

Interactive Psychological First Aid Workshop for Students

Date: 28 September 2026

Venue: J M International School, Dwarka, New Delhi

Organised by : Rotaly Club (Ms Jigyasa)

Resource person: Ms Kashika Sachdeva

Students Participants: Grades XI and XII

Report

J M International School, Dwarka organised an **Interactive Psychological First Aid Workshop for Students** on **28 September 2026**. The workshop aimed to sensitise students towards emotional well-being and equip them with simple, practical strategies to support themselves and their peers during situations of stress, anxiety, or emotional distress.

The session focused on developing **empathy, active listening, emotional awareness, and appropriate help-seeking behaviour** among students. Through an engaging and interactive approach, students were encouraged to understand how emotional distress can affect individuals and how timely, compassionate support can make a positive difference. Students actively participated in the session and shared their thoughts and experiences.

