the architect of the Indian Constitution Dr. B.R. Ambedkar. The University is recognized by the Bar Council of India (BCI) and University Grants Commission (UGC) (Sec. 2f and 12b of the UGC Act.). The University is also a member of the Association of Indian Universities (AIU), Association of Commonwealth Universities, U.K. and Indian Institute of Public Administration, New Delhi. This University is functioning as nodal agency to uplift the legal education in the State of Tamil Nadu.

ABOUT THE PROGRAMME

The aim of the Programme is to equip the participants, under the category of Group 'A' & 'B' working in different departments, to cope with the situation by reducing their stress levels so that they can serve the public effectively during disasters. with necessary skills to handle post disaster stress in their personal and professional life and address their own psychosocial needs as first responders to disasters. the NIDM is conducting such Programme in different States for functionaries from the Departments including Police, Fire, Revenue, State Disaster Response Force, District Disaster management Officials and other Government stakeholders working in the field of disaster management. In the State of Tamil Nadu NIDM is partnering with the Tamil Nadu Dr. Ambedkar Law University for conducting this Programme.



சான்றிதழ் கல்வியை வழங்கும் பல்கலைக்கழகம்



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The Tamilnadu Dr.Ambedkar Law University



Committee Members

Prof.(Dr) K.S.Sarwani

Director

NIDM Training Programme

Director - DDE, TNDALU

Nodal Office & Member - IUINDRR - NIDM

Dr. Ajinder Walia

Associate Professor

NIDM

Programme Coordinator

NIDM Training Programme

Organizing Secretaries

Prof. Dr. V. Balaji

Dean, Academic Affairs,

HOD i/c, Department of

Maritime Law

TNDALU

Dr. S.K. Asok Kumar

Chief Librarian & Campus

Director

TNDALU

Dr.Ranjith Oommen Abraham

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-Law and Justice, TNDALU

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Associate Professor

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HOD i/c

Department of Taxation Law,

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Dr.P. Sakthivel

Director, LL.B. (Hons.)

Associate Professor

Dept. of International Law,

TNDALU

Dr. D.Kannan

Assistant Professor (S.G.)

Dept. of Labour & Administrative Law Dept. of Interdisciplinary Studies

TNDALU

Dr. M.Vidya

Assistant Professor

TNDALU



75th Independence Day Celebrations



தந்திரவாடி டி.ஆர்.அனந்தராமன் பல்கலைக்கழகம்
The Tantinavadi Dr.Ambedkar Law University



Program fecilitators

Mr. Rahul Reghu

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Assistant Professor

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Assistant Professor

Dept. of Interdisciplinary Studies,
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Assistant Professor

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Mrs. J. Nithya

Assistant Professor

Dept. of Interdisciplinary
Studies, TNDALU

Dr. Karpoora

Sundarapandian

Young Professional, NIDM





PROGRAMME SCHEDULE
National Level Three Days Training Programme on
“POST DISASTER STRESS MANAGEMENT FOR FIRST RESPONDERS OF
DISASTERS”
6th – 8th December, 2022

Day 1 – 6.12.2022			
9.30 am – 10.30 am	Registration of participants	Personal Information Elicitation	TNDALU
10.30 am – 11.15 am	Welcome & Introduction of the Participants	Interaction	Ms.Ajinder Walia NIDM Training Programme Co-ordinator
11.15am – 11.30 am	Tea break		
11.30 am – 12.15 pm	Disaster Risk Management: Conceptual Framework	Discussion and Interaction	Ms.Ajinder Walia, NIDM Training Programme Co-ordinator & Mr.Karpoora Sundrapandiyam Young Professional, NIDM
12.15 pm – 1.30 pm	Hazards, Vulnerabilities and Risk in Tamil Nadu: Impact and Lessons Learnt from past Disasters	Discussion and Presentation	Prof.(Dr)K.S.Sarwani Director NIDM Training Programme & Dr.P.Sakthivel Associate Professor Dept. of International Law, TNDALU
1:30 pm - 2:30 pm	Lunch Break		
2.30 pm – 3:30 pm	Mental Health Vs Mental Illness and Understanding self and others Understanding Stress & Reactions to stress in First Responders after Disasters: Managing reactions to stress	Card Sorting, & Role play, Activity/ Discussion	Dr.E.Arvind Raj Additional Professor NIMHANS, Bangalore
3.30 pm – 3.45 pm	Tea Break		
3.45 pm – 5: 00 pm	Talk it out & Handling stress at Individual Level after Disasters	Activity/ Discussion	Dr.E.Arvind Raj Additional Professor NIMHANS, Bangalore
Day 2 – 7.12.2022			
10:00 am - 11:00 am	Beating Stress: Motivating environment in work place: Interpersonal relationship and Preventing Burnouts	Group Activity	Ajinder Walia NIDM Training Programme Co-ordinator & Dr.E.Arvind Raj Additional Professor NIMHANS, Bangalore
11.00 am – 11.15am	Tea break		

11.15 am - 1.00 pm	Understanding Family dynamics & Family Life Cycle	Group activity & Brain Storming	Ajinder Walia NIDM Training Programme Co-ordinator & Dr.E.Arvind Raj Additional Professor NIMHANS, Bangalore
1.00 pm – 2.00 pm	Lunch Break		
2.00 pm – 3.30 pm	Handling Stress at Family Level after Disaster Response & Time Management	Brain Storming	Dr.E.Arvind Raj Additional Professor NIMHANS, Bangalore
3.30 pm – 3.45 pm	Tea Break		
3.45 pm - 5: 00 pm	Handling Work Stress for First Responders	Activity	Dr.E.Arvind Raj Additional Professor NIMHANS, Bangalore
Day 3 – 8.12.2022			
10: 00 am 11:00 am	Assertiveness & Self-Awareness for First Responders to Disasters	Activity /Discussion	Dr.E.Arvind Raj Additional Professor NIMHANS, Bangalore
11.00 am- 11.15am	Tea break		
11.15 am- 1:00 pm	Healthy use of Technology and Creating Work Life Balance: Managing Substance Abuse	Presentation	Dr.E.Arvind Raj Additional Professor NIMHANS, Bangalore
1.00 pm- 2.00 pm	Lunch Break		
2.00 pm- 3.30 pm	Suicide and stress amongst First Responders to Disasters: Positive coping Vs Negative Coping	Group Discussion	Dr.E.Arvind Raj Additional Professor NIMHANS, Bangalore
3.30 pm 3.45 pm	Tea Break		
3:45 pm 4.30 pm	Identification of Mental Health Problems and Referral	Group Activity	Dr.E.Arvind Raj Additional Professor NIMHANS, Bangalore
4:30 pm- 5:00 pm	Valediction Feedback from the Participants & Distribution of Certificates	Interaction	Prof.(Dr)K.S.Sarwani Director NIDM Training Programme & Ajinder Walia NIDM Training Programme Co-ordinator

Details of Participants

- Totally 107 participants belonged to Group A and Group B, Frontline Officers from the state of Tamil Nadu have attended the training programme.
- Out of the total Participants, 101 participants were Residents, who came from various departments of State of Tamil Nadu and 6 participants were non-residents, as they came from Chennai city.

Summary of Three Days National Level Training Programme

Day 1 – 06.12.2022

Registration of Participants



On 6th December 2022, at around 9.30, the registration of Participants commenced. Totally 107 participants belonged to Group A and Group B, Frontline Officers, have attended the training programme.

Inaugural Session

From 6th to 8th December 2022, the National Institute of Disaster Management Ministry of Home Affairs, Government of India, New Delhi and Tamil Nadu Dr.Ambedkar Law University jointly organized a three days National Training program on "Post disaster stress management of first responders of disaster ". The inaugural session of the programme commenced after registration. The



chief guests for the programme were Dr.R.Venkateshan, National Centre for Coastal Research, Ministry of Earth Sciences, Chennai. The Kuthuvizhakku or Lamp was lit and invocation song sung by the students. Prof. Sarwani, the Director, welcomed the gathering.



Dr.Ajinder Walia gave an overview of the NIDM and the programme objectives. She spoke about the need to address Stress related Issues faced by Frontline workers during and after the disasters. She added that NIDM has taken the initiatives in ensuring the mental wellness of Frontline workers through such training programmes, for them exclusively. She added that these programmes were being organized by NIDM with state authorities in all the states of India and said that she was happy to partner with The Tamil Nadu Dr.Ambedkar Law University in this state. She also mentioned how feedback is important for the program to be effective and requested the participants to actively involve themselves in all activities.

Dr.R.Venkatesan, the chief guest delivered the presidential address. He discussed various disasters such as Tsunamis, cyclones etc., and the actual geographical reasons for such occurrences. He also shared his experience on working at the national and international levels to combat and

manage disasters during his illustrious career. At the end of his address, he clarified the doubts of the participants.

The inaugural programme concluded with a formal vote of thanks by the Prof. (Dr)V.Balaji, Dean, TNDALU. The inaugural was ably compered by Dr.R.Deepalakshmi, our faculty.



Disaster Risk Management: Conceptual Framework - Ms.Ajinder Walia

After a break, the training program began around 11.30 p.m. in the TNDALU auditorium. The program coordinator Ms.Ajinder Walia discussed about “Disaster Risk Management: Conceptual Framework”, that happened in India such as the flood of Uttarakhand, and the super cyclone of Odisha. She also discussed about disaster management and its components, the relationship between disaster and development.



Hazards, Vulnerabilities and Risk in Tamil Nadu: Impact and Lessons Learnt from past Disasters – Prof. (Dr) K.S.Sarwani and Dr.P.Sakthivel.

Prof.Sarwani spoke about the rights of vulnerable people especially food Security Management by the state and NGOs and the problems in reaching out to the affected people. She also gave suggestions to tackle problems during disasters.



Dr.Sakthivel discussed about the impact of encroachment on water bodies by the people in Tamil Nadu and how that contributes hugely in affecting the people during monsoons and cyclones.

Mental Health Vs Mental Illness and Understanding Self and Others

After lunch break, the resource person Dr.E.Aravind Raj from NIMHANS started a very interactive session. He was very enthusiastic and made the event very active. He conducted a fun filled activity to help the participants introduce themselves.



He discussed mental health and psychological closeness for stress management. He also insisted on spending time getting to know people and how it would help in stress management. He then conducted an activity on mental illness and mental wellness. The participants involved themselves in all activities in enthusiasm.

Understanding Stress and Reaction to Stress in First Responders after Disasters: Managing Reaction to Stress

In the next session, Dr. Arvind Raj, distributed cards that described symptoms of mental illness and helped everyone understand the actual situation and the myths. He encouraged people to consult concerned medical personnel in case of any symptoms relating to depression.



Day 2 – 07.12.2022

On the second day morning of the training programme, Dr.E.Aravind Raj, Associate Professor, NIMHANS elaborated on the stress reliever method. Then he discussed the root cause for stress. He also mentioned that comparison is the main reason for stress. The session concluded with a discussion on reaction to the cause of stress. He also quoted that, Stress is not a medical condition, it is a social situation. The following sessions were conducted on the same day.

- Beating Stress: Motivating Environment in Work Place: Interpersonal Relationship and Preventing Burnouts
- Understanding Family Dynamics and Family Life Cycle
- Handling Stress of Family Level after Disaster Response and Time Management

The participants were also given a chance to say about the nature of their work and the stress they undergo as part of their job. Many participants came forward to speak and shared their opinions



Day 3 – 08.12.2022

On 8th December 2022, the third day of the training program, Dr.E.Aravind Raj conducted a group activity related to stress environment and motivating environment. He spoke about stress relief, space management, understanding and handling situations to be in the moment accordingly. He then asked everyone to differentiate the characteristics based on which they like and dislike people and helped everyone to infer how understanding a person helps in stress management. He finally discussed about interpersonal relationships and stressful relationships. He gave few tips to the participants in handling the stressful situations at work and in the work place.

- Assertiveness and Self-Awareness for First Responders to Disasters.



- Healthy Use of Technology and Creating Work Life Balance: Managing Substance Abuse
- Suicide and Stress amongst First Responders to Disasters: Positive Coping Vs Negative Coping
- Identification of Mental Health Problems and Referral

He finally discussed various mental illnesses and wellness issues and methodology to handle and keep the mental health in good condition. He insisted on the importance of taking a break and having physical activity to manage stress.

Activities







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nidm
National Institute of Disaster Management

VALIDICTORY INVITATION
NATIONAL INSTITUTE OF DISASTER MANAGEMENT
MINISTRY OF HOME AFFAIRS, GOVT. OF INDIA, NEW DELHI

&
THE DEPARTMENT OF INTER-DISCIPLINARY STUDIES
THE TAMIL NADU Dr. AMBEDKAR LAW UNIVERSITY, CHENNAI
jointly organize

Three days National Training Program on
"Post Disaster Stress Management for
First Responders of Disasters"



8th Dec 2022



2.30 p.m.

Chief Guest



Prof (Dr) N S Santhosh Kumar
Vice Chancellor
The Tamil Nadu Dr. Ambedkar Law University



Prof. Dr. K.S. Sarwani
Programme Director
Director-Distance Education
TNDALU



Dr. Ajinder Walia
Programme Coordinator
Associate Professor
NIDM



Resource Person
Dr. E. Aravind Raj
NIMHANS, Bangalore



Valedictory Session

Many participants gave their feedback at the end of the session. on the third day, 8th of December 2022, the valedictory session commenced post lunch after the group photo.



Our honourable Vice-Chancellor, Prof.N.S.Santhosh Kumar, was the Chief Guest. He felicitated the dignitaries on the dais and delivered the valedictory address. He also distributed the certificates to all the participants and the committee members.

Dr.Ranjith Oomen Abraham, Registrar i/c, HOD, Department of Cyberspace – Law and Justice, TNDALU, congratulated the participants and also the entire team for conducting the programme effectively and efficiently.



Our Honourable Vice Chancellor giving a memento to Dr.Ajinder Walia

Dr.Ajinder Walia spoke about the effectiveness of such rejuvenating programme. Prof. Sarwani proposed the vote of thanks. She thanked the patron from NIDM and our Hon'ble Vice-Chancellor for helping us to conduct such invigourating and rejuvenating wellness programme for those who bear the brunt of such disasters. Their mental health impacts the way they respond to the disaster and offer help. She tanked each and every person connected with the conduct of the programme. The curtains were drawn with the singing of National Anthem and all participants left with the light feeling, back to their work.



Prof.Sarwani honouring Ajinderji.



Distribution of Certificates



Participant's Feedback



NIDM, Ministry of Home Affairs, New Delhi
in collaboration with
THE TAMIL NADU Dr.AMBEDKAR LAW UNIVERSITY
Poompozhi Campus, Chennai - 600 028.

Residential Participants Details
“Post Disaster Stress Management for First Responders of Disasters”
6th to 8th December 2022

S. No.	Name of the Participants	Designation	Address	Contact Details
1	Mr.P.D.Alexander	Circle Supply Officer	Thiruthuraipoondi	8072701458
2	Dr.Anand Inbanayagam	Asstistant Surgeon	Vettaikaran Pudhur, Annamalai Deputation at Govt. Hospital, Thondamuthur	8110950240
3	Mr.A.Antony Raj	Zonal Deputy Tahsildar (Revenue)	Taluk Office, ulundurpet, Kallakurichi	7010044761 / 9976888195 ulutaluk2012@gmail.com
4	Mr.T.Arulmani	Station Officer	Fire and Rescue Department, Sankagiri	9445086385/ 9791333448 sankagiritnfrs@gmail.com
5	G.Ashok	Deputy Director	Industrial Safety and Health - IV, Chennai	7639074541
6	Mr.T.Azhagesan	Assistant Manager (Works and Training)	Nagercoil Region	9443468680 9080632799
7	Mr. B.Babu	Assistant Engineer	Ponni Mangadu SS, Tiruttani	9445855214/ 9786335736
8	Mr. E. Balasubramani	District Officer	District Office, Tirupathur District	9444460697 / 8248541229 dotirupathur@gmail.com
9	Mr.M.Papanasam	Fire Station Officer	Fire and Rescue Services Department, Nanguneri	9445086255 doti.tnfrs@gmail.com
10	Mr.Bharathi	Deputy Thasildar	Pay Section,Collectorate, Krishnagiri	9943068151 paacckgi@rediffmail.com

NIDM, Ministry of Home Affairs, New Delhi
in collaboration with
THE TAMIL NADU Dr.AMBEDKAR LAW UNIVERSITY
Poompozhil Campus, Chennai - 600 028.

Residential Participants Details
“Post Disaster Stress Management for First Responders of Disasters”
6th to 8th December 2022

S. No.	Name of the Participants	Designation	Address	Contact Details
11	Mr.R.Ezhil	Assistant Engineer	West Zone, Coimbatore Corporation	9442501792
12	Dr.S.Gandhi	Asst. Surgeon	DMHP, Office of the JDHS, Dindigul	9976248950 dindigul.jdhs@gmail.com
13	Mr.M.U.Dwaraknath	Entrepreneur - Business Consultant	4/37 Muthumariyam Kovil street MGR Nagar Selaiyur kancheepuram	9790757569 dwaraknath@gmail.com
14	Mr.S.Hariramamoorthy	Executive Officer Municipality	Nannilam	8925809564
15	Dr.R.Indhumathy	Assistant Surgeon, Nanjakutta PXC	Salem District	7338852340
16	Mr.J.Janakiraman	TSO,	Udayarpalayam	8098580151
17	Mr.K.Jayabalan	AEE	RWS Sub Dn / Cuddalore	9443732193
18	Mrs.J.Jayarani	Women Sun-Inspector	Chennai	9498109760
19	Mr.K.Jegadeesh Chandrabose	Station Officer	Fire and Rescue Station, Pernambut	9865915351
20	Mrs.J.Jeyarani	Station Officer	Thirumangalam	9445086216 / 6380269467

NIDM, Ministry of Home Affairs, New Delhi
in collaboration with
THE TAMIL NADU Dr.AMBEDKAR LAW UNIVERSITY
Poompozhil Campus, Chennai - 600 028.

Residential Participants Details
“Post Disaster Stress Management for First Responders of Disasters”
6th to 8th December 2022

S. No.	Name of the Participants	Designation	Address	Contact Details
21	Mr.P.John Bhasha	Junior Administrative Officer	Thiruvarur	9884204373
22	Mr.K.Kalaiselvan	NGO	12, Pillaiyar Kovil Street, Koonichampet, Pondicherry-605501	9047405219 kgkalai26051990@gmail.com
23	Mr.K.Kannan	Deputy Manager (Works and Training)	Tirunelveli and Thoothukudi Region	9489052023, 8248654736
24	Mr.P.Kannan	NSS Programme Officer	TNDALU, Chennai	9884635205
25	Mr.Karthikesan	Station Officer	Fire and Rescue Services, Tiruppur	9500602259 karthiktamil1823@gmail.com
26	Mr.M.Karthikeyan	Inspector of Police	Ariyalur District	9841650122
27	Er.S.Karunakaran	EE Maintenance Dn	Nagapattinam	9443526278
28	Er.A.P.Kiruba	Assistant Engineer	VRP Dam Section, Upper Pennaiyar Basin Sub Division, Harur	8248261356
29	Mr.N.Krishnakumar	Forest Range Officer	Dindugal	9443796166
30	Mr.V.Kumar	Assistant Director of Horticulture	Horticulture Joint Directorate Office, Salem	9489166421 kumar.kumaarv@gmail.com

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Residential Participants Details
“Post Disaster Stress Management for First Responders of Disasters”
6th to 8th December 2022

S. No.	Name of the Participants	Designation	Address	Contact Details
31	R.Kumaresan	Assistant District Fire Officer	Theni	9994971816
32	Mr.T.Lingadurai	Station Officer	Fire and Safety Department	9445086279
33	Dr.G.Mariyappan	Agricultural Officer	Uthukkuli	9442050980 adauth2019@gmail.com
34	Er.P.Menaka	Assistant Engineer	WRD Ariyuru Basin Division, Trichy	8667470751 amudha.menaka@gmail.com
35	Mr.Muralidharan	Forest Range Officer	Karur, Dindugal	9176768768 muraliinwild@gmail.com
36	Mr.S.Murugesan	Asst. District Fire and Rescue Officer	Erode	9445086346 cmurugesan12@gmail.com
37	R.Narendran	Assistant Commissioner (Excise)	Kalal District Collector Office, Mayiladuthurai	9944693331
38	Mr.T.Nirmal Karunakaran	Research	2/97 North Street Kadaneri Post maharajapuram Virudhunagar 626149	8012150496
39	Mr.V.Palanisamy	Station Officer i/c		9943360656
40	Dr.K.Paramasivam	Physical Director	TNDALU, Chennai	9789862587

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Residential Participants Details
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6th to 8th December 2022

S. No.	Name of the Participants	Designation	Address	Contact Details
41	Mr.D.Raja	Forest Range Officer	Dindugal	9942157235
42	Mr.S.Raja Prabhu	Inspector of Police	Karungalpalayam PS	9444442131 ssrajaprabhu@gmail.com
43	Mr.S.Rajamoorthy	Station Officer	Fire and Safety Department	9445086283
44	Mr.Rajkumar	Special Tahsildar (LA)	TNRSP – II, Collectorate, Tiruppur	8940664560 spltahrlntrsp2tiruppur@gmail.com
45	Er.N.Ramachandran	Assistant Engineer	Building Division, Dharmapuri	7904087088 aepwdbldgsdpi@gmail.com
46	Er.A.Ramaraj	Assistant Engineer	Building Division, Udumalaipettai	9443353139 eepwd.tpr@gmail.com
47	Mr.M.Ravichandran	Environmental coordinator	Dindugal	9786845742/7010536512
48	Mr.A.Robert	Zonal Deputy District Development Officer	Zonal - 3, Union Office, Sankagiri	8610932929 sankagiritnfrs@gmail.com
49	Mr.P.Sakthivel	Assistant Conservator of Forest	Dindugal	9486123871
50	Ms.K.Santhi	Sr. Superintendent	TNSTC (Villupuram) Ltd., (Villupuram)	9840405754 tnstcvpmtrg@gmail.com

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Residential Participants Details
“Post Disaster Stress Management for First Responders of Disasters”
6th to 8th December 2022

S. No.	Name of the Participants	Designation	Address	Contact Details
51	Mr.K.Saravanakumar	Station Officer	Fire and Rescue Station, Alangudi	7868906004
52	Mr.R.Saravanan	Superintendent of Water Works	Mannarkudi	7904067933
53	Mr.V.Sathish Babu	Deputy Block Development Officer(Audit)	Block Development Officer, Kelamangalam,	9487639819 Kgikmgm.tnbdo@nic.in
54	Mr.Selvakumar	Forest Range Officer	Karur, Dindugal	8148180082 selvaferi@gmail.com
55	Mr.N.Selvakumar	Joint Director of Health Services	Thiruvarur	9444982686
56	Mr.S.Chenthilkumar	Block Development Officer	TANFIANET, Erode	9842986888 aschenthil@gmail.com
57	Mr.G.Senthilkumar	Zonal Deputy Tahsildar	Sathyamangalam Taluk	8883040691 senthilg6@gmail.com
58	Mr.Shanmugamoorthy	Sub Inspector of Police		9498174614 riartpr@gmail.com
59	Mr.P.Sivakumar	Assistant District Fire Officer	Kallakurichi,(Police)	7010801199 dofirekki@gmail.com
60	Mr.T.Srinivasan	Station Officer	Fire and Rescue Services Station, Kuttralam	9445086432 / 7708625267

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Residential Participants Details
“Post Disaster Stress Management for First Responders of Disasters”
6th to 8th December 2022

S. No.	Name of the Participants	Designation	Address	Contact Details
61	Mr.V.Sudhakar	Superintendent	TNSTC (Villupuram) Ltd., (Villupuram)	9443434439 tnstcvpmtrg@gmail.com
62	Mr.N.Sugumar	Deputy Superintendent of Police	Drug Prohibition Enforcement Section, Mayiladuthurai	9943317789
63	Mr.T.Sugumar	Senior Revenue Officer	Takuk Office, Valangaimaan	9943997742
64	Dr.S.Swaminathan	Assistant Director - Disease Investigation Unit	Thiruvarur	9443587148
65	Mr.Thangaraj	Station Fire Officer	Kinaththukadavu	9445086310 / 9842946117
66	Ms.Vasantha Priya	NGO	No 11 Periyar Nagar Koothapakkam Cuddalore 607002	9688004430
67	Dr.J.M.Velmurugan	NSS Programme Officer	TNDALU, Chennai	9655448864
68	Mr.Vignesh Sharma	NGO	10th main road KR pakayam, thirukannur post, pondicherry	7598750503
69	Mr.S.Wilson Rajkumar	Asst. District Officer	Fire and Rescue Department, Thiruvallur.	9445086157/9443193855 dotl.tnfrs@gov.in
70	Mr.S.C.Yuvaraj	Agricultural Officer	Erode	9578666760 solllaberd@gmail.com

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Residential Participants Details
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6th to 8th December 2022

S. No.	Name of the Participants	Designation	Address	Contact Details
71	Mr.T.Muthuganesh	Sanitary Officer	Attur Municipality, Salem District	8939426512 rsonorthz5@gmail.com
72	Mr.R.Periasamy	Assistant Executive Engineer - TNEB	Attur - West TNEB, Salem District	9445852257
73	Mr.D.Elango	Assistant Manager	TNSTC, Karaikudi	8870611267
74	Mr.K.Rajesh Kannan	District Fire Officer	TNFRS, Villupuram	9841425031
75	Mr.A.Anandhan	Spl. Tahsildar(SSS)	Taluk Office, Ranipet, Nemili District	9715554920
76	Mr.M.Meenakshi Sundaram	Deputy Tasildar, Madurai	Taluk Office, Madurai	9629095957
77	Mr.Senthilkumar	Station Officer	Fire and Rescue Station, Karugatchkottai	6381128937
78	Mr.C.Arasu	Station Officer	Fire and Rescue Station, Kanchipuram	9841777730
79	Mr.P.Nagarajan	Deputy Tahsildar	Revenue Department	9600566089
80	Mr.A.Muniyandi	Inspector of Police	Pvn.Police Station, Tiruvarur	9498190725

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Residential Participants Details
“Post Disaster Stress Management for First Responders of Disasters”
6th to 8th December 2022

S. No.	Name of the Participants	Designation	Address	Contact Details
81	Mr.S.Ramesh Chandran	Assistant Engineer	WRD, NRP Division, Valliyoor	9944872702
82	Ms.P.G.Srividya	Deputy Director	Director of Agriculture, Chennai-5	9444556915
83	Mr.M.S.Sathia Prasad	Deputy Collector, A.C. (Excise)	The Collector Office, Ranipet	9941332021
84	Ms.S.Sarawathi	Revenue Divisional Officer	Madurantakam, Chengalpattu	9445000415 subcollectormkm@gmail.com
85	Mr.K.Ramesh Kumar	Station Officer	TNFRS, Dharmapuri	6320442769
86	Mr.R.Lakshmanan	Station Officer	TNFRS, Athur, Dindigul	9994164802
87	Ms.K.Sophiya Sathyavathy	Agricultural Officer	Director of Agriculture, Chennai-5	8056211026
88	Mr.S.Thirumurugan	Executive Engineer	Director of Municipality Administration, Chennai	9994142171
89	Mr.A.Dhanabalan	Inspector	Pudhukottai District	9952241600
90	Mr.U.Saravanan	Assistant Executive Engineer	Assistant Director Town Panchayat	9444986295

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Residential Participants Details
“Post Disaster Stress Management for First Responders of Disasters”
6th to 8th December 2022

S. No.	Name of the Participants	Designation	Address	Contact Details
91	Mr.S.Krishnan	Sub-Inspector of Police	Comt.TSP XIII Btn, Poonamalle, Chennai	9944578766
92	Mr.D.J.Edward Raj	Inspector of Police	Comt.TSP XIII Btn, Poonamalle, Chennai	9500570181
93	Mr.T.Jeganathan	Inspector of Police	Kondalampathy Police Station, Salem District	9790884783
94	Mr.A.Sampath Kumar	Sub-Inspector of Police	Coimbatore	9498172303
95	Mr.J.Daniel Kirubaharan	Inspector	Tirunelveli District	9788669462
96	Mr.M.Tamilselvan	Tashildar	Taluk Office, Kattumannar Koil, Cuddalore	8015538055
97	Mr.G.Selvakumar	Tahsildar	Taluk Office, Chidambaram, Cuddalore	9597482499
98	Ms.K.Selvi	Assistant Executive Engineer	PWD Buildings	9715740649
99	Mr.Bharathi	Deputy Tahsildar	Kanchipuram District	9080201712
100	Mr.P.Suresh Chandranth	Station Officer	Fire Service, Muthupettai	9677071056
101	Mr.M.Meganathan	Sub-Inspector of Police	Thirunelveli District	9080149496

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Non-Residential Participants Details
“Post Disaster Stress Management for First Responders of Disasters”
6th to 8th December 2022

S.No.	Name of the Participants	Designation	Address	Contact Details
1	Mr.N.Vijaya Prabhakaran	Handloom Officer	Commissioner of Handloom, Chennai	8610835967
2	Ms.D.Vennila	Section Officer	Home (Pol.IV) Dept. Secretariate, Chennai	8939132804
3	Ms.S.Manimegalai	Deputy Secretary to Government	Adi-Dravidar and Tribal Welfare Dept., Secretariate, Chennai	9941009541
4	Mr.C.Uthandi	S.H.S.O	Home Dept. Secretariate, Chennai	9840051578
5	Ms.M.Praveena	Section Officer	Home Dept. Secretariate, Chennai	7358415405
6	Ms.S.Mettilda	Textile Officer	Textile Department, Nungambakkam, Chennai	9600013188

Total No. of Participants = 107
No. of Residential Participants = 101
No. of Non-Residential Participants = 6

Prof. (Dr) K.S.Sarwani
Director -DDE &
Nodal Officer - IUINDRR, NIDM

Feedback Responses

S. No.	Name of the participant	Designation	Organization	How would you rate the content of Day 1 Sessions - 06.12. 2022	How would you rate the content of Day 2 Sessions - 07.12. 2022	How would you rate the content of Day 3 Sessions - 08.12. 2022	Overall Experience about the training programme	Overall Experience about the way we organized the training programme	Do you have any other comments or suggestions that would help us to enhance our future programmes qualitatively?
1	Karthikeyan Murugesan	INSPECTOR OF POLICE	Police	4	5	5	Excellent	Excellent	Very useful for all govt officers
2	Dr.K.Paramasivam	Physical Education and YRC	YRC SPORTS	5	5	5	Excellent	Excellent	There day's programs excellent
3	R EZHIL	Assistant Engineer	Coimbatore City Municipal Corporation	4	5	5	Very good	Very good	May include some field visit and activities at disaster relocated areas.
4	T JANAKIRAMAN	Deputy Tahsildar	Revenue department	4	5	5	Excellent	Excellent	A curriculum on natural disaster should be introduced in schools and colleges
5	BHARATHI K	Deputy Tahsildar	Revenue Department	4	4	4	Very good	Very good	Very very Use ful my life Thanks.
6	M.U.Dwarakhna th	Entrepreneur Business Consultant	Self	5	5	5	Excellent	Excellent	Based on Training & Ambience were Good. A small request accommodation for few participant

										s was far from the training zone. If can please.
7	SAKTHIVELPERUMAL	Asst, Conservator Of Forest	TAMILNADU FOREST	5	5	5	Excellent	Very good	No comments	
8	Babu B	Assistant Engineer	TNEB	4	5	5	Excellent	Very good	Nice hospitality keep it in upcoming programs and need more persons to handle the classes not only Aravind sir	
9	Praveena	Section Officer	Secretariat	5	5	5	Very good	Good	Should be Organize well in future	
10	RAMACHANDRAN N	ASSISTANT ENGINEER	PWD	5	5	5	Excellent	Excellent	Amazing programme . I never forgot this in my life	
11	Wilson Rajakumar.S	Assistant district officer	Tamilnadu Fire and rescue services	5	5	5	Excellent	Very good	This programme was very useful to improve ourselves and manage stress	
12	Nagarajan P	Deputy Tahsildar	Mannargudi	5	5	5	Excellent	Very good	Very good	
13	Sudhakar. V	Supdt	Tnsc (vpm) ltd	4	5	4	Very good	Excellent	This training program is very useful	
14	Dr Indhumathy Rathanavel	assistant surgeon	Department of Public Health	5	5	5	Excellent	Excellent	we need a stress management training every year to cope up with stress, since i beleive it to be a great experience	
1	Kumar V	Assitant	Department of	5	5	5	Excellent	Excellent	The	

5		Director of Horticulture	Horticulture - Plantation Crops				nt	nt	Training programme is very useful and essential one for for the day to day life.
16	SELVAKUMAR S	FOREST RANGE OFFICER	TAMILNADU FOREST DEPARTMENT	4	4	5	Excellent	Excellent	Overall informative session .. It should be conducted to all government employees
17	Meganathan M	Sub Inspector of Police	Tamilnadu Police	5	5	5	Excellent	Excellent	Proper instructions not given this time. Please provide some instructions and assistance contact number details
18	M Karthikesan	Fire officer	Fire service , Tiruppur	5	5	5	Excellent	Excellent	Nil
19	Kumaresan	Assistant district officer	Fire and rescue service	5	5	5	Excellent	Excellent	Conduct frequently
20	V.Sathish Babu	Dy.B.D.O	RDLA	5	5	5	Excellent	Very good	Overall good experience
21	JEGANATHAN T	Inspector of Police	Tamilnadu Police Department	4	5	5	Excellent	Excellent	All is Good
22	chenthilkumar swaminathan	Block Development Officer	Tanfinet,Collectorate,Erode	3	3	3	Good	Good	consider adding additional faculty
23	Daniel kirubakaran	Inspector of police	Tamilnadu police	5	5	5	Excellent	Excellent	Please give the time for giving experience regarding any important remarkable achievement done by the officers during they

									have discharged duties because of various departments staff officers could have remarkable useful experience and pls continues this program often
24	Anandhan A	Spl.Tahsildar(sss)	State government	5	5	5	Excellent	Excellent	This training is very useful
25	Raja D	Forest Range officer	Tamilnadu Forest Department	5	5	5	Excellent	Excellent	Very good experience. Hats off to team.
26	Vennila Duraisamy	Section Officer	Home Department Secretariat	4	5	5	Excellent	Excellent	We have had a very good experience. Very good team work.
27	Senthilkumar Gurusamy	Zonal Deputy Tahsildar	Revenue Department	4	4	4	Very good	Good	Pls arrange zonal wise training programme 14with all departments
28	Rajamoorthy.S	Station Fire Officer	Tamilnadu Fire Rescue Services	5	5	5	Excellent	Excellent	Arrangements are very good
29	P KANNAN	Programme Coordinator NSS	TNDALU	5	5	5	Excellent	Excellent	No
30	Saraswathi	Revenue Divisional Officer Madurankam	Revenue and Disaster management department	5	5	5	Excellent	Very good	Very useful and eye opening session for stress management and work life balance, which may also be conducted exclusively

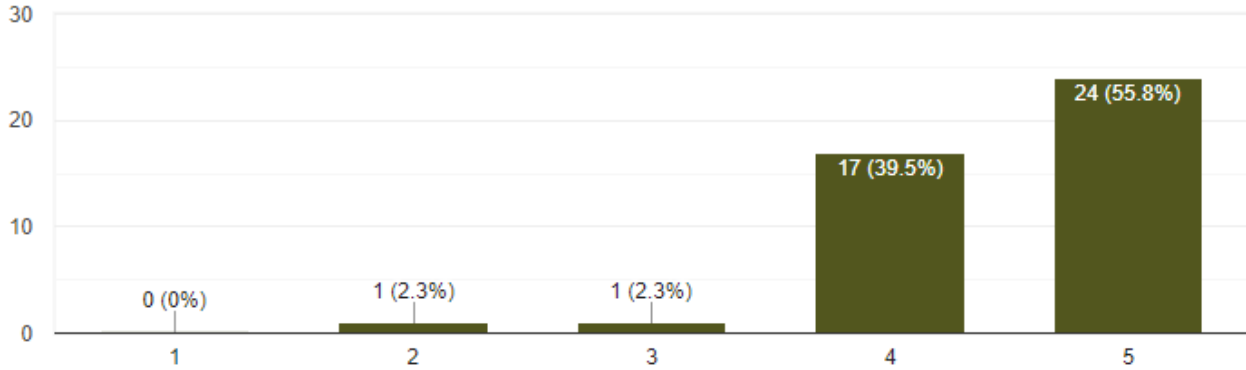
									for intradepartmental level. Exclusively for Revenue, Police, Rural Development. Kudos to the team who have organised it well. Special thanks to Aravind sir who taught us for the whole three days interestingly. Enjoyed the whole sessions
31	K KANNAN	Deputy Manager (Works)	TNSTC Ltd	4	4	4	Very good	Very good	Training period may be extended one more day and add profs may be arranged for getting different ideas
32	M.Papanasam	Station Officer	Fire & Rescue Service Department	2	2	2	Very good	Very good	NIDM Three days Programme is very useful and change my mind
33	Krishnakumar N	Forest Range Officer	Tamil Nadu Forest Department	5	5	5	Very good	Very good	Planning for accommodation at training venue itself
34	c.murugesan	Asst District Officer	Fire Rescue services	4	5	5	Very good	Very good	Sir overall very good arrangement .Thank you.really

									needed one.
35	J M Velmurugan	Assistant Professor	TNDALU	5	5	5	Very good	Very good	No
36	Krishnan s	Sub inspector of police	Police	5	5	5	Excellent	Excellent	Yes
37	RAVICHANDRA N M	District Environmental Coordinator	Chief Educational Office, Dindigul	4	5	4	Very good	Very good	Nil
38	K.Selvi	Assistant Executive Engineer	Public works department	4	4	4	Very good	Very good	Nil
39	S.Swaminathan Subbaiah	Assistant director Tiruvarur	Government	5	5	5	Excellent	Excellent	It would be better if there could be few more department specialists to take the classes for three days
40	P. THANGARAJ	FIRE OFFICER	FIRE OFFICER	4	4	5	Very good	Excellent	Very good 2experience and relax to my mind also. Thank you for this opportunity.
41	S.Harirama Moorthy	Executive Officer Nannilam	Town panchayath	4	5	5	Excellent	Excellent	Please arrange this session with family members (husband and wife)
42	Karthikeyan Murugesan	Assistant engineer	WRD	4	4	4	Very good	Good	It was actually upto the expectations and good
43	Dr.K.Paramasivam	Executive Engineer	TWAD Board	5	5	5	Excellent	Good	On stress relief, some other personalities from other than medical field maybe added in addition designed one for making the programme more effective and for a change.

Graphical Representation of Participant's Feedback

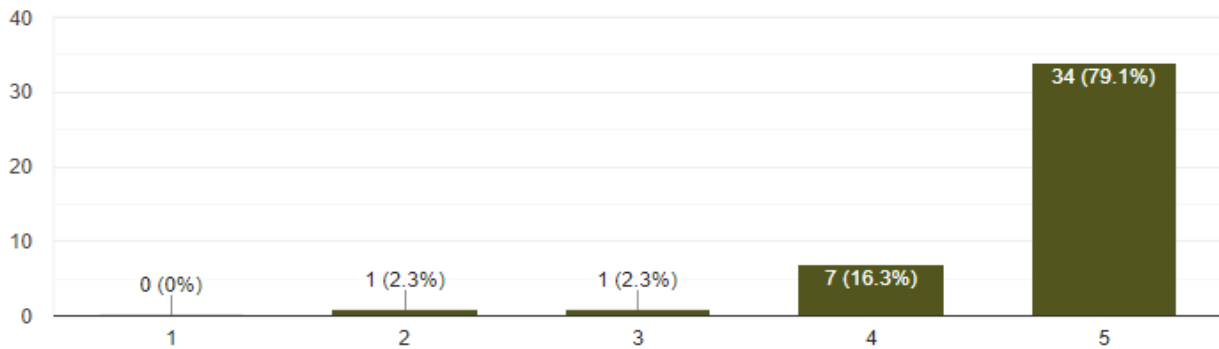
How would you rate the content of Day 1 Sessions - 06.12.2022

43 responses



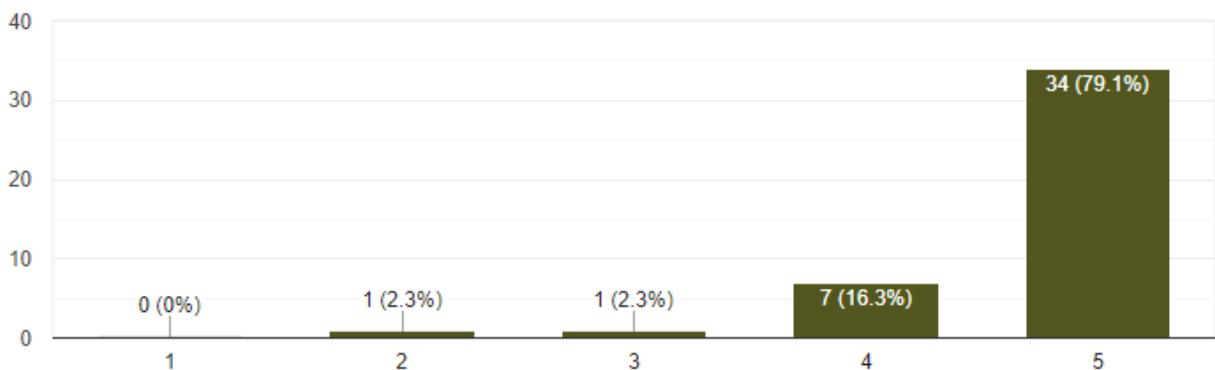
How would you rate the content of Day 2 Sessions - 07.12.2022

43 responses



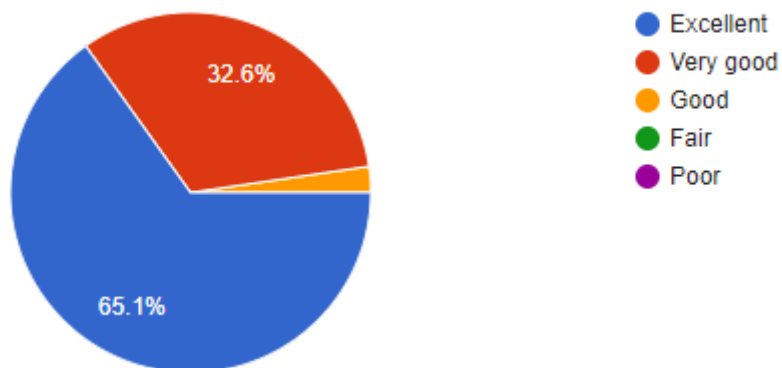
How would you rate the content of Day 3 Sessions - 08.12.2022

43 responses



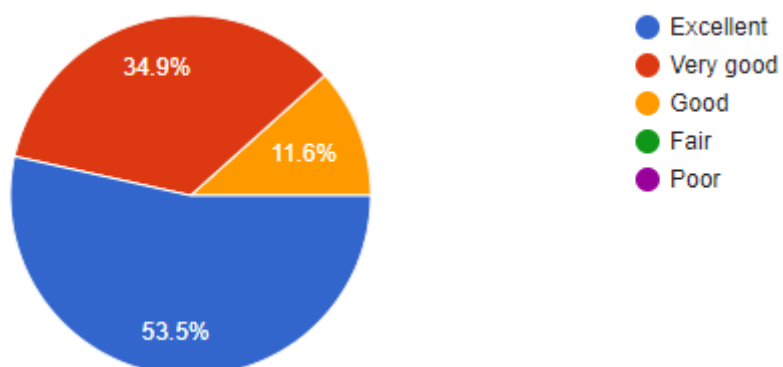
Overall Experience about the training programme

43 responses



Overall Experience about the way we organized the training programme

43 responses



Committee Members



Group Photo

