



Project Partners

P1. HUA, Greece - Coordinator

P2. UOP, Portugal

P3. RK University, India

P4. MU, India

P5. IIU, Pakistan

P6. LUMS Pakistan

P7. SLX, Greece

Summary Report of National Training Psychosocial Support Structure Training Jan 2023 at RK University

A. Overview:

Integra is an EU project, co-funded by the Erasmus+ Programme of the European Union, with an objective to build ICT related learning gaps and psychosocial support needs of young migrants in pursue of their full social and economic integration with an introduction of innovative, comprehensive methodology to the higher education systems combining both educational and psychosocial support services.

Psychosocial Support Structure Training under the National Training Program was organized for educators by RK University from Jan 5,2023 to Jan 9,2023.

31 participants successfully completed the training and are equipped with Psychosocial skills.

1. Introduction and basic concepts

The session was conducted by Dr. Ketaki Ramani explaining the concept and importance of Social support provides physical and psychological advantages for people faced with stressful physical and psychosocial events, and is considered as a factor reducing the psychological distress when faced with stressful events.



Co-funded by the
Erasmus+ Programme
of the European Union



2. Psychosocial Support: General Understanding and Principles

In this session Prof. Shehrevar Davierwala highlighted most important aspects of Psychosocial theories that focus on the nature of self-understanding, social relationships, and the mental processes that support connections between the person and his/her social world.

3. Foster mutual support and self-help

Self-help/mutual aid groups are self-organizing groups where people come together to address a shared a health or social issue through mutual support. They are associated with a range of health and social benefits, but remain poorly understood was covered by Prof. Alpana Kumari.

4. Intercultural Understanding & Social Inclusion

Dr. Kamlesh Patel shared social inclusion is important for a person's dignity, security and opportunity to lead a better life. It has been proven over and over again how important it is to support individuals to feel connected and valued within society and address any form of social exclusion people are experiencing every day.

5. Operation of the Structures

Dr. Chetan Detroja helped to understand development as a product of the ongoing interactions between individuals and their social environments.

Few examples of our mental health and psychosocial work include: Setting up child friendly spaces to support children's mental health through safe play. Running dedicated phone lines and help points for people on the move who need a friendly ear.



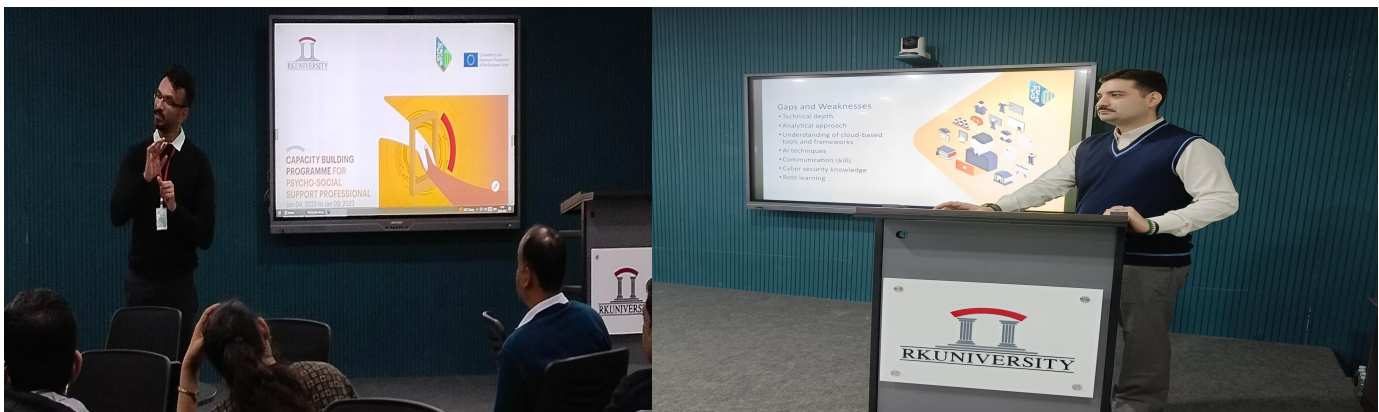
Co-funded by the
Erasmus+ Programme
of the European Union



B. Glimpse of sessions



Introduction and basic concepts by Dr. Ketaki Ramani



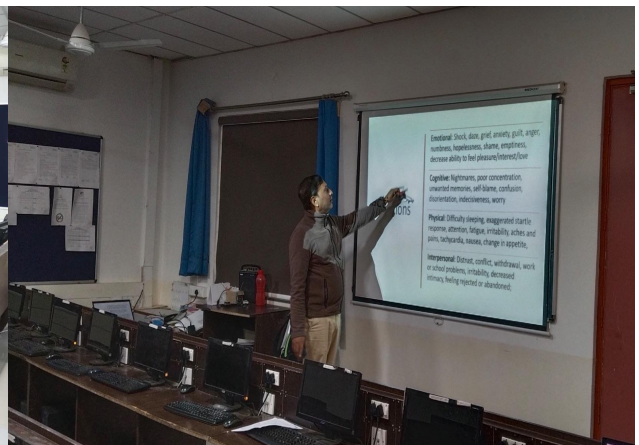
Psychosocial Support: General Understanding and Principles



Co-funded by the
Erasmus+ Programme
of the European Union



Foster mutual support and self-help



Intercultural Understanding & Social Inclusion



Co-funded by the
Erasmus+ Programme
of the European Union





Operation of the Structures



Co-funded by the
Erasmus+ Programme
of the European Union



Integra Project



INTEGRA Project



@ProjectIntegra



C. Attendance

Training project-integra.eu

Agenda

Psychosocial Support Structure Training under National Training Program

Attendance Sheet : Jan 5, 2023

Sr. No	Name	Email	Discipline	Signature
1	Bhavik Bosamia	bhavik.bosamia@rku.ac.in	Engineering	<i>BBA</i>
2	Rahul Kumar Ghetia	rahulkumar.ghetia@rku.ac.in	Engineering	<i>Rmg</i>
3	Priyank Sakhiya	priyank.sakhiya@rku.ac.in	Pharmacy	<i>Priyank</i>
4	Piyush Sharma	piyushkumar.sharma@rku.ac.in	Management	<i>Piyush</i>
5	Dasadiya Keval	keval.dasadiya@rku.ac.in	Engineering	<i>Keval</i>
6	Deep Kumar Sanghani	deepkumar.sanghani@rku.ac.in	Engineering	<i>DKS</i>
7	Priyanka Jadeja	priyanka.jadeja@rku.ac.in	Physiotherapy	<i>Priyanka</i>
8	Mayanka Zalavadiya	Mayanka.Zalavadiya@rku.ac.in	Science	<i>Mayanka</i>
9	Kajal Thumar	kishankumar.kundariya@rku.ac.in kajal.thumar@rku.ac.in	Engineering	<i>Kajal</i>
10	Kishankumar Kundariya	kishankumar.kundariya@rku.ac.in	Engineering	<i>Kishankumar</i>
11	Vishal N. Jogidas	vishal.jogidas@rku.ac.in	Engineering	<i>Vishal</i>
12	Vishalkumar Deshani	vishalkumar.deshani@rku.ac.in	Administration	<i>Vishal</i>
13	Kirtika Savaliya	kirtika.savaliya@rku.ac.in	Science	<i>Kirtika</i>
14	Vijay Parmar	vijay.parmar@rku.ac.in	Agriculture	<i>Vijay</i>
15	Tamanna Vaja	tamanna.vaja@rku.ac.in	Science	<i>Tamanna</i>
16	Harsh Nagar	harsh.nagar@rku.ac.in	Engineering	<i>Harsh</i>
17	Alankar Trivedi	alankar.trivedi@rku.ac.in	Management	<i>Alankar</i>
18	Dipesh Bhundiya	dipesh.bhundiya@rku.ac.in	Administration	<i>Dipesh</i>

Co-funded by the Erasmus+ Programme of the European Union

19	Pooja Pandya	pooja.pandya@rku.ac.in	Management	<i>P. A. Pandya</i>
20	Jignesh Kadvani	jignesh.kadvani@rku.ac.in	Engineering	<i>Jignesh</i>
21	Siddhant Doshi	siddhant.doshi@rku.ac.in	Management	<i>Siddhant</i>
22	Ashish Kuar Singh	ashish.singh@rku.ac.in	Science	<i>Ashish</i>
23	Deep Dhebar		Administration	<i>AB</i>
24	Jhanvi Agravat	careers@rku.ac.in	Engineering	<i>Jhanvi</i>
25	Parth Chauhan	parth.chauhan@rku.ac.in	Administration	<i>AB</i>
26	Dr. Asmita Dafda	asmita.dafda@rku.ac.in	Administration	<i>Asmita</i>
27	Divyesh Gajipara	divyesh.gajipara@rku.ac.in	Science	<i>Divyesh</i>
28	Vasudev Surya	vasudev.surya@rku.ac.in	Administration	<i>AB</i>
29	Jaydeep Vala	jaydip.vala@rku.ac.in	Science	<i>Jaydeep</i>
30	Neha Talsaniya	neha.talsaniya@rku.ac.in	Administration	<i>AB</i>
31	Hetal Pujara	hetal.pujara@rku.ac.in	Science	<i>Hetal</i>
32	Dipen Vasoya	dipen.vasoya@rku.ac.in	Administration	<i>Dipen</i>
33	Khushali Patel	khushali.patel@rku.ac.in	Pharmacy	<i>KP</i>
34	Ravina Dave	ravina.dave@rku.ac.in	Pharmacy	<i>AB</i>
35	Foram Sorathiya	foram.sorathiya@rku.ac.in	Science	<i>F.S</i>
36	Jeet Madhan	Jeet.Madhan@rku.ac.in	Management	<i>Jeet</i>

Co-funded by the Erasmus+ Programme of the European Union



Co-funded by the Erasmus+ Programme of the European Union



Psychosocial Support Structure Training under National Training Program
Attendance Sheet : Jan 6, 2023

Sr. No	Name	Email	Discipline	Signature
1	Bhavik Bosamia	bhavik.bosamia@rku.ac.in	Engineering	<i>[Signature]</i>
2	Rahul Kumar Ghetia	rahulkumar.ghetia@rku.ac.in	Engineering	<i>[Signature]</i>
3	Priyank Sakhiya	priyank.sakhiya@rku.ac.in	Pharmacy	<i>[Signature]</i>
4	Piyush Sharma	piyushkumar.sharma@rku.ac.in	Management	<i>[Signature]</i>
5	Dasadiya Keval	keval.dasadiya@rku.ac.in	Engineering	<i>[Signature]</i>
6	Deep Kumar Sanghani	deepkumar.sanghani@rku.ac.in	Engineering	<i>[Signature]</i>
7	Priyanka Jadeja	priyanka.jadeja@rku.ac.in	Physiotherapy	<i>[Signature]</i>
8	Mayanka Zalavadiya	mayanka.zalavadiya@rku.ac.in	Science	<i>[Signature]</i>
9	Kajal Thumar	kishankumar.kundariya@rku.ac.in	Engineering	<i>[Signature]</i>
10	Kishankumar Kundariya	kajal.thumar@rku.ac.in	Engineering	<i>[Signature]</i>
11	Vishal N. Jogidas	vishal.jogidas@rku.ac.in	Engineering	<i>[Signature]</i>
12	Vishalkumar Deshani	vishalkumar.deshani@rku.ac.in	Administration	<i>[Signature]</i>
13	Kirtika Savaliya	kirtika.savaliya@rku.ac.in	Science	<i>[Signature]</i>
14	Vijay Parmar	vijay.parmar@rku.ac.in	Agriculture	<i>[Signature]</i>
15	Tamanna Vaja	tamanna.vaja@rku.ac.in	Science	<i>[Signature]</i>
16	Harsh Nagar	harsh.nagar@rku.ac.in	Engineering	<i>[Signature]</i>
17	Alankar Trivedi	alankar.trivedi@rku.ac.in	Management	<i>[Signature]</i>
18	Dipesh Bhundiya	dipesh.bhundiya@rku.ac.in	Administration	<i>[Signature]</i>
19	Pooja Pandya	pooja.pandya@rku.ac.in	Management	<i>[Signature]</i>
20	Jignesh Kadvani	jignesh.kadvani@rku.ac.in	Engineering	<i>[Signature]</i>
21	Siddhant Doshi	siddhant.doshi@rku.ac.in	Management	<i>[Signature]</i>
22	Ashish Kuar Singh	ashish.singh@rku.ac.in	Science	<i>[Signature]</i>
23	Deep Dhebar		Administration	-AB-

Co-funded by the Erasmus+ Programme of the European Union



24	Jhanvi Agravat	careers@rku.ac.in	Engineering	<i>[Signature]</i>
25	Parth Chauhan	parth.chauhan@rku.ac.in	Administration	-AB-
26	Dr. Asmita Dafda	asmita.dafda@rku.ac.in	Administration	<i>[Signature]</i>
27	Divyesh Gajipara	divyesh.gajipara@rku.ac.in	Science	<i>[Signature]</i>
28	Vasudev Surya	vasudev.surya@rku.ac.in	Administration	-AB-
29	Jaydeep Vala	jaydip.vala@rku.ac.in	Science	<i>[Signature]</i>
30	Neha Talsaniya	neha.talsaniya@rku.ac.in	Administration	-AB-
31	Hetal Pujara	hetal.pujara@rku.ac.in	Science	<i>[Signature]</i>
32	Dipen Vasoya	dipen.vasoya@rku.ac.in	Administration	<i>[Signature]</i>
33	Khushali Patel	khushali.patel@rku.ac.in	Pharmacy	<i>[Signature]</i>
34	Ravina Dave	ravina.dave@rku.ac.in	Pharmacy	-AB-
35	Foram Sorathiya	foram.sorathiya@rku.ac.in	Science	F.S

30 Jeev madhani jeev.madhani@rku.ac.in Management *[Signature]*

Co-funded by the Erasmus+ Programme of the European Union



Co-funded by the Erasmus+ Programme of the European Union





Psychosocial Support Structure Training under National Training Program
Attendance Sheet : Jan 7, 2023

Sr. No	Name	Email	Discipline	Signature
1	Bhavik Bosamia	bhavik.bosamia@rku.ac.in	Engineering	<i>Bhavik</i>
2	Rahul Kumar Ghetia	rahulkumar.ghetia@rku.ac.in	Engineering	<i>Rkg</i>
3	Priyank Sakhiya	priyank.sakhiya@rku.ac.in	Pharmacy	<i>Priyank</i>
4	Piyush Sharma	piyushkumar.sharma@rku.ac.in	Management	<i>Piyush</i>
5	Dasadiya Keval	keval.dasadiya@rku.ac.in	Engineering	<i>Keval</i>
6	Deepkumar Sanghani	deepkumar.sanghani@rku.ac.in	Engineering	<i>D.P.S</i>
7	Priyanka Jadeja	priyanka.jadeja@rku.ac.in	Physiotherapy	<i>Priyanka</i>
8	Mayanka Zalavadiya	Mayanka.Zalavadiya@rku.ac.in	Science	<i>Mayanka</i>
9	Kajal Thumar	kishankumar.kundariya@rku.ac.in	Engineering	<i>Kajal</i>
10	Kishankumar Kundariya	kajal.thumar@rku.ac.in	Engineering	<i>Kishankumar</i>
11	Vishal N. Jogidas	vishal.jogidas@rku.ac.in	Engineering	<i>Vishal</i>
12	Vishalkumar Deshani	vishalkumar.deshani@rku.ac.in	Administration	<i>Vishal</i>
13	Kirtika Savaliya	kirtika.savaliya@rku.ac.in	Science	<i>Kirtika</i>
14	Vijay Parmar	vijay.parmar@rku.ac.in	Agriculture	<i>Vijay</i>
15	Tamanna Vaja	tamanna.vaja@rku.ac.in	Science	<i>Tamanna</i>
16	Harsh Nagar	harsh.nagar@rku.ac.in	Engineering	<i>Harsh</i>
17	Alankar Trivedi	alankar.trivedi@rku.ac.in	Management	<i>Alankar</i>
18	Dipesh Bhundiya	dipesh.bhundiya@rku.ac.in	Administration	<i>Dipesh</i>
19	Pooja Pandya	pooja.pandya@rku.ac.in	Management	<i>P.A Pandya</i>
20	Jignesh Kadvani	jignesh.kadvani@rku.ac.in	Engineering	<i>Jignesh</i>
21	Siddhant Doshi	siddhant.doshi@rku.ac.in	Management	<i>Siddhant</i>
22	Ashish Kuar Singh	ashish.singh@rku.ac.in	Science	<i>Ashish</i>

23	Deep Dhebar		Administration	<i>-AB-</i>
24	Jhanvi Agravat	careers@rku.ac.in	Engineering	<i>Jhanvi</i>
25	Parth Chauhan	parth.chauhan@rku.ac.in	Administration	<i>-AB-</i>
26	Dr. Asmita Dafda	asmita.dafda@rku.ac.in	Administration	<i>Asmita</i>
27	Divyesh Gajpara	divyesh.gajpara@rku.ac.in	Science	<i>Divyesh</i>
28	Vasudev Surya	vasudev.surya@rku.ac.in	Administration	<i>-AB-</i>
29	Jaydeep Vala	jaydip.vala@rku.ac.in	Science	<i>Jaydeep</i>
30	Neha Talsaniya	neha.talsaniya@rku.ac.in	Administration	<i>-AB-</i>
31	Hetal Pujara	hetal.pujara@rku.ac.in	Science	<i>Hetal</i>
32	Dipen Vasoya	dipen.vasoya@rku.ac.in	Administration	<i>Dipen</i>
33	Khushali Patel	khushali.patel@rku.ac.in	Pharmacy	<i>Khushali</i>
34	Ravina Dave	ravina.dave@rku.ac.in	Pharmacy	<i>-AB-</i>
35	Foram Sorathiya	foram.sorathiya@rku.ac.in	Science	<i>F.S</i>

36. Jeet Madhani jeet.madhani@rku.ac.in Management *Jeet*

Co-funded by the Erasmus+ Programme of the European Union



Co-funded by the Erasmus+ Programme of the European Union



Co-funded by the Erasmus+ Programme of the European Union





Psychosocial Support Structure Training under National Training Program
Attendance Sheet : Jan 8, 2023

Sr. No	Name	Email	Discipline	Signature
1	Bhavik Bosamia	bhavik.bosamia@rku.ac.in	Engineering	<i>Bosamia</i>
2	Rahul Kumar Ghetia	rahulkumar.ghetia@rku.ac.in	Engineering	<i>Rahul</i>
3	Priyank Sakhiya	priyank.sakhiya@rku.ac.in	Pharmacy	<i>Priyank</i>
4	Piyush Sharma	piyushkumar.sharma@rku.ac.in	Management	<i>Piyush</i>
5	Dasadiya Keval	keval.dasadiya@rku.ac.in	Engineering	<i>Keval</i>
6	Deep Kumar Sanghani	deepkumar.sanghani@rku.ac.in	Engineering	<i>D.P.S</i>
7	Priyanka Jadeja	priyanka.jadeja@rku.ac.in	Physiotherapy	<i>Jadeja</i>
8	Mayanka Zalavadiya	Mayanka.Zalavadiya@rku.ac.in mayanka.zalavadiya@rku.ac.in	Science	<i>Mayanka</i>
9	Kajal Thumar	kishankumar.kundariya@rku.ac.in	Engineering	<i>Kajal</i>
10	Kishankumar Kundariya	kajal.thumar@rku.ac.in	Engineering	<i>Kishankumar</i>
11	Vishal N. Jogidas	vishal.jogidas@rku.ac.in	Engineering	<i>Vishal</i>
12	Vishalkumar Deshani	vishalkumar.deshani@rku.ac.in	Administration	<i>Vishal</i>
13	Kirtika Savaliya	kirtika.savaliya@rku.ac.in	Science	<i>Kirtika</i>
14	Vijay Parmar	vijay.parmar@rku.ac.in	Agriculture	<i>Vijay</i>
15	Tamanna Vaja	tamanna.vaja@rku.ac.in	Science	<i>Tamanna</i>
16	Harsh Nagar	harsh.nagar@rku.ac.in	Engineering	<i>Harsh</i>
17	Alankar Trivedi	alankar.trivedi@rku.ac.in	Management	<i>Alankar</i>
18	Dipesh Bhundiya	dipesh.bhundiya@rku.ac.in	Administration	<i>Dipesh</i>
19	Pooja Pandya	pooja.pandya@rku.ac.in	Management	<i>P.A. Pandya</i>
20	Jignesh Kadvani	jignesh.kadvani@rku.ac.in	Engineering	<i>Jignesh</i>
21	Siddhant Doshi	siddhant.doshi@rku.ac.in	Management	<i>Siddhant</i>

22	Ashish Kuar Singh	ashish.singh@rku.ac.in	Science	<i>Ashish</i>
23	Deep Dhebar		Administration	<i>-AB-</i>
24	Jhanvi Agravat	careers@rku.ac.in	Engineering	<i>Jhanvi</i>
25	Parth Chauhan	parth.chauhan@rku.ac.in	Administration	<i>-AB-</i>
26	Dr. Asmita Dafda	asmita.dafda@rku.ac.in	Administration	<i>Asmita</i>
27	Divyesh Gajpara	divyesh.gajpara@rku.ac.in	Science	<i>Divyesh</i>
28	Vasudev Surya	vasudev.surya@rku.ac.in	Administration	<i>-AB-</i>
29	Jaydeep Vala	jaydip.vala@rku.ac.in	Science	<i>Jaydeep</i>
30	Neha Talsaniya	neha.talsaniya@rku.ac.in	Administration	<i>-AB-</i>
31	Hetal Pujara	hetal.pujara@rku.ac.in	Science	<i>Hetal</i>
32	Dipen Vasoya	dipen.vasoya@rku.ac.in	Administration	<i>Dipen</i>
33	Khushali Patel	khushali.patel@rku.ac.in	Pharmacy	<i>Khushali</i>
34	Ravina Dave	ravina.dave@rku.ac.in	Pharmacy	<i>-AB-</i>
35	Foram Sorathiya	foram.sorathiya@rku.ac.in	Science	<i>F.S</i>

36 Jeet Machani: Jeet.machani@rku.ac.in Management *Jeet*





Psychosocial Support Structure Training under National Training Program

Attendance Sheet : Jan 9, 2023

Sr. No	Name	Email	Discipline	Signature
1	Bhavik Bosamia	bhavik.bosamia@rku.ac.in	Engineering	<i>Bhavik</i>
2	Rahul Kumar Ghetia	rahulkumar.ghetia@rku.ac.in	Engineering	<i>Rahul</i>
3	Priyank Sakhiya	priyank.sakhiya@rku.ac.in	Pharmacy	<i>Priyank</i>
4	Piyush Sharma	piyushkumar.sharma@rku.ac.in	Management	<i>Piyush</i>
5	Dasadiya Keval	keval.dasadiya@rku.ac.in	Engineering	<i>Keval</i>
6	Deep Kumar Sanghani	deepkumar.sanghani@rku.ac.in	Engineering	<i>D.P.S</i>
7	Priyanka Jadeja	priyanka.jadeja@rku.ac.in	Physiotherapy	<i>Priyanka</i>
8	Mayanka Zalavadiya	mayanka.zalavadiya@rku.ac.in	Science	<i>Mayanka</i>
9	Kajal Thumar	kishankumar.kundariya@rku.ac.in	Engineering	<i>Keya</i>
10	Kishankumar Kundariya	kajal.thumar@rku.ac.in	Engineering	<i>Kishankumar</i>
11	Vishal N. Jogidas	vishal.jogidas@rku.ac.in	Engineering	<i>Vishal</i>
12	Vishalkumar Deshani	vishalkumar.deshani@rku.ac.in	Administration	<i>Vishal</i>
13	Kirtika Savaliya	kirtika.savaliya@rku.ac.in	Science	<i>Kirtika</i>
14	Vijay Parmar	vijay.parmar@rku.ac.in	Agriculture	<i>Vijay</i>
15	Tamanna Vaja	tamanna.vaja@rku.ac.in	Science	<i>Tamanna</i>
16	Harsh Nagar	harsh.nagar@rku.ac.in	Engineering	<i>Harsh</i>
17	Alankar Trivedi	alankar.trivedi@rku.ac.in	Management	<i>Alankar</i>
18	Dipesh Bhundiya	dipesh.bhundiya@rku.ac.in	Administration	<i>Dipesh</i>
19	Pooja Pandya	pooja.pandya@rku.ac.in	Management	<i>P.A. Pandya</i>
20	Jignesh Kadvani	jignesh.kadvani@rku.ac.in	Engineering	<i>Jignesh</i>
21	Siddhant Doshi	siddhant.doshi@rku.ac.in	Management	<i>Siddhant</i>

Co-funded by the Erasmus+ Programme of the European Union



22	Ashish Kuar Singh	ashish.singh@rku.ac.in	Science	<i>Ashish</i>
23	Deep Dhebar		Administration	<i>- AB -</i>
24	Jhanvi Agravat	careers@rku.ac.in	Engineering	<i>Jhanvi</i>
25	Parth Chauhan	parth.chauhan@rku.ac.in	Administration	<i>- AB -</i>
26	Dr. Asmita Dafda	asmita.dafda@rku.ac.in	Administration	<i>Asmita</i>
27	Divyesh Gajipara	divyesh.gajipara@rku.ac.in	Science	<i>Divyesh</i>
28	Vasudev Surya	vasudev.surya@rku.ac.in	Administration	<i>- AB -</i>
29	Jaydeep Vala	jaydip.vala@rku.ac.in	Science	<i>Jaydeep</i>
30	Neha Talsaniya	neha.talsaniya@rku.ac.in	Administration	<i>- AB -</i>
31	Hetal Pujara	hetal.pujara@rku.ac.in	Science	<i>Hetal</i>
32	Dipen Vasoya	dipen.vasoya@rku.ac.in	Administration	<i>Dipen</i>
33	Khushali Patel	khushali.patel@rku.ac.in	Pharmacy	<i>KP</i>
34	Ravina Dave	ravina.dave@rku.ac.in	Pharmacy	<i>- AB -</i>
35	Foram Sorathiya	foram.sorathiya@rku.ac.in	Science	<i>F.S</i>

36 Lect madhani Lect.madhani@rku.ac.in management *Leena*

Co-funded by the Erasmus+ Programme of the European Union



Co-funded by the Erasmus+ Programme of the European Union





D. Schedule

Day - 1 5 January 2023 2:15 pm to 3:00 pm	Introduction and basic concepts Dr. Ketaki Ramani, RK University
Day - 2 6 January 2023 2:15 pm to 3:00 pm	Psychosocial Support: General Understanding and Principles Prof. Shehrevan Davierwala, RK University
Day - 3 7 January 2023 2:15 pm to 3:00 pm	Foster mutual support and self-help Prof. Alpana Kumari, RK University
Day - 4 8 January 2023 8:30 am to 10:15 am	Intercultural Understanding & Social Inclusion Dr. Kamlesh Patel, RK University
Day - 5 9 January 2023 2:15 pm to 3:00 pm	Operation of the Structures Dr. Chetan Detroja, RK University

-Prof. Shehrevan Davierwala, shehrevan.davierwala@rku.ac.in

-Prof. Kamlesh Patel, kamlesh.patel@rku.ac.in



Co-funded by the
Erasmus+ Programme
of the European Union