

*Course Report*  
*on*  
*Three Days Face To Face Training Programme*  
*on*  
*Disaster Risk Management*

*11th- 13th October, 2023*

*organised by*

*National Institute of Disaster Management (NIDM)*  
*Ministry of Home Affairs*  
*Govt. of India*

*in collaboration with*

*Mahatma Gandhi State Institute of Public*  
*Administration (MGSIPA)*  
*Govt. of Punjab*



# PREFACE

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It is with great pleasure and a profound sense of accomplishment that I reflect on the Three Days Face-to-Face Training Programme on Disaster Risk Management, organized by the Mahatma Gandhi State Institute of Public Administration in collaboration with the National Institute of Disaster Management. This program marked a significant milestone in our collective efforts to build resilience in the face of disasters, with a particular focus on our educational institutions.

The core objective of this program was to explore how we can effectively integrate disaster risk reduction into the very heart of our schools. It is not merely a theoretical pursuit but a pragmatic endeavor to equip our educators with the knowledge and tools needed to instill a culture of safety and resilience among our students. We understand that the youth of today will be the stewards of tomorrow, and it is our duty to empower them with the ability to respond to, mitigate, and adapt to the challenges posed by disasters.

I wish to extend my deepest gratitude to the Mahatma Gandhi State Institute of Public Administration for their collaboration and vision in making this program possible. Their commitment to capacity building and public service is commendable. Together, we aim to create a network of educators who will serve as change agents in their respective districts, fostering a safer and more resilient educational environment. I extend my heartfelt gratitude to all the participants, organizers, and collaborators who made this program a success. Your dedication and active participation were the cornerstones of a safer and more resilient future. The collective effort and commitment displayed during the program were a testament to our shared vision of preparing our schools to be fortresses of knowledge and resilience.

As we look back on this remarkable initiative, I have no doubt that the knowledge and insights gained during these three days will continue to impact the lives of countless students and educators. The journey towards disaster risk reduction in schools is ongoing, and the seeds sown during this program will, undoubtedly, bear fruit in the years to come.

Dr. Ajinder Walia  
Associate Professor & Head  
GIDRR, National Institute of Disaster Management, India

# FOREWORD



It is with great pleasure and a deep sense of pride that I extend my warmest greetings to all those who participated in the "Three Days Face-to-Face Programme on Disaster Risk Management," jointly organized by the National Institute of Disaster Management (NIDM) and the Mahatma Gandhi State Institute of Public Administration (MGSIIPA). This program signifies our steadfast dedication to the noble cause of forging a resilient and disaster-ready community.

The collaborative endeavors of MGSIIPA and the National Institute of Disaster Management (NIDM) have played a pivotal role in equipping professionals and communities with the knowledge and tools essential to confront the myriad challenges posed by natural and man-made disasters. By uniting our resources and expertise, we have taken a significant step towards building a safer and more secure future for all.

This program provided a remarkable opportunity for all participants to converge, share their insights, and develop a profound understanding of disaster risk management. Our distinguished faculty members and experts meticulously crafted the program to ensure that you acquire practical knowledge that can be immediately applied in real-world situations. The aim was not merely to impart theoretical knowledge but to instill a pragmatic approach to addressing disasters.

Our overarching objective was to cultivate a culture of resilience that transcends geographical boundaries and professional sectors. The active participation of each attendee was the cornerstone of this program's success. I was heartened to see participants engaging wholeheartedly in the sessions, asking pertinent questions, and sharing their invaluable experiences. The collective knowledge and expertise in the room undoubtedly generated a wealth of insights and takeaways that can be effectively implemented in your respective fields.

I am confident that the knowledge and experiences gained during this program will not only benefit you as individuals but will also contribute to the larger goal of creating a disaster-resilient nation.

I wish you all the best in your future endeavors and encourage you to apply the knowledge and skills you have acquired in your respective roles as champions of disaster risk management.

Sh Gulshan  
CGM (Training & Administration)  
MGSIIPA

# ACKNOWLEDGEMENT



I would like to express my sincere appreciation and gratitude to several individuals and organizations for their invaluable support and guidance during the three-day face-to-face training program on Disaster Risk Management. Dr. Ajinder Walia from National Institute of Disaster Management (NIDM) provided us with expert insights and knowledge, shaping our understanding of this critical field.

My heartfelt gratitude to Sh. Anirudh Tewari IAS, Director General, MGSIPA., Sh. Amit Dhaka, IAS, Director, MGSIPA & Sh. Gulshan, CGM, MGSIPA for their leadership, encouragement and support for this training. It is under their visionary direction that our organisation has achieved remarkable milestones.

I would like to express my sincere gratitude to Shri Harjot Singh Bains, Education Minister of Punjab, for his invaluable support for the Three-day face-to-face training on Disaster Risk Management. I, also extend my heartfelt thanks to Ms. Sunita Prabhakar from the State Council of Education & Training (SCERT) for collaboration, motivation and teamwork throughout the training program. Child Rights and You (CRY) our knowledge partner brought a unique perspective to the training, emphasising the importance of child rights in disaster contexts.

I must also acknowledge the unwavering commitment and expertise of the faculty and instructors who facilitated the training program. Their dedication was instrumental in broadening our knowledge and enriching our learning experience.

My heartfelt thanks to my course co-director, Ms. Nitika Singla, Disaster Management Professional, MGSIPA for steering and coordinating the proceedings of the training and lastly, thank you to my team at MGSIPA, Mr Ankur Sharma, Mr Shiv & Mr Aman.

I would also like to convey my profound appreciation for all the participants who attended the training and have invested their time and effort in the successful completion of the programme.

The guidance, motivation, and insights provided by these individuals and organizations have been of immense importance in enhancing our understanding of Disaster Risk Management. This knowledge will undoubtedly have a lasting impact on our future endeavours in this critical field.

Col. Dalbir Singh  
GM (Training) cum Head  
Centre for Disaster Management  
MGSIPA, Govt. of Punjab, Chandigarh

# PLEDGE FOR DISASTER PREPAREDNESS

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*I ..... solemnly pledge;*

*That I shall do everything that is in my power to prevent needless loss to life and property in the wake of calamities and disaster of any kind. That I shall, to the best of my ability to assist government and schools of Punjab.*

*In their efforts to prepare children and teachers to face the fury of nature. To mitigate the damage caused in its wake and In extending rescue, relief and rehabilitation to the victims. That I shall dedicate myself to the task of creating awareness amongst children and teachers Of the need to be alert to the potential threats in the environment. To act with a sense of responsibility to the community at large in dealing with disasters & thus to protect mankind from dangers of its own actions and inaction. That I shall sincerely perform my duty to equip people to face disasters effectively. So that the destruction caused by them is minimized And the process of recovery is expedited.*



***PLEDGE FOR DISASTER PREPAREDNESS***

# ABOUT THE INSTITUTE



Mahatma Gandhi State Institute of Public Administration (MGSIPA), Chandigarh, Punjab is the Administrative Training Institute (ATI) of the Government of Punjab engaged in imparting quality training in various disciplines to officers and officials of the State Government and its Boards, Corporations, Central Government and other Organizations; as well as undertaking research studies including evaluation and consultancy in public administration, public policy and governance. The Institute is spread over 12 acres in a pollution free institutional area in Sector 26, Chandigarh. MGSIPA houses subject - specific Centres for Management Development, Study of Laws, Urban Governance, Sevottam, Secretariat Staff Training, Engineering Studies and RTI. MGSIPA has three Regional Centres located at Bathinda, Jalandhar and Patiala. The Institute also runs a Civil Services Coaching Centre. MGSIPA organizes over 200 training programmes a year, which include Foundation Training Programmes, Induction Training Programmes, Trainer Development Programmes, In-Service Training Programmes and regular domain-specific three-day and five-day training programmes for various categories of employees of the Government. Aapda Mitra is scheme for training of community volunteers in disaster response. NDMA has been implementing this central sector scheme namely Aapda Mitra since 2016 with a focus on training of 6000 community volunteers (200 volunteers per district) in disaster response in selected 30 most disaster prone districts of 25 states of India. As part of its mission to contribute to the welfare of society, MGSIPA has already completed the Aapda Mitra training program in the Moga, Ludhiana, Amritsar, Mohali, Hoshiarpur & Pathankot district of Punjab. This initiative, undertaken in collaboration with the National Disaster Management Authority (NDMA), the State Disaster Management Authority (SDMA), and the Government of India, aimed to equip community volunteers with essential skills and knowledge for disaster management and response.

# NATIONAL INSTITUTE OF DISASTER MANAGEMENT (NIDM)

The National Institute of Disaster Management (NIDM) was constituted under an Act of Parliament with a vision to play the role of a premier institute for capacity development in India and the region. The efforts in this direction that began with the formation of the National Centre for Disaster Management (NCDM) in 1995 gained impetus with its redesignation as the National Institute of Disaster Management (NIDM) for training and capacity development. Under the Disaster Management Act 2005, NIDM has been assigned nodal responsibilities for human resource development, capacity building, training, research, documentation and policy advocacy in the field of disaster management.

Both as a national Centre and then as the national Institute, NIDM has performed a crucial role in bringing disaster risk reduction to the forefront of the national agenda. The Institute believes that disaster risk reduction is possible only through promotion of a "Culture of Prevention" involving all stakeholders.

NIDM is proud to have a multi-disciplinary core team of professionals working in various aspects of disaster management. The Institute has a well-stocked library exclusively on the theme of disaster management and mitigation. The Institute provides training in face-to-face, on-line and self-learning mode as well as satellite-based training. In-house and off-campus face-to-face training to the officials of the state governments is provided free of charge including modest boarding and lodging facilities.

NIDM provides Capacity Building support to various National and State level agencies in the field of Disaster Management & Disaster Risk Reduction. The Institute's vision is to create a Disaster Resilient India by building the capacity at all levels for disaster prevention and preparedness.



# ABOUT THE TRAINING

The Training Program on Disaster Risk Management held at MGSIPA (Mahatma Gandhi State Institute of Public Administration), Government of Punjab, Sector 26, Chandigarh, marked a significant and collaborative effort between MGSIPA, NIDM (National Institute of Disaster Management), SCERT (State Council of Education & Training), and CRY (Child Rights and You). This training initiative was specifically designed to empower and educate school teachers from government schools across all districts of Punjab.

## PROGRAMME OBJECTIVES

- **Enhancing Teacher Awareness:** To increase awareness among school teachers about the importance of Disaster Risk Management (DRM) at the school level, emphasizing the critical role that educators play in disaster preparedness and response.
- **Building Disaster Resilience:** To equip teachers with the knowledge and skills necessary to make schools more resilient to various types of disasters, including earthquakes, floods, fires, and other potential hazards.
- **Psychosocial Support:** To provide teachers with the tools and understanding to offer psychosocial care to students, helping them cope with the emotional and psychological impact of disasters.
- **First Aid Training:** To train teachers in basic first aid techniques, enabling them to respond effectively to injuries and medical emergencies within their school community during a disaster.
- **Search and Rescue Training:** To familiarize teachers with the principles and techniques of search and rescue operations, enabling them to assist in locating and aiding individuals in the immediate aftermath of a disaster.
- **Promoting Disaster Preparedness:** To encourage teachers to integrate disaster preparedness into their curriculum, fostering a culture of readiness among students, staff, and the community.
- **Community Engagement:** To facilitate collaboration between schools, local communities, and relevant authorities, promoting a holistic approach to disaster risk reduction and management.

- **Sharing Best Practices:** To create a platform for teachers to share best practices, experiences, and lessons learned in disaster risk management within the school context.
- **Networking and Collaboration:** To encourage networking and collaboration among teachers, education experts, and disaster management professionals for ongoing support and resource-sharing.
- By addressing these objectives, the training program aimed to empower school teachers with the knowledge, skills, and resources necessary to play a pivotal role in ensuring the safety and well-being of students and communities in the event of disasters.

## **WHO ALL ATTENDED**

The key target audiences were stakeholder from various Government Agencies, NGO's, Academia, Community-based organisations and Education department of the state of Punjab.

## **METHODOLOGY**

Methodology adopted for the training was through presentations, Practicals, group work, discussion and question & answer sessions.

## **BOARDING, LODGING & VENUE OF THE PROGRAMME**

The boarding and lodging for the participants were arranged by MGSIPA team. Travel expenses of the participants were borne by respective nominating organisations/departments/institutes. The training was held at MGSIPA, Chandigarh. It commenced on Monday, October 11, 2023 and concluded on Wednesday October 13, 2023.

## **CERTIFICATE**

Certificates were awarded to the participants upon the successful completion of the training. Only those participants who had registered, enrolled, with more than 80% attendance and submitted feedback received a certificate for the training.

## **OVERALL GUIDANCE**

### **PATRON**

**Sh. Anirudh Tewari, IAS**

Director General

MGSIPA, Govt. of Punjab, Chandigarh

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## **SUPERVISION & GUIDANCE**

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NIDM

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## PROGRAMME SCHEDULE

TIME	TITLE	FACULTY
Day 1 – 11th October 2023		
09:00 – 09:30	Onsite Registration	MGSIPA
09:30 – 10:30	Pre-Evaluation & Introduction	Ms. Nitika Singla Course Director MGSIPA Ms. Vinny
10:30 – 11:00	Inauguration & Group Photograph	NIDM & MGSIPA
11:00 – 11:30	High Tea	
11:30 – 12:45	Earthquake Risk Mitigation & Management: Focusing on the best practices	Prof. Ravinder Kaur Panjab University Chandigarh Ms. Nitika Singla DM Professional, MGSIPA
12:45 – 14:00	Floods Risk Mitigation & Management: Focusing on the best practices	Prof. Ravinder Kaur Mr. Ankur Sharma Training Associate, MGSIPA Mr. Yogesh Uniyal DM Instructor
14:00 – 15:00	Lunch Break	
15:00 – 16:15	Earthquake Response & Management: Group Activities & Practical	Mr. Sudesh Bedi DM Instructor Ms. Sudiksha Rana DM Instructor Mr. Tarush DM Instructor Ms. Vinny
16:15 – 16:30	Tea Break	
16:30 – 18:00	Floods Response & Management: Group Activities & Practical	Mr. Sudesh Bedi Ms. Sudiksha Rana Mr. Yogesh Uniyal Mr. Tarush

Day 2 – 12th October 2023		
09:00 – 09:30	Recapitulation of Day 1	Ms. Vinny Mr. Ankur Sharma
09:30 – 11:00	Psychosocial Care in Disaster Management: Understanding principles and techniques	Dr. Ajinder Walia Associate Professor & HeadGIDRR, NIDM Ms. Vinny
11:00 – 11:30	High Tea	
11:30 – 12:45	First Aid Preparedness: Vital Support During Disasters(Part-1)	Prof. (Dr.) Sushma SagarDept. of Trauma SurgeryAIIMS, New Delhi Mr. Yogesh Uniyal
12:45 – 14:00	First Aid Preparedness: Vital Support During Disasters (Part-2)	Prof. (Dr.) Sushma Sagar Mr. Yogesh Uniyal
14:00 – 15:00	Lunch Break	
15:00 – 16:15	Search and Rescue in Punjab for Effective Emergency Response (Part-1)	Fire & Rescue Services Chandigarh Mr. Sudesh Bedi Ms. Sudiksha Rana Mr. Tarush
16:15 – 16:30	Tea Break	
16:30 – 18:00	Search and Rescue in Punjab for Effective Emergency Response (Part-2)	Fire & Rescue Services Chandigarh Mr. Sudesh Bedi Ms. Sudiksha Rana Mr. Tarush

Day 3 – 13th October 2023		
09:00 – 09:30	Recapitulation of Day 2	Mr. Ankur Sharma
09:30 – 11:00	Integrating Fire Safety in Disaster Risk Management (Part 1)	Fire & Rescue Services Chandigarh Mr. Sudesh Bedi Ms. Sudiksha Rana Mr. Tarush Mr. Yogesh Uniyal
11:00 – 11:30	High Tea	
11:30 – 12:45	Integrating Fire Safety in Disaster Risk Management (Part 2)	Fire & Rescue Services Chandigarh Mr. Sudesh Bedi Ms. Sudiksha Rana Mr. Tarush Mr. Yogesh Uniyal Ms. Vinny
12:45 – 14:00	Group Activities and Presentations	NIDM and MGSIPA
14:00 – 15:00	Lunch Break	
15:00 – 16:15	Feedback from the participants Valediction & Distribution of Certificates	NIDM and MGSIPA
16:15 – Onwards	Tea	

# THREE DAYS FACE TO FACE TRAINING PROGRAMME ON DISASTER RISK MANAGEMENT 11TH- 13TH OCTOBER, 2023



NIDM & MGSPA FACULTY WITH PARTICIPANTS

# INAUGURATION

The Inauguration Day of the three-day training program began with a warm and traditional floral welcome extended to all the dignitaries present.



**WELCOME ADDRESS & ABOUT THE PROGRAMME PRESENTED BY MS. NITIKA SINGLA**

## **WELCOME ADDRESS & ABOUT THE PROGRAMME: Ms. Nitika Singla, Course Director Disaster Management Professional, MGSIPA**

Ms. Nitika Singla, Course Director MGSIPA, took the stage to deliver a welcome address. She expressed her gratitude for the collaborative efforts of MGSIPA, NIDM, SCERT, and CRY in organizing this training initiative. Ms. Singla shed light on the program's objectives, emphasizing the goal of creating a network of educators who would serve as effective leaders in disaster risk management. Her words resonated with the audience, underlining the importance of collective action in ensuring the safety of the younger generation.



**KEY NOTE ADDRESS BY DR. AJINDER WALIA**

## **KEY NOTE ADDRESS: Ms. Ajinder Walia, Associate Professor & Head Governance & Inclusive Disaster Risk Reduction (GIDRR), NIDM**

The event reached another milestone with the Keynote Address delivered by Ms. Ajinder Walia, an Associate Professor at NIDM. She provided valuable insights into the broader context of disaster management and its implications, stressing the need for a comprehensive and multifaceted approach. Ms. Walia's address underscored the collaborative nature of the program, where organizations with expertise in disaster management and child rights were joining forces to address the unique challenges faced by school teachers in Punjab. Her keynote speech inspired the audience, setting the stage for a fruitful and enlightening training program ahead.



**INAUGURAL ADDRESS DELIVERED BY COL. DALBIR SINGH**

## **INAUGURAL ADDRESS: Col. Dalbir Singh, GM (Training, Project & Consultancy) cum Head, Center for Disaster Management, MGSIPA**

Col. Dalbir Singh, inaugurating the training programme emphasized on the critical role of disaster preparedness and management in our society. He also Highlighted the significance of equipping school teachers with the necessary knowledge and skills to ensure the safety and well-being of students during disasters. Col. Dalbir Singh's inspiring words set the tone for the program, emphasizing the need for proactive and informed responses to unforeseen challenges.

# INAUGURATION GLIMPSES



ICE-BREAKING SESSION



FLORAL GREETING EXTENDED TO THE HONORED DIGNITARIES/GUESTS



ENGAGING PARTICIPANTS INTO GROUP SEGMENTATION ACTIVITY

# DAY 1 – 11TH OCTOBER 2023

## INTRODUCTORY SESSION

The training program was commenced with a warm and interactive introduction session. The participants were engaged in a unique ice-breaking activity that involved crafting paper planes. In this activity, participants were instructed to write their names, designation and Hobbies on a piece of paper and then create a paper plane out of it. The participants then launched their planes into the auditorium, allowing everyone to get to know each other in a fun and engaging manner. Following this creative ice-breaker, participants registered themselves through offline registration forms and also completed online registration through Google Forms.



**PARTICIPANTS AT THE REGISTRATION DESK**





ICE-BREAKING ACTIVITY FOR FACILITATING EFFECTIVE GROUP INTERACTION

## SESSION-1

### EARTHQUAKE RISK MITIGATION & MANAGEMENT: FOCUSING ON THE BEST PRACTICES

Participants were engaged in a comprehensive session on Earthquake Preparedness, which was led by Dr. Ravinder Kaur, a distinguished professor from Punjab University. The session aimed to equip participants with essential knowledge and skills to effectively respond to earthquake situations.



SESSION ON EARTHQUAKE PREPAREDNESS BY DR. RAVINDER KAUR (PANJAB UNIVERSITY)

### 🎯 Objectives:

**1. Understanding Earthquake Fundamentals:** The primary objective of this session was to provide participants with a fundamental understanding of earthquakes, including their causes, characteristics, and the potential hazards associated with them.

**2. Preventive Measures Before an Earthquake:** Participants were educated on the importance of preparedness and the specific actions to take before an earthquake occurs. This included securing furniture, creating emergency kits, and developing communication plans.

**3. Safety Protocols During an Earthquake:** The session emphasized the "DROP, Hold, and Cover" safety protocol and its significance in protecting oneself during seismic events. Participants learned how to respond safely and minimize the risk of injury.

**4. Post-Earthquake Response:** Dr. Ravinder Kaur provided guidance on post-earthquake response, covering actions to take immediately after an earthquake, including checking for injuries, assessing the structural integrity of buildings, and providing first aid when needed.

### **Key Takeaways:**

**1. Fundamental Earthquake Knowledge:** Participants gained a clear understanding of the causes, characteristics, and hazards associated with earthquakes, enabling them to better assess and respond to seismic events.

**2. Preventive Measures:** Knowledge about preventive measures, such as securing heavy furniture and preparing emergency kits, empowers participants to reduce the potential risks associated with earthquakes.

**3. Safety Protocols:** The "DROP, Hold, and Cover" safety protocol was a key takeaway, equipping participants with a practical and potentially life-saving response strategy during an earthquake.

**4. Post-Earthquake Response:** Participants learned valuable skills for immediate post-earthquake response, which included checking for injuries, assessing building safety, and providing necessary first aid.

**5. Overall Preparedness:** The session instilled a sense of overall preparedness, encouraging participants to proactively plan and prepare for earthquake situations, thus contributing to their safety and that of their communities.

## SESSION-2

### FLOODS RISK MITIGATION & MANAGEMENT: FOCUSING ON THE BEST PRACTICES

Dr. Ravinder Kaur led an informative session on Flood Preparedness. This session, which took place from 1:00 PM to 2:00 PM, was an integral part of the program and aimed to equip participants with essential knowledge and skills to effectively respond to flood disasters.

#### 🎯 Objectives:

- 1.To educate participants about the various aspects of flood disasters, including their causes and effects.
- 2.To provide insights into wet and dry techniques for flood mitigation.
- 3.To enhance participants' understanding of flood-prone areas and their vulnerabilities.
- 4.To equip participants with knowledge about the measures and procedures necessary for flood preparedness.



**SESSION ON FLOODS RISK  
MITIGATION & MANAGEMENT**

#### ACTIVE PARTICIPATION BY THE PARTICIPANTS DURING THE SESSION



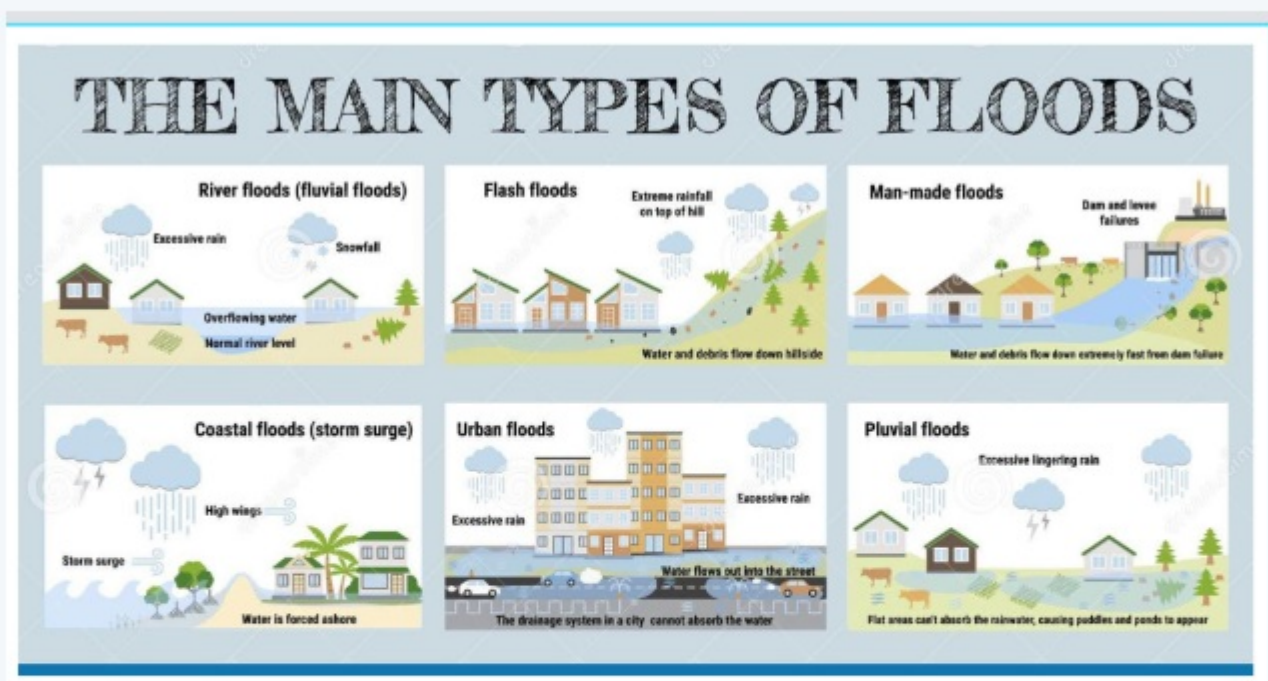
## Key Takeaways:

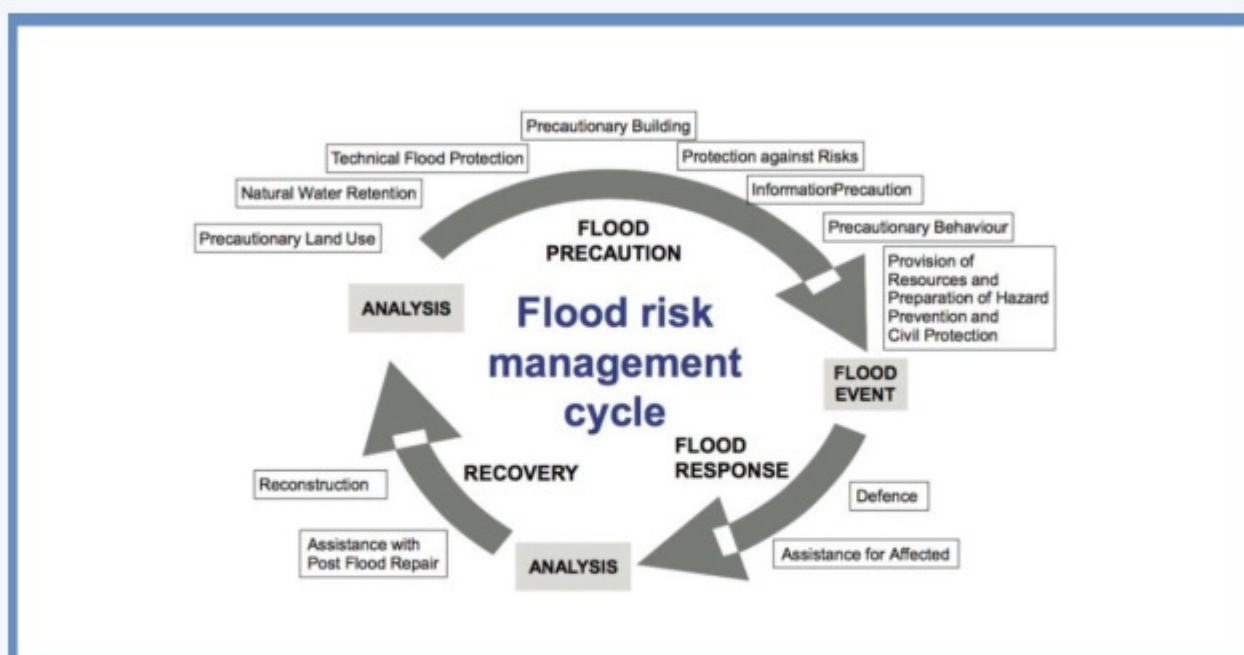
**Causes and Effects:** Participants gained a comprehensive understanding of the causes and effects of floods, including factors such as heavy rainfall, river overflow, and storm surges. This knowledge is crucial for assessing flood risks.

**Wet and Dry Techniques:** Dr. Ravinder Kaur introduced participants to a range of wet and dry techniques for flood mitigation. Wet techniques include sandbagging and flood barriers, while dry techniques involve land-use planning and early warning systems. Participants learned when and how to apply these techniques effectively.

**Understanding Vulnerabilities:** The session deepened participants' understanding of flood-prone areas and the vulnerabilities within these regions. Participants learned how to identify communities, infrastructure, and critical assets at risk during a flood event.

**Measures and Procedures:** Dr. Kaur outlined the measures and procedures necessary for flood preparedness. This included evacuation plans, emergency communication strategies, and the importance of community engagement. Participants left the session with a clear roadmap for flood preparedness.





**FLOOD RISK MANAGEMENT CYCLE**

**Question and Answer Interaction:** Participants had the opportunity to engage in a productive Q&A session with Dr. Kaur. This allowed them to seek clarifications, share experiences, and gain valuable insights into practical flood preparedness.

In summary, the Flood Preparedness session was a vital component of the training program, offering participants comprehensive knowledge about floods and the tools needed to effectively respond to such disasters. The session provided participants with actionable insights, ensuring they are better equipped to protect lives and property in flood-prone areas.

## SESSION-3

### EARTHQUAKE RESPONSE & MANAGEMENT: GROUP ACTIVITIES & PRACTICAL

The Stampede Management session, conducted by Mr. Sudesh Bedi, an expert in Disaster Management, played a crucial role in enhancing the participants' knowledge and practical skills in dealing with stampede situations. This session was both engaging and highly informative.



HANDS-ON EXPERIENCE ON HOW TO MANAGE CROWD AND STAMPEDE AT SCHOOLS

#### 🎯 Objectives:

- 1. Understanding Stampede Dynamics:** The primary objective of the session was to educate participants about the dynamics of stampedes, including their causes and rapid escalation.
- 2. Effective Crowd Management:** Participants were expected to learn practical techniques and strategies for efficiently managing large crowds during public gatherings or events.
- 3. Enhancing Safety Protocols:** To equip participants with life-saving skills, the session aimed to instill a clear understanding of safety protocols and procedures in stampede situations.
- 4. Hands-On Experience:** An important goal of the session was to provide participants with practical experience in handling stampede scenarios through hands-on techniques and simulations.



**UNDERSTANDING THE CONCEPT OF CROWD CRUSH & PROGRESSIVE CROWD COLLAPSE**



**BOXING POSITION- TO MAINTAIN YOUR BALANCE AND SAVE YOURSELF FROM CROWD CRUSH**



**UNDERSTANDING AS TO HOW STAMPEDE CAN BE DANGEROUS AND FATAL**

### **Key Takeaways:**

- 1. Recognising Warning Signs:** Participants learned to identify early warning signs of potential stampedes, enabling timely intervention to prevent chaos.
- 2. Crowd Flow Management:** The session provided valuable insights into crowd flow management, emphasising the significance of controlled entry and exit points.

**3. Effective Communication:** Effective communication strategies during stampede situations were highlighted, enabling participants to disseminate instructions and maintain order.

**4. Simulated Scenarios:** Through practical simulations, participants gained hands-on experience in responding to and managing stampede situations, enhancing their confidence and preparedness.

**5. Life-Saving Skills:** The session equipped participants with valuable life-saving skills, ensuring they are better prepared to handle crowded situations and prevent or mitigate stampedes.

In conclusion, the Stampede Management session conducted by Mr. Sudesh Bedi was a highly valuable and engaging component of the training program. Participants left with a deeper understanding of stampede dynamics, practical skills, and a heightened awareness of crowd management and safety measures. These insights and abilities will undoubtedly contribute to safer and more secure public gatherings and events in the future.

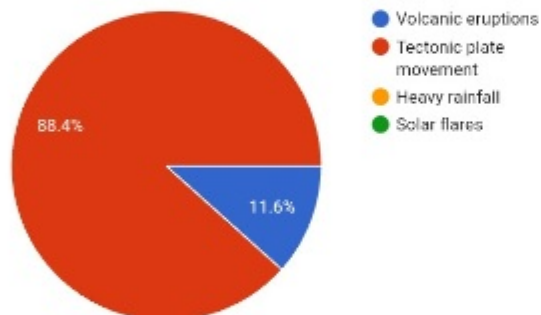
## **EVALUATION/ASSESSMENT SESSION**

To conclude the day, a live poll was conducted. All participants were given a Google questionnaire to provide feedback and insights on the day's sessions. The responses were displayed on the screen, creating an interactive and dynamic exchange of ideas.

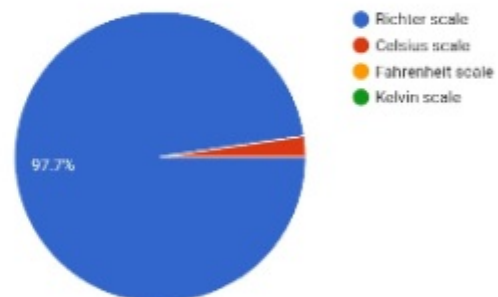
***Day 1 of the training program was a success, with participants actively engaging in a wide range of disaster preparedness topics. The sessions provided valuable knowledge, practical skills, and opportunities for networking. As the program continues, we look forward to further empowering participants with the tools and knowledge necessary to respond effectively to various disasters.***

## EVALUATION/ASSESSMENT SESSION- EARTHQUAKE RESPONSE AND MANAGEMENT

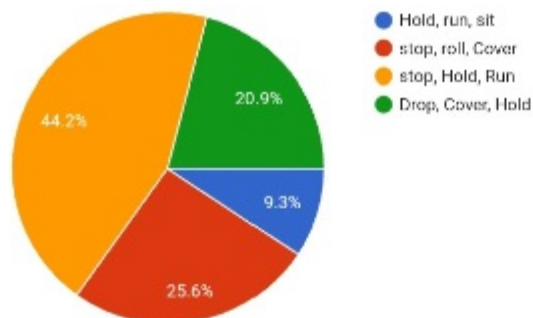
1. What is the primary cause of earthquakes?



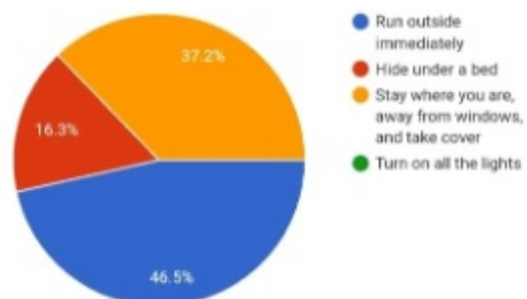
2. Which of the following scales is commonly used to measure the magnitude of earthquakes?



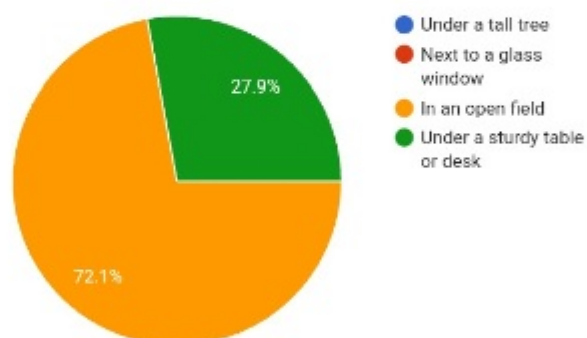
3. Golden Rule of safety during Earthquake:



4. What should you do if you are indoors when an earthquake happens?

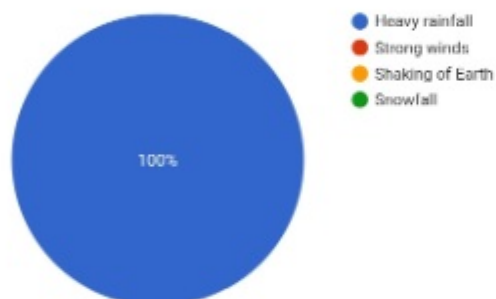


5. Which of the following is a safe place to be during an earthquake?

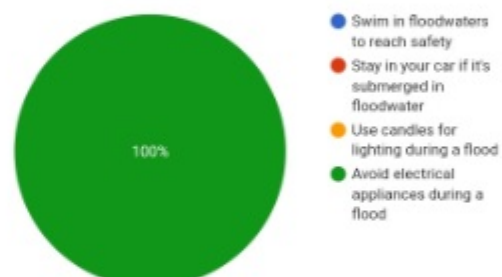


## EVALUATION/ASSESSMENT SESSION- FLOODS RISK MITIGATION & MANAGEMENT

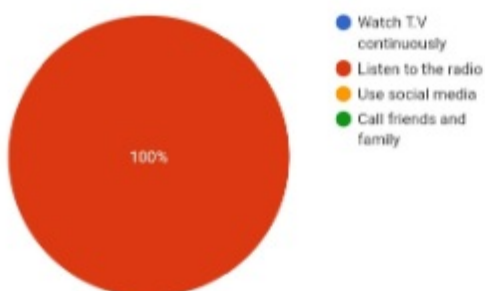
1. What causes floods?



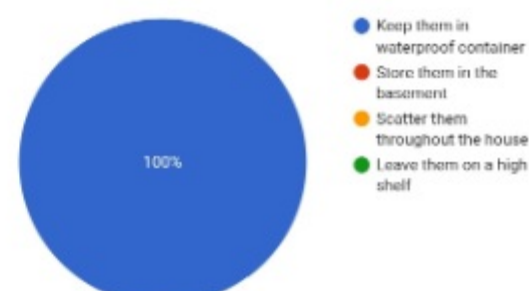
2. Which of the following is a common flood safety tip?



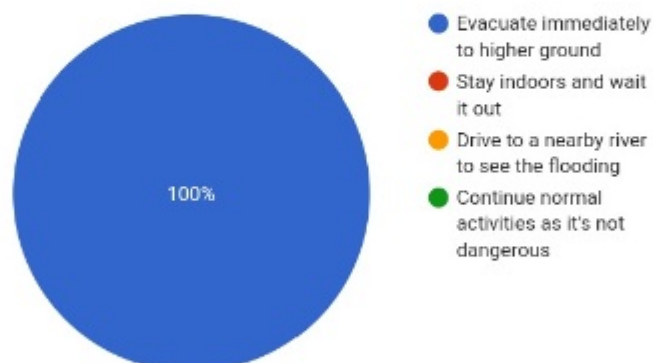
3. What is the recommended way to stay informed about Flood updates during an emergency?



4. How can you protect important documents and valuable items during a flood?



5. What should you do during a flash flood warning?



# DAY 2 – 12TH OCTOBER 2023

## INTRODUCTORY SESSION

### Recap:

The second day of our training program was filled with a diverse range of sessions and activities designed to enhance the participants' skills and knowledge related to disaster management. Before diving into the details of the day's events, we commenced with a brief recap of Day 1 to ensure a smooth continuation of our training program.



RECAP SESSION

## SESSION-1

### PSYCHOSOCIAL CARE IN DISASTER MANAGEMENT: UNDERSTANDING PRINCIPLES AND TECHNIQUES

The training program's second day commenced with a captivating session on psychosocial care, taken by Dr. Ajinder Walia from the National Institute of Disaster Management (NIDM). Dr. Walia, an esteemed expert in the field, provided participants with a deep understanding of the importance of psychosocial care in disaster management. Her engaging approach involved practical activities, such as the balloon and shoes exercises, which left a lasting impact on the attendees. Participants expressed their gratitude for the session, acknowledging the invaluable insights gained in addressing the psychological aspects of disaster response.



**INTERACTIVE SESSION ON PSYCHOSOCIAL CARE IN DISASTER MANAGEMENT**

### **🎯 Objectives:**

- 1.To comprehend the significance of psychosocial care in disaster situations.
- 2.To gain insights into practical methods of providing psychosocial support to disaster-affected individuals.
- 3.To understand the emotional and psychological needs of survivors and responders during and after disasters.
- 4.To explore interactive techniques for facilitating communication and coping strategies among disaster-affected communities.



**SOLER ACTIVITY- STEPS ON HOW TO COPE UP WITH THE VICTIMS DURING DISASTER LIKE SITUATION**

## **Key Takeaways:**

1. Understanding the holistic approach to disaster management, which includes psychosocial care.
2. Recognising the value of practical activities in conveying complex concepts to participants.
2. Gaining insights into addressing the emotional and psychological aspects of disaster response.
3. Learning effective strategies for supporting survivors and responders in times of crisis.
4. Acquiring valuable tools to promote resilience and community well-being in disaster-affected areas.

## **SESSION-2**

### **FIRST AID PREPAREDNESS: VITAL SUPPORT DURING DISASTERS**

The First Aid and CPR session, led by Dr. Shushma Sagar from the All India Institute of Medical Sciences (AIMS), was a vital component of our training program. This session focused on Basic Life Support (BLS) and provided participants with essential knowledge and hands-on experience in first aid and cardiopulmonary resuscitation (CPR) techniques. It was a crucial segment of the program aimed at equipping participants with life-saving skills in emergency situations.



**DR. SUSHMA SAGAR WITH HER CO-INSTRUCTORS DEMONSTRATING THE CORECT METHOD TO CHECK RADIAL PULSE**

## 🎯 Objectives:

1. To educate participants on the fundamentals of Basic Life Support (BLS).
2. To train participants in the correct application of first aid techniques, including splinting and bandaging.
3. To familiarize participants with the Heimlich maneuver and other methods for assisting choking victims.
3. To provide participants with practical experience in performing CPR on both adults and children.



DR. SUSHMA SAGAR DEMONSTRATING HEIMLICH MANEUVER A METHOD USED IN CASE OF CHOKING



DR. SUSHMA SAGAR WITH HER CO-INSTRUCTORS DEMONSTRATING CPR

## 🔑 Key Takeaways:

- 1. Understanding Basic Life Support (BLS):** Participants gained a comprehensive understanding of BLS, which encompasses a range of life-saving techniques used in emergency situations.
- 2. Practical First Aid Skills:** The session equipped participants with the knowledge and skills required to provide immediate care in the form of first aid, including techniques for splinting and bandaging to immobilize injuries effectively.
- 3. Heimlich Maneuver:** Participants learned the Heimlich maneuver, a crucial technique for dislodging foreign objects from the airway, which can be life-saving when dealing with choking victims.

**4. CPR Proficiency:** The highlight of the session was the practical application of CPR on both adult and child mannequins. Participants were given hands-on experience in performing chest compressions and rescue breaths, enabling them to confidently respond to cardiac arrest situations.

**5. Enhanced Emergency Response Skills:** Participants left the session with improved skills and knowledge, better prepared to provide critical assistance in emergency scenarios. These takeaways are invaluable in promoting community safety and well-being.

**The First Aid and CPR session was a significant step in our training program, empowering participants with life-saving skills that are essential in disaster response and everyday life. Dr. Shushma Sagar's expertise and the hands-on nature of the session made it a memorable and highly practical learning experience.**



HANDS-ON EXPERIENCE OF CPR

## SESSION-3

### SEARCH AND RESCUE IN PUNJAB FOR EFFECTIVE EMERGENCY RESPONSE

The "Improvised Stretcher Making" session, led by Mr. Sudesh Bedi, was a crucial component of our disaster management training program. This session focused on imparting essential skills to participants in the construction of improvised stretchers, such as blanket stretchers and bamboo stretchers. The practical knowledge gained during this session is invaluable for disaster response scenarios where the need for patient transportation is critical.



LEARNING BLANKET STRETCHER



SHIFTING VICTIM OVER THE BLANKET



LIFTING THE VICTIM



SHIFTING VICTIM TO THE SAFE ZONE

### STEPS FOR MAKING AN IMPROVISED STRETCHER, LIFTING AND SHIFTING VICTIM TO A SAFE ZONE

## 🎯 Objectives:

1. To introduce participants to the concept of improvised stretchers and their importance in disaster response.
2. To provide participants with hands-on experience in constructing blanket stretchers and bamboo stretchers.
3. To teach various lifting and shifting techniques for patients in disaster scenarios.
4. To highlight the practicality and effectiveness of improvised stretchers in resource-constrained environments.

## 🔑 Key Takeaways:

- **Practical Construction Skills:** The session equipped participants with the practical know-how to construct blanket stretchers and bamboo stretchers, which are essential tools for patient transportation in challenging conditions.
- **Versatile Lifting and Shifting Techniques:** Various techniques for lifting and shifting patients were demonstrated, giving participants the flexibility to adapt to different scenarios and patient conditions.
- **Resourcefulness in Disaster Response:** The session emphasized the importance of resourcefulness and improvisation in disaster management, empowering participants to make the most of limited resources.
- **Participant Enthusiasm:** The participants expressed high levels of enthusiasm and appreciation for this interactive session, with many noting that the techniques learned were not only practical but also critical in real-world disaster situations.



EXTREMITY LIFT- NON EMERGENCY MOVE



ONE RESCUER CRUTCH

## SESSION-4

### ADVANCED SEARCH AND RESCUE

The Advanced Search and Rescue session conducted during the training program was a highly anticipated and engaging component of the day's agenda. This session aimed to provide participants with a hands-on experience in dealing with complex disaster scenarios, particularly focusing on search and rescue operations in the event of a simulated collapsed building.



**GROUND LIFT METHOD TO STABILIZE THE VICTIM DURING ADVANCED SEARCH AND RESCUE SESSION**



**PICK-A-BAG TECHNIQUE TO LIFT A VICTIM DURING ADVANCED SEARCH AND RESCUE SESSION**

### 🎯 Objectives:

1. Enhance Practical Skills: To enable participants to gain practical experience in handling search and rescue operations in a simulated disaster scenario.
2. Understanding Complex Environments: To help participants comprehend the challenges and dynamics of a collapsed building and the various hazards it presents.
3. Foster Team Collaboration: Encourage teamwork and coordination among participants, as effective search and rescue operations require a collaborative effort.
4. Exposure to Different Search Techniques: Introduce participants to diverse search methods that can be employed in similar structural collapse situations.

## Key Takeaways:

Participants took away the following key insights and skills from the Advanced Search and Rescue session:

1. **Hands-on Experience:** The practical exercise allowed participants to engage directly with a simulated collapsed building, providing them with invaluable experience in dealing with real-world disaster scenarios.
2. **Understanding of Hazards:** Participants gained an awareness of the hazards and challenges that responders face when dealing with collapsed structures, including the importance of safety protocols.
3. **Teamwork and Collaboration:** The session emphasized the significance of effective teamwork in search and rescue operations. Participants learned how to communicate and collaborate efficiently to save lives.
4. **Search Methods:** Participants were exposed to a range of search techniques, from using basic tools to more advanced equipment, enhancing their ability to locate and rescue victims effectively.
5. **Adaptability:** By working with an artificial collapsed building, participants learned how to adapt to different situations and environments, a crucial skill in disaster response operations.



**HAILING MEHTOD- A TECHNIQUE TO LOCATE VICTIM IN A COLLAPSED BUILDING DURING ADVANCED SEARCH AND RESCUE SESSION**

**The Advanced Search and Rescue session proved to be an enlightening and immersive experience, equipping participants with practical skills and knowledge to enhance their effectiveness in disaster response situations. The hands-on nature of the session left a lasting impact, ensuring that participants are better prepared to handle complex search and rescue scenarios.**

## SESSION-5

### MOCK DRILL - EARTHQUAKE RESPONSE

The final session of the day brought a culmination of the training program with a comprehensive mock drill centered on earthquake response. Participants had the opportunity to put into practice the knowledge and skills they had acquired throughout the day, immersing themselves in a simulated disaster scenario. This session aimed to test their preparedness and practical understanding of earthquake response techniques.



### DROP, HOLD & COVER- GOLDEN RULE TO PROTECT OURSELVES DURING AN EARTHQUAKE

#### 🎯 Objectives:

1. To simulate a realistic earthquake scenario and evaluate the participants' ability to respond effectively.
2. To assess participants' understanding of evacuation protocols and their ability to execute them in a timely and organized manner.
3. To evaluate the effectiveness of rescue techniques learned during the training program.
4. To foster teamwork and communication skills among participants in a high-stress environment.

## **Key Takeaways:**

**1. Realistic Simulation:** The mock drill provided participants with a realistic and immersive experience, allowing them to appreciate the chaos and challenges that can occur during an actual earthquake. This hands-on approach reinforced the importance of being prepared for unpredictable disasters.

**2. Evacuation Proficiency:** Participants had the chance to demonstrate their knowledge of evacuation protocols and the ability to swiftly and safely guide others to designated safe zones. They learned the importance of maintaining calm and organization during evacuation efforts.

**3. Effective Rescue Techniques:** The session allowed participants to apply rescue techniques learned earlier in the day, such as victim assessment, triage, and lifting and shifting methods. They gained confidence in their ability to provide immediate assistance to those in need.

**4. Teamwork and Communication:** During the mock drill, participants worked as a team to respond to various crisis situations. This exercise emphasised the significance of clear communication, coordination, and cooperation when dealing with a disaster, reinforcing the value of teamwork in emergency response.

**5. Readiness and Preparedness:** The session underscored the importance of preparedness and regular practice. It left participants with a heightened sense of urgency regarding the need to be ready for earthquake scenarios and other potential disasters, both as individuals and as part of a broader community response effort.

*The mock drill on earthquake response not only served as a practical application of the day's training but also left participants with a tangible sense of their readiness and the areas they need to further improve upon in their disaster response capabilities. It was a valuable experiential session that aimed to better equip individuals to respond effectively in real-life disaster situations.*



**EVACUATION DRILL- EMPHASISES CLEAR COMMUNICATION, COORDINATION, AND COOPERATION WHEN DEALING WITH A DISASTER, REINFORCING THE VALUE OF TEAMWORK IN EMERGENCY RESPONSE.**

## LEARNING OUTCOMES:

- Purpose of conducting mock drill
- Mock drill design as per the principles
- Objectives of mock drill
- Common safety problems at workplace
- Ways to conduct mock drill
- Systematic way of conducting mock exercises
- Role of management, emergency manager, authorised response person, and workers for conducting mock drill
- Escape plan in case of emergency
- Guidelines to be followed before, during, and after mock drill
- Evaluation of mock drill
- Implementation of emergency plan
- Individuals/Organization will understand the key aspects of emergency preparedness thereby it would strengthen the coordination efforts to tackle any crisis effectively. As a result, life and property would be better protected.

## EVALUATION/ASSESSMENT SESSION:

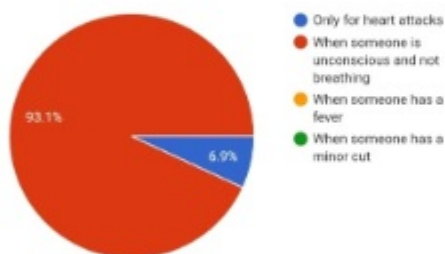
As the day neared its end, we distributed Google questionnaires to all participants. These questionnaires aimed to gather feedback on the day's sessions and overall program experience. Following the collection of responses, we projected the results on the front screen for all to see. This live poll session encouraged participants to share their thoughts and suggestions, ensuring that their feedback contributes to the continuous improvement of the training program.

### **Conclusion:**

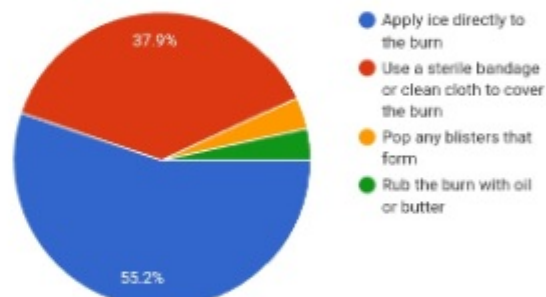
***Day 2 of our training program was a success, with participants actively engaged in sessions that covered various critical aspects of disaster management. The combination of theoretical knowledge, practical exercises, and interactive sessions ensured that participants left with enhanced skills and a deeper understanding of disaster response techniques. We look forward to another productive day tomorrow as we continue our journey towards creating a more resilient and prepared community.***

## EVALUATION/ASSESSMENT SESSION- FIRST AID PREPAREDNESS

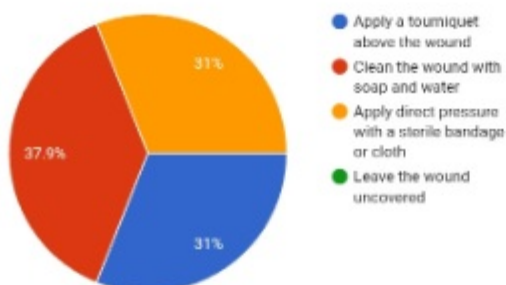
1. When should you use CPR  
(Cardiopulmonary Resuscitation)?



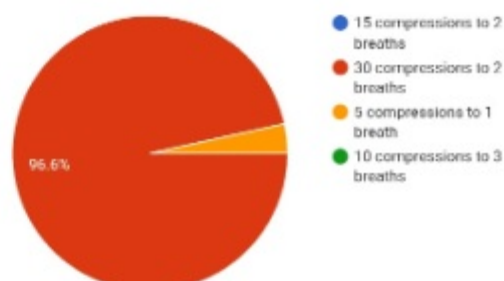
2. In the case of a burn, what is the recommended initial first aid?



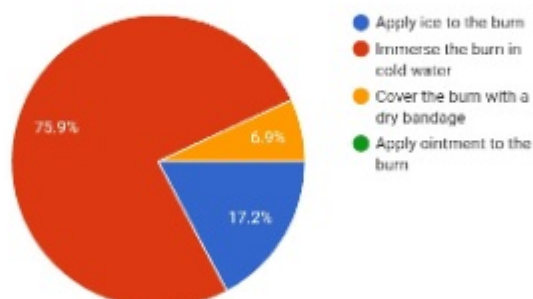
3. You come across an adult with a severe bleeding wound on their arm. What should you do first?



4. What is the correct ratio of chest compression to rescue breaths in CPR for adults?

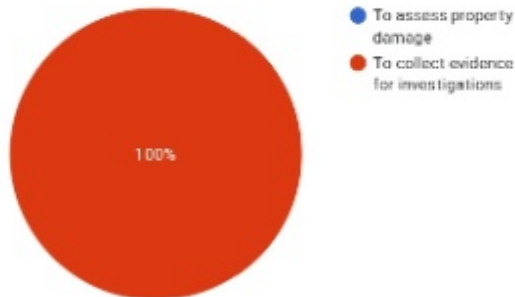


5. When treating a burn on an adult, what should you do immediately after the injury occurs?

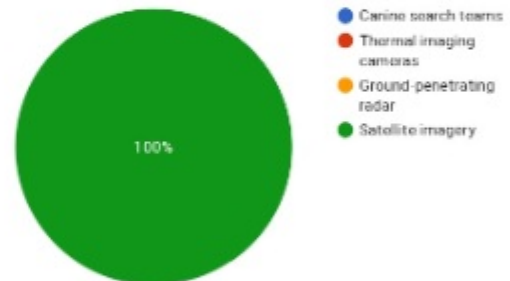


## EVALUATION/ASSESSMENT SESSION- ADVANCED SEARCH AND RESCUE

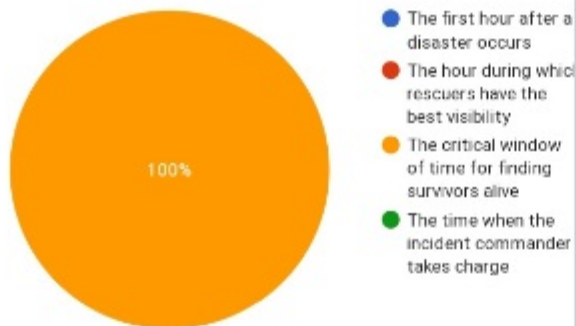
1. What is the primary objective of search and rescue operations during a collapsed structure incident?



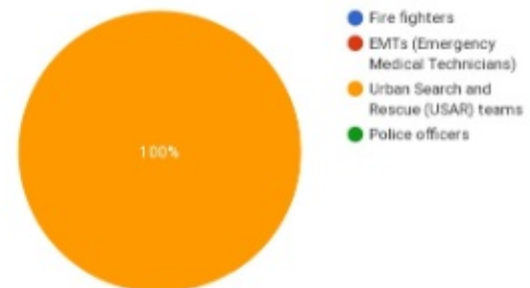
2. Which of the following is NOT a common method for detecting the presence of survivors in a collapsed structure?



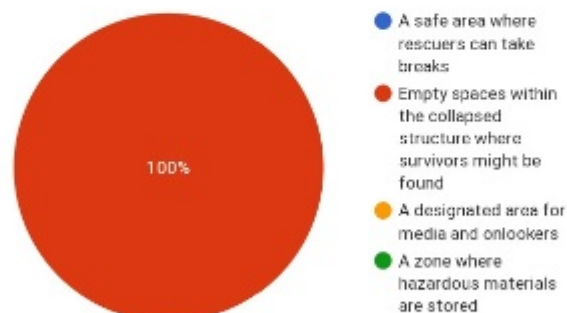
3. What is the "golden hour" in search and rescue operations?



4. Which specialized team is responsible for cutting through debris to access trapped individuals in a collapsed structure?



5. During a search and rescue operation, what does the term "void space" refer to?



# DAY 3 – 13TH OCTOBER 2023

## INTRODUCTORY SESSION

The third and final day of the "Face to Face Training Programme on Disaster Risk Management" marked the culmination of an insightful and hands-on learning experience for all participants. The day was packed with a recap of previous days, fire safety sessions, pledge-taking, valediction, awards, certificate distribution, and gathering valuable feedback.

### Recap:

The day began with a thorough recap of the essential lessons and discussions from Days 1 and 2. This recap was instrumental in ensuring that the participants retained the knowledge and key takeaways from the preceding training sessions, laying a strong foundation for Day 3's activities.

## SESSION-1

### INTEGRATING FIRE SAFETY IN DISASTER RISK MANAGEMENT

On Day 3 of our comprehensive "Face to Face Training Programme on Disaster Risk Management," participants were immersed in a vital and engaging Fire Safety Session, led by seasoned experts in the field. This session was a pivotal component of the program, combining theoretical knowledge with hands-on experiences to equip attendees with essential skills in the domain of fire safety.



SESSION ON INTEGRATING FIRE SAFETY IN DISASTER RISK MANAGEMENT



**MOCK DRILL DEMONSTRATION BY FIRE FIGHTERS AT MGSIPA**

### **🎯 Objectives:**

1. Fundamental Understanding: To provide participants with a foundational understanding of fire safety, including the various types of fires and the proper use of fire extinguishers.
2. Practical Application: To offer participants the opportunity to apply their theoretical knowledge through hands-on experiences, simulating real-life fire incidents.
3. Firefighting Techniques:\* To teach effective firefighting techniques under the guidance of fire officers, enhancing participants' ability to respond to emergencies confidently.

4. Victim Rescue: To educate participants on locating and rescuing victims in the event of a fire, emphasizing the paramount importance of safety and the correct use of fire safety equipment.

5. Equipment Familiarity: To familiarize participants with multiple types of fire extinguishers, ensuring they are well-prepared to handle different fire scenarios.



**PARTICIPANTS LEARNING ON HOW TO OPERATE THE FIRE EXTINGUISHERS DURING TRAINING PROGRAMME**



## Key Takeaways:

- 1. Theoretical Foundation:** Participants gained a strong theoretical understanding of fire safety principles, enabling them to recognize various types of fires and understand how to use fire extinguishers effectively.
- 2. Hands-on Experience:** Engaging in a controlled fire scenario equipped participants with the practical skills needed to combat real-life fire emergencies, thereby boosting their confidence.
- 3. Effective Firefighting Techniques:** Under the expert guidance of fire officers, attendees learned the most effective and safe firefighting techniques, enhancing their ability to respond efficiently to fire incidents.
- 4. Victim Rescue Skills:** Participants left the session with a heightened awareness of how to locate and rescue victims during a fire, ensuring their safety and the safety of others.
- 5. Equipment Versatility:** Through the use of various fire extinguisher types, participants expanded their knowledge and gained the versatility needed to handle a wide range of fire emergencies, thus increasing their overall preparedness and effectiveness.

***The Fire Safety session of our training program provided participants with valuable skills and knowledge, making them better equipped to respond to fire emergencies and, in turn, contribute to a safer and more resilient community.***

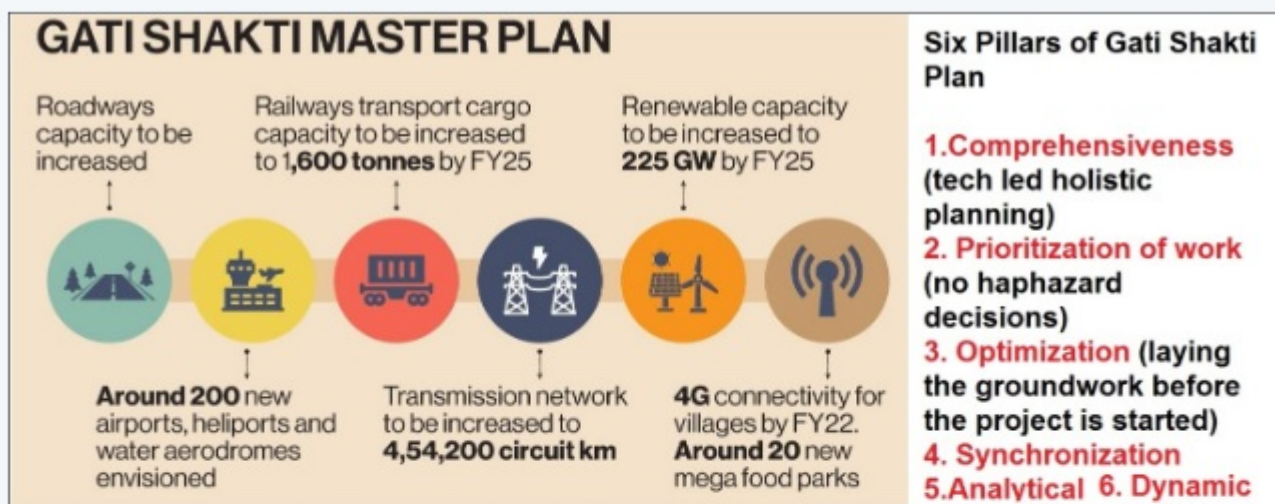
## SESSION-2

### PM GATI SHAKTI PROGRAM

A session led by Ms. Vinny, a seasoned disaster management instructor, participants were treated to a comprehensive exploration of the PM Gatisakti Program. Her expertise in disaster management seamlessly merged with the context of this government initiative, providing a holistic understanding of its implications in the realm of education. The session was introduced with the following three key points:

### INTRODUCTION OF THE SESSION

1. An Overview of the PM Gatisakti Program: Ms. Vinny delved into the foundations and goals of this crucial government initiative, shedding light on its significance for schools and education.
2. The Role of Infrastructure Development: Understanding how infrastructure improvements under the PM Gatisakti Program can enhance educational facilities.
3. National Connectivity and Education: The session opened discussions about how enhanced connectivity can benefit students, teachers, and all stakeholders in the education sector.



PM GATI SHAKTI MASTER PLAN

## Objectives:

1. To comprehensively explain the PM Gatisakti Program and its implications for educational institutions.
2. To highlight the role of infrastructure development in improving the quality of education.
3. To emphasize how national connectivity can empower teachers and education stakeholders.

## Key Takeaways:

1. Enhanced infrastructure for better educational facilities.
  2. Improved connectivity leading to more accessible and efficient learning.
  3. The pivotal role of teachers and education stakeholders in harnessing the program's benefits for the betterment of students and educational institutions.
- Ms. Vinny's adept presentation not only illuminated the core objectives of the PM Gatisakti Program but also underscored its potential in advancing the field of education.

## PLEDGE ON INTERNATIONAL DAY ON DISASTER RISK REDUCTION

Following the completion of the Fire Safety session, all participants reconvened in the auditorium to commemorate the International Day on Disaster Risk Reduction. A solemn and heartfelt pledge was taken by all attendees, affirming their commitment to disaster risk reduction and the safety and well-being of their communities. This pledge symbolized a shared responsibility and dedication to making a difference in disaster-prone regions.



PLEDGE ON INTERNATIONAL DAY ON DISASTER RISK REDUCTION

## VALEDICTORY SESSION

As the training programme concluded, a valediction ceremony was held to celebrate the achievements of the participants and acknowledge their dedication throughout the program. Awards were presented to the best-performing individuals, recognizing their exceptional contributions and active participation.

Certificates of completion were also distributed to all participants, serving as a testament to their newfound knowledge and skills in disaster risk management. These certificates are a valuable asset in their professional and personal development.

Furthermore, feedback from the participants was collected using feedback forms. These responses were crucial in evaluating the effectiveness of the training program, identifying areas for improvement, and gauging overall participant satisfaction. Some participants also took the stage to share their thoughts and opinions on the training program, allowing for a more in-depth assessment of the program's strengths and areas that may require refinement.

### CULTURAL PROGRAMME DURING THE THREE DAYS FACE TO FACE TRAINING PROGRAMME ON DISASTER RISK MANAGEMENT



VALEDICTION, AWARDS, CERTIFICATE DISTRIBUTION, AND FEEDBACK

## VALEDICTORY ADDRESS



COL. DALBIR SINGH DELIVERING THE VALEDICTORY ADDRESS

*In this moment of culmination, as we draw the curtains on this three-day training program, I am filled with a profound sense of pride and gratitude. The dedication, enthusiasm, and commitment displayed by each participant over these days have been truly inspiring. Together, we have embarked on a journey to equip our educators with the knowledge and skills required to be effective first responders and leaders in disaster risk management. As we part ways today, I urge each one of you to carry forward the invaluable insights gained here and continue to champion the cause of safety and preparedness in your respective schools and communities. Let the connections forged here serve as a foundation for a safer, more resilient future. It has been an honor to be a part of this transformative experience with you all, and I have every confidence that the impact of our collective efforts will resonate far and wide. Thank you for your unwavering dedication, and I look forward to witnessing the positive changes you will bring to the educational landscape in Punjab.*

*In summary, Day 3 marked the successful conclusion of the "Face to Face Training Programme on Disaster Risk Management." Participants left with enhanced skills and knowledge in disaster risk reduction and were further motivated to take the lessons learned into their communities. The valediction, awards, certificate distribution, and feedback collection served to recognize and celebrate the participants' commitment to disaster preparedness and risk reduction. The success of this program was evident in the enthusiastic and engaged participants who left better equipped to contribute to a safer and more resilient future.*

## LESSONS LEARNT

Over the course of these three days, we have gleaned invaluable lessons that are pivotal for our collective journey in disaster risk management.

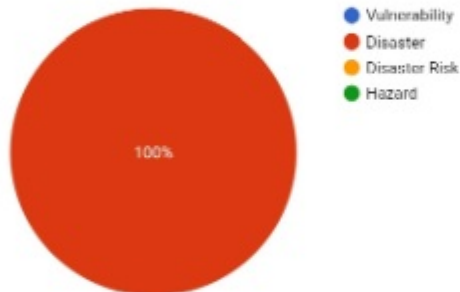
1. **Importance of Preparedness:** The critical role of preparedness in disaster management was emphasized, highlighting the need for proactive planning and training.
2. **Teacher's Role as First Responders:** Participants realized that teachers are often the first responders during disasters, responsible for ensuring the safety of students, and learned how to effectively fulfill this role.
3. **Comprehensive Disaster Knowledge:** A wide range of topics, from earthquake preparedness to psychosocial care, was covered, providing participants with a comprehensive understanding of disaster management.
4. **Child-Centric Approach:** The unique vulnerabilities of children during disasters were addressed, stressing the importance of child rights and protection.
5. **Collaborative Efforts:** The training highlighted the benefits of collaboration among various organizations and stakeholders in disaster management, showcasing the effectiveness of a multifaceted approach.
6. **Community Engagement:** Participants learned the importance of engaging with local communities to build a network of support and coordination in disaster response.
7. **Resourcefulness and Adaptability:** They realized the need to be resourceful and adaptable in crisis situations, making the best use of available resources.
8. **Continuous Learning:** The importance of ongoing learning and development in disaster risk management was underscored, encouraging participants to seek further training and resources.
9. **Effective Communication:** The program stressed the significance of clear and effective communication, especially in the chaotic aftermath of a disaster.
10. **Promotion of Safety Culture:** Participants were inspired to promote a culture of safety and preparedness within their schools and communities, ensuring long-term resilience.
11. **Empowerment:** They learned that knowledge and skills acquired during the training program empower them to protect and guide their students during emergencies, instilling a sense of confidence and responsibility.
12. **Holistic Approach:** The training encouraged participants to approach disaster management from a holistic perspective, considering all aspects of safety, from immediate response to long-term recovery.

## WAY FORWARD

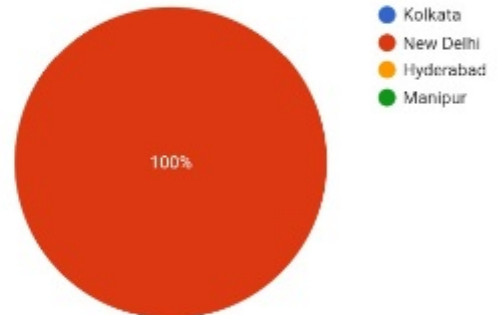
1. **Implement Training in Schools:** Apply the knowledge and skills acquired in the training within their respective schools, creating a safer educational environment.
2. **Educate Peers and Students:** Share the information with fellow teachers and students, raising awareness about disaster preparedness and response.
3. **Establish Disaster Committees:** Form disaster management committees within schools to facilitate planning, coordination, and response efforts.
4. **Regular Drills:** Conduct regular disaster drills and simulations to ensure preparedness and familiarize students and staff with emergency procedures.
5. **Community Engagement:** Engage with local communities to foster collaboration and support in disaster management initiatives.
6. **Resource Mobilization:** Seek and secure resources for disaster preparedness, such as first aid kits, emergency supplies, and communication equipment.
7. **Networking:** Maintain connections with fellow participants, creating a network of educators for ongoing learning and support.
8. **Continued Education:** Pursue additional training opportunities in disaster management to stay updated on best practices and emerging trends.
9. **Advocate for Child Rights:** Advocate for the rights and protection of children during disasters, raising awareness on child-centric disaster management.
10. **Collaborate with Stakeholders:** Continue to collaborate with organizations like NIDM, SCERT, and CRY, and tap into their expertise and resources.
11. **Promote a Culture of Safety:** Act as ambassadors for a culture of safety and preparedness, inspiring others to take proactive measures.
12. **Monitor and Evaluate:** Regularly assess the effectiveness of their disaster management efforts and make necessary improvements.
13. **Sustain Initiatives:** Ensure that the initiatives taken during the training program are sustained over the long term, not just as short-term measures.
14. **Support and Share:** Provide support and share experiences with each other and with the broader educational community, contributing to a collective learning environment.

## POST EVALUATION FORM

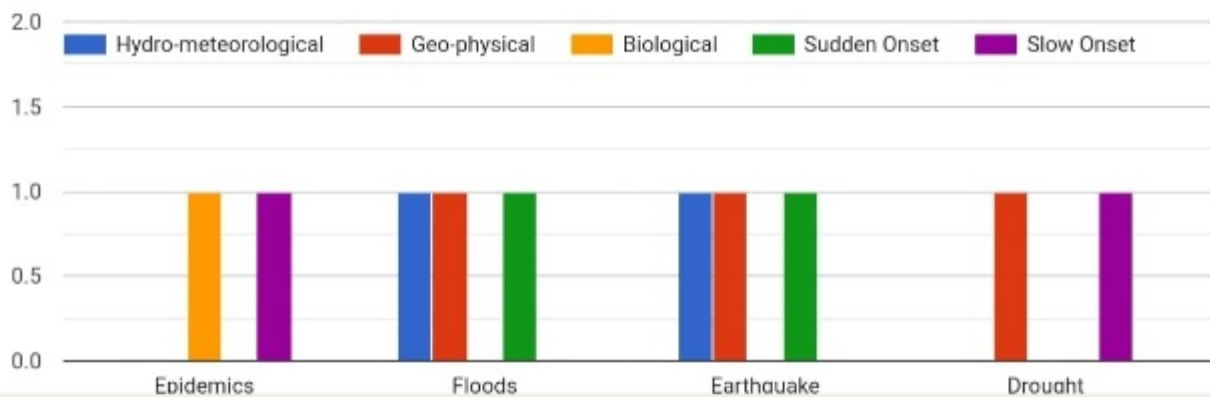
Question 1 - A serious disruption of the functioning of a community or a society due to hazardous event is called a \_\_\_\_\_



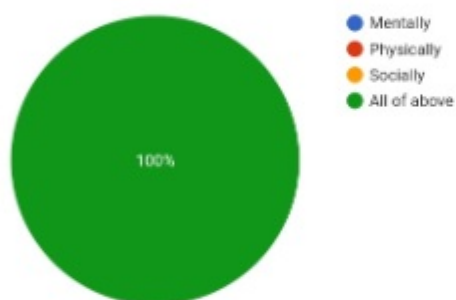
Question 3 - In which city the National Institute of Disaster Management is situated?



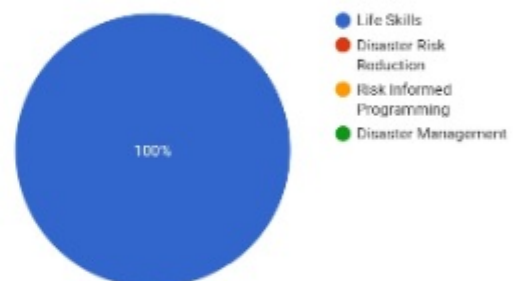
Question 2 - Match Disasters by categories



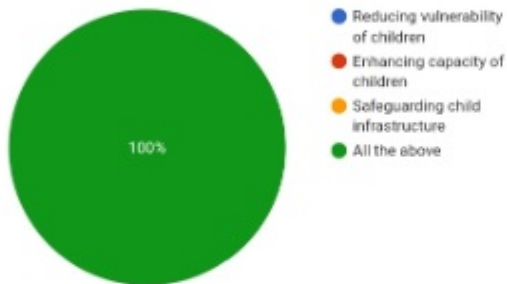
Question 4 - Children are affected by disasters



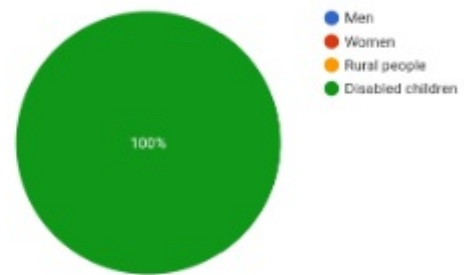
Question 5 - Swimming, Tree Climbing and First Aid all these are examples of



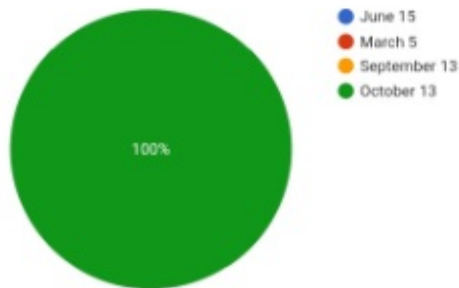
Question 6 - School safety is an intervention for



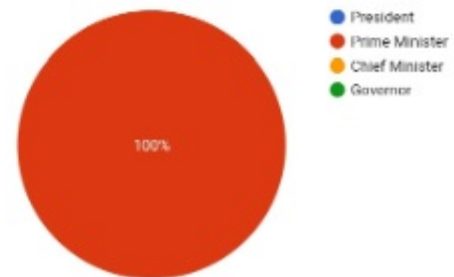
Question 7 - Which of the followin are the most vulnerable group in a similar disaster situation



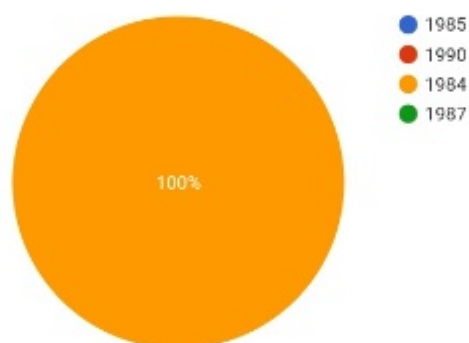
Question 8 - International Day of Natural Disaster Reduction is celebrated on?



Question 9 - Which of the followi heads the National Disaster Management Authority(NDMA)?



Question 10 - Bhopal Gas tragedy occurred in which year



## LIST OF PARTICIPANTS (11-13 OCTOBER, 2023)

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Feel free to give us your valuable feedback and suggest which will help us to improve it further. ☒ Please tick the appropriate box.

01. I think the structure and organization of the course fulfilled the objectives of the Training programme  

Very Well	Well	Moderate	Average	Unstructured
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
02. I feel this programme would be useful to me immediately in my job  

Very Much	Much	Moderately	Limited Use	Not at All
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
03. I believe this will help me in my future job related to Disaster Management  

Strongly Agree	Agree	Neither Agree nor Disagree	Disagree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
04. Practical orientation of the Training programme.  

Very High	High	Neither High nor Low	Low
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
05. I feel this inspires me to take up assignments related to Disaster Management  

Very Strongly	Strongly	Can Not Say	Weakly
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
06. I have benefited from interaction with fellow participants in the course  

Very Much	Much	Neither Much nor Less	Less
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
07. I found the course materials supplied to us to be  

Relevant	Can Not Say	Little Relevance	No Relevance
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
08. Your overall impression of the Training Programme  

Excellent	Very Good	Good	Fair	Poor
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
09. As per the objectives of the training programme, any element that is left out of the training course in your view.

10. Which portion of the training programme you did not find of much use?

11. Any specific observation/comments you wish to make (Overall).

12. Which sessions did you find the most relevant?

	Not Relevant	Relevant	Very Relevant	Did Not Attend
Dr. Ajinder Walia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prof. Ravinder Kaur	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prof. (Dr.) Sushma Sagar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fire & Rescue Services Chandigarh	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

13. Any suggestion regarding particular topic and speakers.

14. Any suggestion regarding the training methods.

**15. Your comments on Administrative Arrangement on followings: -**

	Excellent	Very Good	Good	Satisfactory	Unsatisfactory
Accommodation	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Food	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Overall Admin	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

**16. Any other Recommendation/Suggestion, not covered above, to improve the programme you may suggest.**

**Name of the Participant:** .....

**Designation:** .....

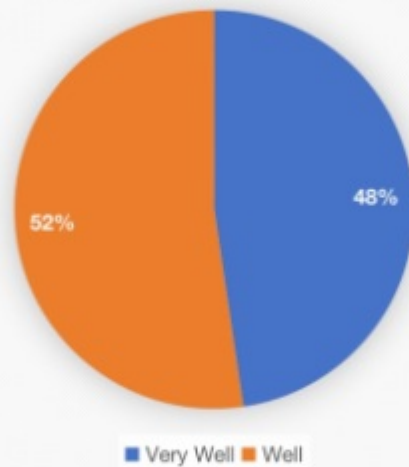
**Department:** .....

**Contact No.:** .....

**Signature of the Participant**

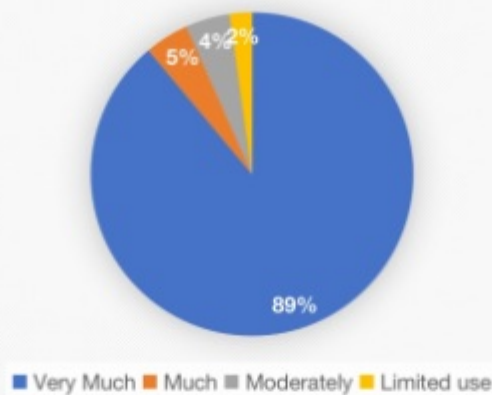
## FEEDBACK ANALYSIS

**1. I think the structure and organization of the course fulfilled the objectives of the Training Programme**

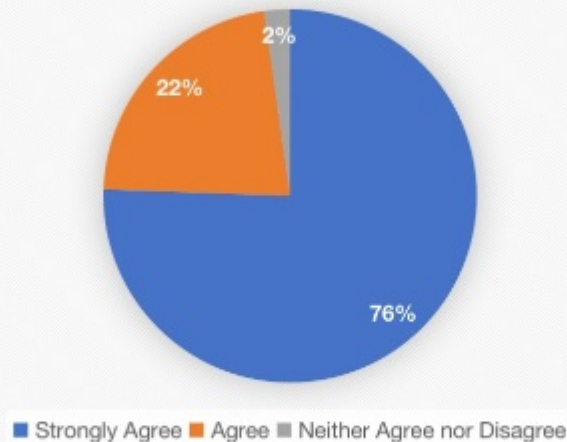


**2. I feel this Workshop would be useful to me immediately in my job**

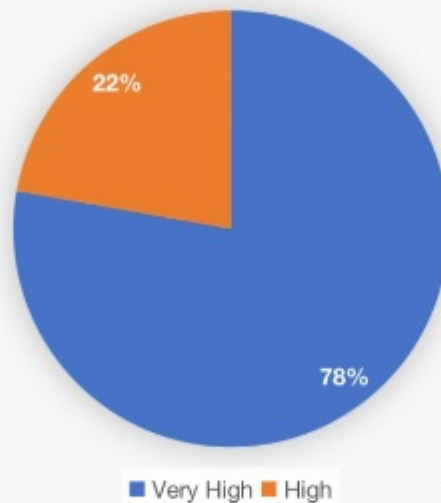
Chart Title



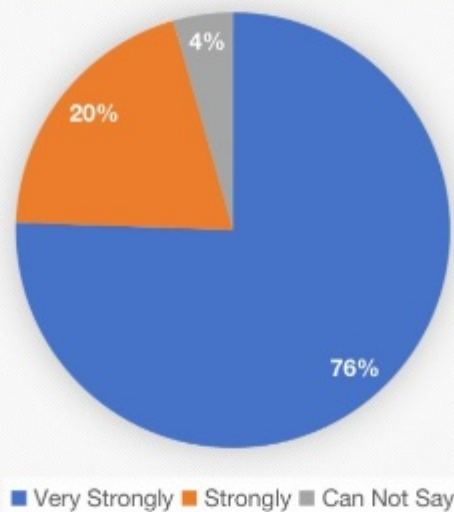
**3. I believe this will help me in my future job**



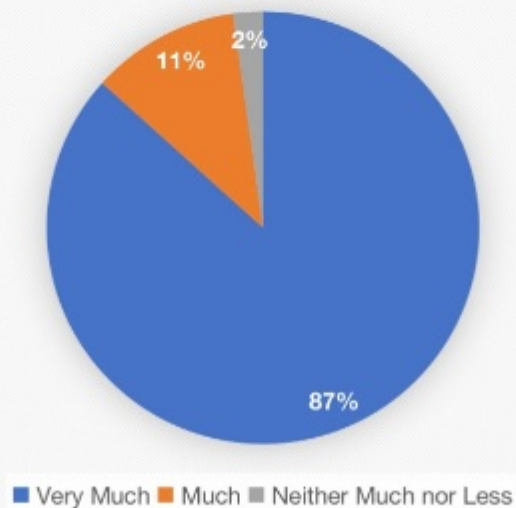
#### 4. Practical orientation of the Workshop.



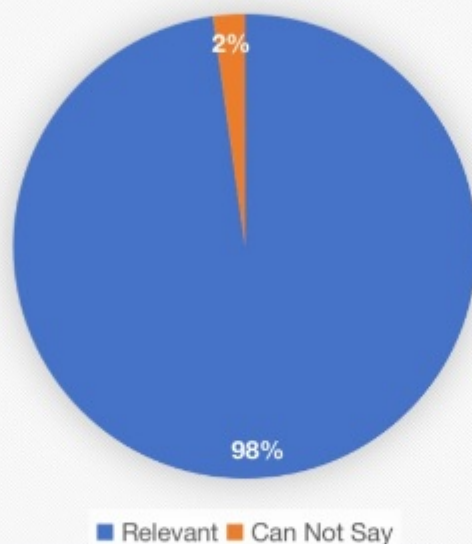
#### 5. I feel this inspires me to take up assignments



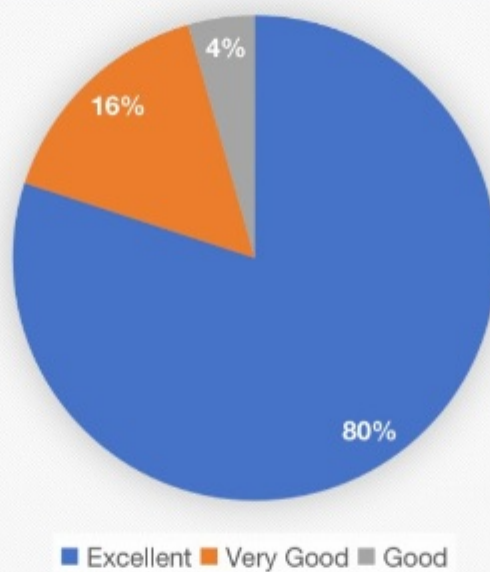
#### 6. I have benefited from interaction with fellow



### 7. I found the course materials supplied to us to be

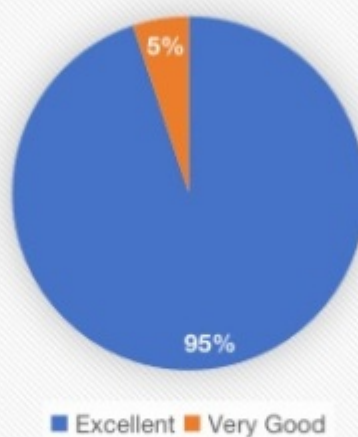


### 8. Your overall impression of the Workshop.

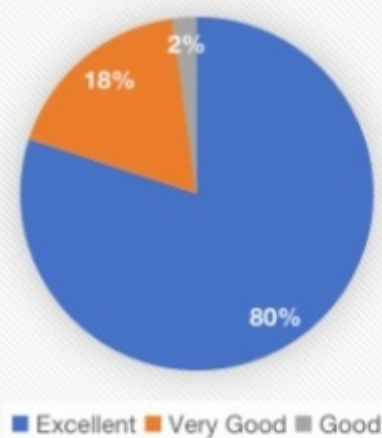


## Your comments on Administrative Arrangement on

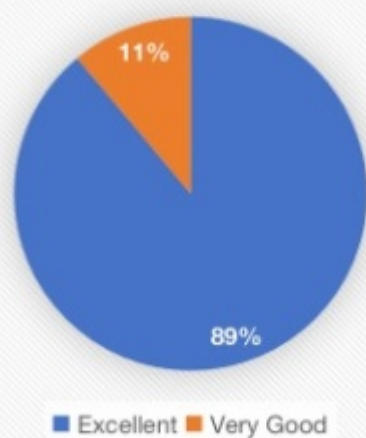
### Accommodation



### Food

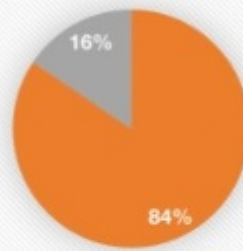


### Overall Admin



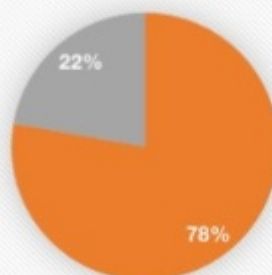
## 12. Which sessions did you find the most relevant?

### Dr. Ajinder Walia



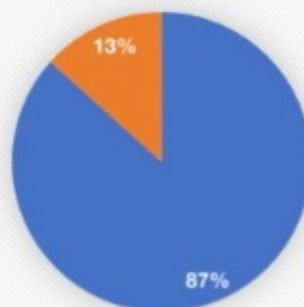
Very Relevant Relevant

### Prof. Ravinder Kaur



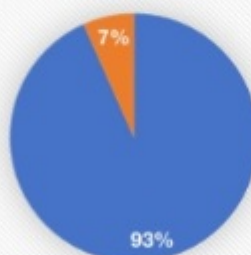
Very Relevant Relevant

### Prof. Sushma Sagar



Very Relevant Relevant

### Fire & Rescue Services Chandigarh



Very Relevant Relevant



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