

**List of resource persons/guest speakers who provided training/lectures to the participants  
in the Five One-Week Training Program for NSS Program Officers of J&K UT  
under the aegis of  
Empanelled Training Institute (ETI),  
National Service Scheme (NSS),  
University of Kashmir,  
Srinagar**

**First Program (8<sup>th</sup> to 14<sup>th</sup> of November, 2021)**

S. No	Name	Topic
1.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	National Service Scheme: Unlocking the Potential for Social Work among Student Community
2.	Dr. Wakar Amin Zargar, Department of Social Work, University of Kashmir	Social Work: Introduction, Scope and Challenges
3.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Structure and Functioning of NSS
4.	Professor Zaffar A. Reshi, Dean, Biological Sciences, University of Kashmir, Srinagar	Youth and Climate Change: What an NSS volunteer can do
5.	Professor Syeda Afshana, Media Education Research Centre University of Kashmir, Srinagar	Creating Media Literacy
6.	Dr. Itender Singh Bali Indian Red Cross Society approved First Aid Trainer	General Principles of First Aid, Seeking Help, Quick Assessment, Recovery Position, Recovery Position, Resuscitation (CPR), Choking, Convulsions, Clearing Pathways, Chest Thrusts, Abdominal Thrusts
7.	Dr. Itender Singh Bali Indian Red Cross Society approved First Aid Trainer	Circulation Bleeding Shock, Application of Pressure, Compressive Bandage, Injury and fractures, Immobilization, Dressing, Bandages, Head, Neck and Spinal Injuries, Handling and Transport Stretchers, Burns, Cooling and Handling of Burn Victims
8.	Dr. Yasir Hassan Rathar, Institute of Mental Health and Neuroscience (IMHANS), Kashmir	Understanding Addiction
9.	Dr. Fazle Roub, Institute of Mental Health and Neuroscience (IMHANS), Kashmir	Substance Use Disorder
10.	Dr. Nasir Geelani Government Medical College, Srinagar	Basic Counseling skills in Addiction
11.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Role of a Program Officer

12.	Mr. Tariq Ahmad Wani (KPS) (SP Traffic City), J&K Police Department	Vigilant Society and Volunteerism
13.	Dr. Syed Karrar Government Medical College, Srinagar	A Developmental Perspective of Adolescence
14.	Dr. Iqra Shah Government Medical College, Srinagar	Suicides in Teens
15.	Mr. Muzaffar Ahmad Ganai Government Medical College, Srinagar	Stress Management among School going Children
16.	Mr. Haseeb ur Rahman (IPS) Mr. Aejaz Ahmad (Instructor) State Disaster Response Force (SDRF) 1 <sup>st</sup> Battalion Team, J&K Police	Dos and Don'ts during Disasters; Earthquake, Flood, Fire and Landslides Basic Life Support, Foreign Body Airway Obstruction, Improvised Techniques with available resources during disasters
17.	Mr. Haseeb ur Rahman (IPS) with Mr. Aejaz Ahmad (Instructor) State Disaster Response Force (SDRF) 1 <sup>st</sup> Battalion Team, J&K Police	Fire Fighting, Use of Fire Extinguishers, Rope Rescue Techniques
18.	Mr. Haseeb ur Rahman (IPS) Mr. Aejaz Ahmad (Instructor) State Disaster Response Force (SDRF) 1st Battalion Team, J&K Police	Floating Aids and Improvised Techniques during floods
19.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Role of an NSS Volunteer
20.	Field Visit	Dal Lake Interiors

### **2<sup>nd</sup> Program (22<sup>nd</sup> to 28<sup>th</sup> of November 2021)**

S. No	Name	Topic
1.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	National Service Scheme: Unlocking the Potential for Social Work among Student Community
2.	Dr. Wakar Amin Zargar, Department of Social Work, University of Kashmir	Social Work: Introduction, Scope and Challenges
3.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Structure and Functioning of NSS
4.	Professor Zaffar A. Reshi, Dean Biological Science, University of Kashmir, Srinagar	Youth and Climate Change: What an NSS volunteer can do

5.	Professor Syeda Afshana, Media Education Centre, University of Kashmir, Srinagar	Responsible use of Social Media and Literate Users
6.	Dr. Itender Singh Bali Indian Red Cross Society approved First Aid Trainer	General Principles of First Aid, Seeking Help, Quick Assessment, Recovery Position, Recovery Position, Resuscitation (CPR), Choking, Convulsions, Clearing Pathways, Chest Thrusts, Abdominal Thrusts
7.	Dr. Itender Singh Bali Indian Red Cross Society approved First Aid Trainer	Circulation Bleeding Shock, Application of Pressure, Compressive Bandage, Injury and fractures, Immobilization, Dressing, Bandages, Head, Neck and Spinal Injuries, Handling and Transport Stretchers, Burns, Cooling and Handling of Burn Victims
8.	Dr. Yasir Hassan Rathar, Institute of Mental Health and Neuroscience (IMHANS), Kashmir	Understanding Addiction
9.	Dr. FazleRoub, Institute of Mental Health and Neuroscience (IMHANS), Kashmir	Substance Use Disorder
10.	Dr. Nasir Geelani Department of Psychiatry, Government Medical College, Srinagar	Basic Counseling skills in Addiction
11.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Role of a Program Officer
12.	Mr. Arif Shah (IPS) SSP J&K Police Department	Vigilant Society and Volunteerism; Experiences of an Law Enforcement Officer
13.	Dr. Syed Karrar Department of Psychiatry, Government Medical College, Srinagar	A Developmental Perspective of Adolescence
14.	Dr. Iqra Shah Department of Psychiatry, Government Medical College, Srinagar	Suicides in Teens
15.	Mr. Muzaffar Ahmad Ganai Department of Psychiatry, Government Medical College, Srinagar	Stress Management among School going Children
16.	Mr. Haseeb ur Rahman (IPS) With Mr, Aejaz Ahmad (Instructor) State Disaster Response Force	Dos and Don'ts of during Disasters, Like Earthquake, Flood, Fire and Landslides Basic Life Support, Foreign Body Airway Obstruction, Improvised Techniques with available resources during

	(SDRF) 1 <sup>st</sup> Battalion Team, J&K Police	disasters
17.	Mr. Haseeb ur Rahman (IPS) with With Mr, Aejaz Ahmad (Instructor) State Disaster Response Force (SDRF) 1 <sup>st</sup> Battalion Team, J&K Police	Fire Fighting, Use of Fire Extinguishers, Rope Rescue Techniques
18.	Mr. Haseeb ur Rahman (IPS) With Mr, Aejaz Ahmad (Instructor) State Disaster Response Force (SDRF) 1 <sup>st</sup> Battalion Team, J&K Police	Floating Aids and Improvised Techniques during floods
19.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Role of an NSS Volunteer
20.	Field Visit	Khushaal Sar Lake

### 3<sup>rd</sup> Program (10<sup>th</sup> to 16<sup>th</sup> of January 2022)

S. No	Name	Topic
1.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	National Service Scheme: Unlocking the Potential for Social Work among Student Community
2.	Dr. Wakar Amin Zargar, Department of Social Work, University of Kashmir	Social Work: Introduction, Scope and Challenges
3.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Structure and Functioning of NSS
4.	Dr. Bikram Singh Bali, Head Department of Earth Science, University of Kashmir, Srinagar	Earthquake Studies: Precautions and Prevention
5.	Mr. Javed Ahmad Tak ( <b>Padmashree</b> ) Social Activist	Disability Rights and Educational Institutions: Role of NSS
6.	Dr. Itender Singh Bali Indian Red Cross Society approved First Aid Trainer	General Principles of First Aid, Seeking Help, Quick Assessment, Recovery Position, Recovery Position, Resuscitation (CPR), Choking, Convulsions, Clearing Pathways, Chest Thrusts, Abdominal Thrusts
7.	Dr. Itender Singh Bali Indian Red Cross Society approved First Aid Trainer	Circulation Bleeding Shock, Application of Pressure, Compressive Bandage, Injury and fractures, Immobilization, Dressing, Bandages, Head, Neck and Spinal Injuries, Handling and Transport Stretchers, Burns, Cooling and Handling of Burn Victims

8.	Dr. Yasir Hassan Rathar, Institute of Mental Health and Neuroscience (IMHANS), Kashmir	Understanding Addiction
9.	Dr. Fazle Roub, Institute of Mental Health and Neuroscience (IMHANS), Kashmir	Substance Use Disorder
10.	Dr. Nasir Geelani Department of Psychiatry, Government Medical College, Srinagar	Basic Counseling skills in Addiction
11.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Role of a Program Officer
12.	Mr. Arif Shah (IPS) SSP J&K Police Department	Vigilant Society and Volunteerism; Experiences of an Law Enforcement Officer
13.	Dr. Syed Karrar Department of Psychiatry, Government Medical College, Srinagar	A Developmental Perspective of Adolescence
14.	Dr. Iqra Shah Department of Psychiatry, Government Medical College, Srinagar	Suicides in Teens
15.	Mr. Muzaffar Ahmad Ganai Department of Psychiatry, Government Medical College, Srinagar	Stress Management among School going Children
16.	Mr. Rashid Ahmad Khan (KPS) & Mr. Aejaz Ahmad Instructor State Disaster Response Force (SDRF) 1 <sup>st</sup> Battalion Team, J&K Police	Dos and Don'ts of during Disasters, Like Earthquake, Flood, Fire and Landslides Basic Life Support, Foreign Body Airway Obstruction, Improvised Techniques with available resources during disasters
17.	Mr. Rashid Ahmad Khan (KPS) with Mr. Aejaz Ahmad (Instructor) State Disaster Response Force (SDRF) 1 <sup>st</sup> Battalion Team, J&K Police	Fire Fighting, Use of Fire Extinguishers, Rope Rescue Techniques
18.	Mr. Haseeb ur Rahman (IPS) & Mr. Aejaz Ahmad (Instructor) State Disaster Response Force (SDRF) 1st Battalion Team, J&K Police	Floating Aids and Improvised Techniques during floods
19.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Role of an NSS Volunteer

#### 4th Program (14<sup>th</sup> to 20<sup>th</sup> March 2022) and

#### 5th Program (15<sup>th</sup> to 21<sup>st</sup> March 2022)

S. No	Name	Topic
1.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	National Service Scheme: Unlocking the Potential for Social Work among Student Community
2.	Dr. Wakar Amin Zargar, Department of Social Work, University of Kashmir	Social Work: Introduction, Scope, and Challenges
3.	Professor Zaffar Ahmad Reshi, Dean, School of Biological Sciences, University of Kashmir	Role of NSS in Pandemic
4.	Mr. Aziz Ahmad Rathar (KAS), Assistant Commissioner, Revenue, J&K Government	Mobilization of Society by NSS volunteers for Sustainable Development (Soft Schemes)
5.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Structure and Functioning of NSS
6.	Dr. Muzaffar Ahmad Khan, Director, Youth Development and Rehabilitation Centre (YDRC), J&K Police	Drug Abuse in Young Adults of J&K
7.	Professor Bikram Singh Bali, Head, Department of Earth Science University of Kashmir, Srinagar	Earthquake Studies: Precautions and Prevention
8.	Dr. Shazia Manzoor, Head Department of Social Work University of Kashmir	Disaster Management and Children: Social Work Response
9.	Dr. Itender Singh Bali Indian Red Cross Society approved First Aid Trainer	General Principles of First Aid, Seeking Help, Quick Assessment, Recovery Position, Recovery Position, Resuscitation (CPR), Choking, Convulsions, Clearing Pathways, Chest Thrusts, Abdominal Thrusts
10.	Dr. Itender Singh Bali Indian Red Cross Society approved First Aid Trainer	Circulation Bleeding Shock, Application of Pressure, Compressive Bandage, Injury and fractures, Immobilization, Dressing, Bandages, Head, Neck and Spinal Injuries, Handling and Transport Stretchers, Burns, Cooling and Handling of Burn Victims
11.	Dr. Yasir Hassan Rathar, Institute of Mental Health and Neuroscience (IMHANS), Kashmir	Understanding Addiction
12.	Dr. Fazle Roub, Institute of Mental Health and	Substance Use Disorder

	Neuroscience (IMHANS), Kashmir	
13.	Dr. Nasir Geelani Department of Psychiatry, Government Medical College, Srinagar	Basic Counseling skills in Addiction
14.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Role of a Program Officer
15.	Mr. Arif Shah (IPS) SSP J&K Police Department	Vigilant Society and Volunteerism; Experiences of an Law Enforcement Officer
16.	Dr. Syed Karrar Department of Psychiatry, Government Medical College, Srinagar	A Developmental Perspective of Adolescence
17.	Dr. Iqra Shah Department of Psychiatry, Government Medical College, Srinagar	Suicides in Teens
18.	Mr. Muzaffar Ahmad Ganai Department of Psychiatry, Government Medical College, Srinagar	Stress Management among School going Children
19.	Mr. Rashid Ahmad Khan (KPS) & Mr. Aejaz Ahmad (Instructor) State Disaster Response Force (SDRF) 1 <sup>st</sup> Battalion Team, J&K Police	Dos and Don'ts of during Disasters, Like Earthquake, Flood, Fire and Landslides Basic Life Support, Foreign Body Airway Obstruction, Improvised Techniques with available resources during disasters
20.	Mr. Rashid Ahmad Khan (KPS) with & Mr. Aejaz Ahmad (Instructor)  State Disaster Response Force (SDRF) 1 <sup>st</sup> Battalion Team, J&K Police	Fire Fighting, Use of Fire Extinguishers, Rope Rescue Techniques
21.	Mr. Haseeb ur Rahman (IPS) Mr. Aejaz Ahmad (Instructor) State Disaster Response Force (SDRF) 1st Battalion Team, J&K Police	Floating Aids and Improvised Techniques during floods
22.	Dr. Musavir Ahmed, Program Coordinator, NSS University of Kashmir	Role of an NSS Volunteer
23.	Field Work	Dal Lake Interiors

