



# Souvenir

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# Importance of psychological services for managing trauma of victims of natural disaster

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## **Abstract**

Natural disasters cannot be stopped but the first respondents such as members of rescue teams, police personnel, medical teams, and primary caregivers may be trained to provide psychological first aid to the victims of natural calamities for normalizing the immediate trauma. Natural disaster causes many psychological problems among the victims for long-time aftermath such as posttraumatic stress disorder (PTSD), chronic stress, frustration, grief, depression, aggression, anxiety, nightmares, panic attacks, and sometimes substance abuse. It becomes very important to develop psychological resilience among victims to cope up with these issues. Psychological rehabilitation is one of the important but neglected issues after the disaster. Most of the psychological studies were conducted to measure the psychological impacts of disaster but very few studies were conducted to intervene in the psychological problems after the disaster among the victims. Natural disaster victims urgently need trauma and grief counselors.

**Keywords:** *psychological first aid, psychological problems, psychological rehabilitation, intervene, trauma and grief counsellors*

# Overview of unaddressed mental health issues of disaster Management in Uttarakhand

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## Abstract

Uttarakhand has always been prone to natural disasters like landslides, earthquakes, and floods, and over the past few years, these calamities are happening more often. Victims of these events are repeatedly traumatized and have been experiencing adverse psychological effects that require urgent research in this field to assess and manage the psychological issues. Post-disaster, these issues need to be addressed by institutions/Universities because they are local and region specific in nature. This study also emphasized post-intervention approaches, for policymakers, such as cognitive behavioral therapy (CBT), which have helped victims recover from psychological traumas on various occasions all over the world. However, despite the growing need, very little research has been done on how well these psychological interventions work on the people of Uttarakhand.

**Key words:** *psychological issues, post intervention approaches, CBT, psychological traumas, psychological interventions*

# Psychological impact of choiceless migration among the victims of natural disaster

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## **Abstract**

A disaster may result in loss of houses, valuables assets, livestock, loss of livelihood as well as death of family members. Migration may be necessitated due to loss of property or the possibility of loss due to disaster. This migration may be choiceless, it may be forced due to which the victim may feel powerless, hurt, angry, worthless, helpless, hopeless and scared. Migration poses challenges for the affected person to adjust to new environmental and religious components. Victims may face post-traumatic stress disorder, anxiety, depression, which can seriously affect their mental health. Despite of this post disaster experience may include change in the person's way of thinking, reasoning (memory impairment, decreased self-esteem/self-efficacy, self-blame, decision-making ability), behavior (increased relational conflict, social withdrawal, mistrust, nightmares, impaired performance). Post disaster, various government agencies mainly focus on rehabilitation of socio-economic conditions but psychosocial interventions are highly neglected. Psychosocial interventions include enhancement of coping skills, helping sufferers to accept reality and work to maintain positive social relationships to enhance their well-being.

**Key words:** *psychological problems, PTSD, rehabilitation*

# **Cognitive consequences of disaster in Uttarakhand**

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## **Abstract**

Disasters, whether man-made or natural, leave a trail of damage in terms of both lives and property. In Uttarakhand, disasters are frequent, destructive occurrences that affect a large population. In June 2013, Northern India saw one of the biggest disasters in its history, called “the 'Himalayan Tsunami'”. The most frequent psychological outcomes of the disaster are Post-traumatic stress disorder, severe psychological symptoms, depression, anxiety disorders, drug abuse disorders, pessimism, and suicidal thoughts and attempts. Research shows that the disaster had changed the perception of survivors for the world. The current study's objectives were to comprehend the psychological outcomes (cognitive consequences) of disaster survivors in Uttarakhand and also to discuss relevant aspects such as the necessity for healthcare in disaster-affected areas and upcoming difficulties.

*Keywords: PTSD, Cognitive, Disaster, Anxiety, Drug abuse*