



KRISTU JAYANTI

(DEEMED TO BE UNIVERSITY)

Under Section 3 of UGC Act 1956
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Students trained in psychological first aid

CH NEWS, BENGALURU

Kristu Jayanti University organised a student leadership programme on Psychological First Aid for nursing students in Hoskote.

The Department of Social Work, School of Humanities and Social Sciences, Kristu Jayanti (Deemed to be University), Bengaluru, organised a Student Leadership Programme on Psychological First Aid for students of Hoskote Mission Institute of Nursing.

The programme aimed to create awareness about the importance of Psychological First Aid and equip nursing students with basic skills to respond sensitively to people experiencing emotional distress or difficult situations. The session focused on empathetic communication, active listening, emotional support and timely refer-



ral to professional help whenever required. It also highlighted the importance of psychological support alongside physical healthcare.

Social Work students Eric Ferdin Jose, Ashlin Shibu, Roshan K. Thomas and Ayishathul Rifa facilitated the programme. They engaged the nursing students through an interactive session, encouraging them to understand how psychological support can complement healthcare services.

The initiative also emphasised student leadership, peer

support and interdisciplinary collaboration. Bringing together students from social work and nursing provided an opportunity for shared learning and highlighted the role of compassion and psychological well-being in healthcare and community settings. The two-hour programme was conducted from 11 am to 1 pm at Hoskote Mission Institute of Nursing. It concluded with an emphasis on creating supportive and mentally healthy environments in educational institutions and healthcare settings.