

V.P.M's B.N. Bandodkar College of Science (Autonomous)

Trauma Workshop by Department of Clinical Psychology

Name of activity	Trauma Workshop
Objectives of the activity	<ul style="list-style-type: none">• To define trauma and understand its psychological and physical effects, including conditions like Post-Traumatic Stress Disorder.• To identify common signs and symptoms of trauma in individuals, such as anxiety, withdrawal, hypervigilance, and emotional distress.• To understand the importance of self-care and learn strategies to manage stress and prevent burnout or vicarious trauma.
Organizing department.	Department of MSc Clinical Psychology.
Collaborative institute	Independent
Date (DD / MM / YYYY)	28/01/2026
venue	B.N Bandodkar College of Science Room no. 20
Mode	Offline
Details of Resource person (name, designation, institution)	Meera Vartak Consultant Psychologist and Psychotherapist MA Clinical Psychology
Key Participants	Psychology students of both part 1 and part 2
Remarkable outcomes/ key take-away messages	<p>Trauma varies from person to person; an experience that is traumatic for one individual may not be perceived the same way by another.</p> <p>Recovery and healing from trauma is a gradual process that requires time and patience.</p> <p>Protective factors play a crucial role in helping individuals cope and maintain resilience during difficult times.</p> <p>Trauma is common and can affect anyone, and its impact can be psychological, emotional, and physical, sometimes leading to conditions such as Post-Traumatic Stress Disorder.</p>
Details of participants	Total = 60 No. of Teacher= 01 No. of boys = 07 No. of girls = 52

Principal: Dr. Vinda Manjramkar

Name of Coordinator: Dr. Vinda Manjramkar

Teachers in-charge for visit: Dr. Jui Pujari