

REPORT

**3 Days online Training Program on
“Basics of Disaster Management”
January 04th-06th, 2021**

**Jointly organized by
National institute on Disaster Management (NIDM), Ministry of Home
Affairs, Govt. of India, New Delhi
&
University of Petroleum & Energy Studies,
Dehradun**

BACKGROUND:-

As we all know, India is a theatre of disasters, thanks to our socio-economic and geographic conditions. Every year, we face all kinds of natural as well as manmade disasters. Above all, last years' and still continuing Pandemic has thrust upon us many challenges to cope with. It has questioned our way of living, our definitions of growth and development and also our preparedness.

Modern times is a time of multi hazard scenario where one agency or authority cannot facilitate each and every body with needed support in a pre-during-post disaster scenario. All the stakeholders will have to come forward to share their portion of responsibilities in cohesive manner so as to reach the desired DRM goals.

Further, every disaster is different from its past version and it teaches us all new lessons. We learn from it and equip ourselves in a better fashion for future onslaught of disasters. Disasters can never be eradicated but yes with better preparedness, its impact can very well be reduced. Holistic approach of dealing with disasters teaches us many mechanisms in this regard. Regular skill development and capacity building is one of these mechanisms, under which, such a joint 3 day workshop was organized. This programme tried to cover few important agenda items of Hon'ble PM's 10 point agenda on DRM.

OBJECTIVE:- The main objective of the programme was:-

- To impart knowledge about basics of disaster management and institutional mechanism among the participants;
- To discuss various natural and man-made disasters, their impacts and safety guidelines;
- To provide a platform to participants for experience sharing and shared learning;
- To discuss way forwards and mechanisms/tools Pan India which helps the Government and Community move towards a disaster resilient society;

INTRODUCTION:-

DAY 01

A three days online training program on disaster management was jointly organized by National Institute on Disaster Management (NIDM) & Department of Civil & Health, Safety and Environmental Engineering (HSE), University of Petroleum and Energy Studies (UPES), Dehradun, Uttarakhand, during January 04th-06th, 2021. The session started with welcoming of speakers of the day from Dr. Nihal Anwar Siddiqui, program director of HSE & Civil engineering, UPES, Dehradun & Sh. Ashish Panda, Faculty Member, NIDM. All the speakers and participants were welcomed for the session. A brief description regarding what is to be covered in the 3 days' workshop was then delivered by **Sh. Ashish Kumar Panda, faculty, NIDM**. Ms. Shilky Moderated the Programme.



The gathering of around 265 students, faculties, and participants from industries then witnessed its first speech by **Ms. Shilky, YP, NIDM** who talked about Covid 19 Present Status, Dos and Don'ts etc. She gave insights on the COVID scenario that the world is facing and also the mitigation measures that could prevent the contamination. Her topic of discussion revolved around the following areas:

- COVID-19, the symptoms it causes and early identification.
- Impact of COVID'19 on people's livelihood physically, socially and economically.
- Evolution of the new variant of COVID in UK and how deadlier it is than the existing strain.
- Preventive actions that could reduce the exposure from COVID'19.
- The absence of a specific antiviral treatment and the need for special supportive care, especially for the aged.
- Ms Shilky also shed some light on WHO approved medicines and immunity boosting measures that could promote immunity and reduce the chance from getting infected.

Then, moving forward, a very enlightening session was delivered on the Basics of DM and institutional Mechanism by **Sh. Ashish Kumar Panda, Faculty Member, NIDM**, who presented on "Basic Concepts of Disaster Management and Institutional Mechanism", beginning with the Disaster Management Cycle - encompassing mitigation, preparation, recovery and response. Other points discussed included:-



- Impacts of Disasters on "Physical", "Economic", "Social" and "Environmental Domains."

- After knowing these impacts, a range of concepts are planned out; from risk identification to preparedness and resilient reconstruction.
- Stages of disaster management - Pre-disaster, during disaster, post disaster, prevention, mitigation and preparedness.
- “We cannot stop natural disasters but we can arm ourselves with knowledge. So many lives would not have to be lost if there was enough disaster preparedness.”
- Moving on to the institutional mechanism, Shri Ashish explained the significance of the year 2015 as three major documents were developed in relation to Disaster Risk Management - “Sendai Framework for Disaster Risk Reduction”, “Paris Climate Agreement” and “Sustainable Development Goals.”
- The inclusion of disaster risk reduction in the 17 sustainable development goals were also discussed. These targets were also created to match up with the other documents mentioned previously.
- The institutional mechanism of our Nation was also discussed with the National Disaster Management Authority at the Central Level which interfaces with other sub-bodies in the framework, along with the District and State Disaster Management Authority.
- The Disaster Management Act 2005 and how the paradigm shift happened. The requirement of a disaster management plan in each establishment and the basis of The National Disaster Management Plan 2016.
- The Prime Minister’s 10 Point Agenda at the AMCDRR, 2016 which focused on disaster risk management and its development at different dimensions.
- The National Institute of Disaster Management (NIDM) and how it came into being, its vision, responsibilities, functions and roles.
- The National Disaster Response Fund (NDRF) and the 15th Finance Commission (Article 280, April 01 2020 onwards) and NDRMF and SDRMF etc.

Concluding the presentation, Sh. Ashish explained how disasters threaten development, just as development creates disaster risk. The society has to understand to protect itself from disasters and continually improve upon itself, be resilient and be invulnerable to disasters. He re-emphasises the need for proper and efficient planning in disaster management and closes his session.



The training session next witnessed a lecture on Forest Fire Risk Management by **Dr. V K Dhawan, FRI, Dehradun** who spoke on the topic “Forest Fires and Disaster risk reduction”. The topics covered in the presentation included:

- Forest fire scenario and losses due to it in India as well as other countries.
- The reasons for the causes of forest fire and the classifications of forest fires on the basis of the place of action, in India.

- Some favourable roles of forest fires, the damages due to forest fires in all aspects both environmental as well as property wise, various other contributing factors due to forest fire, i.e., loss of vegetation, soil erosion, landslide, loss of animal, human lives, etc.
- Methods and techniques used to control forest fires in India, that is, awareness drives through NGOs, distribution of signboards and posters, clearance of fire lines, controlled burnings, lookout towers for detection, real time monitoring through satellite based remote sensing, establishment of master control rooms in states at division level etc.
- Reduction of fire hazard for energy i.e. by involving people for the collection of pine needles (fuel) from the forest floor and with this, the generation of bio briquettes from pine needles, which is then used for biogas generation and electricity production in these villages.
- Forest fire control hand tools and equipment were shown and each equipment working was briefly discussed.
- Control line method, Area method, Counter firing/Back firing methods to control the spread of and to extinguish the fire.
- Additional methods such as using aircrafts, planes, helicopters that carry water as well as parachuting with equipment to a nearby area close to the fire and then firefighting it etc.
- The presentation then concluded with Dr. V K Dhawan suggesting some way forward, which included creation of forest fire research centres in each state, massive awareness programs, preparation of forest fire danger ratings for each state, strengthening of communication and monitoring systems, study of effect of forest fire on climate change etc.

Then **Dr. Naveen Arora, Dean, Environmental Science, BBAU, Lucknow**, presented on the topic- Sustainable Environment for better tomorrow. Highlights of his presentation were:-



- Big bang theory and the formation of earth and how life formed on earth.
- Trends of human activities, increasing population on earth which resulted in beginning of anthropogenic impacts on the planet.
- Changes on earth by 2050- How we are impacting the earth, rise in greenhouse gases, increase in demand of water, energy and food .
- The system is impacting the habitat of earth - ocean acidification, climate change, biodiversity loss, land degradation, fresh water loss, ozone depletion.
- Types of Pollution- Air pollution-where the AQI goes very high in winters in cities of North India. Chemical Pollution, Oil spill overs, plastic pollutions, metal pollution.
- The use of plastics affects the food chain and food web of the animals, plants and other living organisms, microplastics also mixes in the blood of animals.

- The contribution of Greenhouse Gases on burning of fossil fuels and other activities resulting in increased global warming and climatic changes, where Carbon dioxide is the major source of GHGs.
- He has also published an article on “Earth - 50 Years challenge”, where the temperature rise on earth has increased drastically and the rate of deterioration is so high resulting in increased natural disasters, loss of biodiversity, land degradation and so many.
- We are facing the sixth mass extinction at present which is anthropogenic in nature, also called as human induced mass extinction.
- How increase in the human population is affecting the soil salinity and CO2 emission.
- The world population is increasing and the demand for food will also increase in corresponding to the population.
- UN Sustainable development goals.
- Antarctica’s rapid Ice melts. We lost a huge portion of the iceberg this year and increased the sea level which also led to increase in sea level and beach erosion.
- Different images of present and past conditions of lakes were shown. The lake, ponds and freshwater sources are declining.
- Heavy metal pollution on the mount everest , Great pacific garbage patch in the Pacific ocean, the oil spill in Mauritius and Australian Bushfires resulting in loss of biodiversity.
- Deforestation, bushmeat trading, exhaustive agriculture methods, Intensive livestock farming, unplanned urbanization has also resulted in problems and issues in land degradation.
- Solutions to deal with the environmental problems such as biotechnological solutions, waste management, moving towards biofuels like biodiesel, biogas etc.
- At last he told his success story of bioremediation of saline soil.

DAY 02 of the workshop began with the welcoming of all the speakers of the day by Sh.Ashish Kumar Panda. The technical sessions for the day then proceeded in the following order:

Dr. Arijit Roy, Scientist-F, IIRS, Dehradun presented on the topic - Role of Remote Sensing and GIS in Forest Fire Monitoring and Management. The presentation covered-

- Forest fire detection.
- Forest fire monitoring using satellite data. Use of Modis, SNPP and geo satellites.
- Real time fire detection using GIS and detecting forest fire incidents in Uttarakhand in 2018.
- Hyper temporal active forest fire using INSTA3D



- Burnt area mapping and monitoring which could be used to identify the fire spread and direction in real time.
- Forest fire affected areas during May 19 and how the satellite (specifically, SENTINEL-2 FCC (12,11,8) monitored area looks in comparison to the past years.
- Statistics highlighting that nearly 60% of all the districts are affected by Forest fires. The total forest burnt area was estimated to be 48,765 km². Nearly 7% of the forest cover in India was affected by forest fires in 2014.
- Impact of forest fire on the biodiversity of Rajaji national park.
- Implementation of an automated Forest Fire Risk Advisory for the entire Nation.
- Mobile based fire reporting and monitoring system which is being used in J&K and is being demonstrated in Uttarakhand. This enables real time monitoring during active forest fires and applying tags like the type of fire, topography, road accessibility etc.



Dr. Sanjay Singh, OP Jindal University, Raigarh, presented on the topic - Community Capacity Building. He discussed the following points:

- Brief of necessity in capacity building of an individual during the time of disasters.
- The importance in planning for disasters is necessary because failing to plan is the same as planning to fail resulting in loss of lives.
- The major idea of disaster management plans is the capacity building of the people, communities and the surroundings, and the most important part of capacity building is to not overlook the mitigation, prevention and recovery.
- Community based disaster preparedness is necessary because they are the first responders and they inherit the capacity for response for better and effective disaster management.
- Ensuring and enabling the capacity building objectives, skills, knowledge, competency and attitude improves the performance and reduces the risk caused by disasters.
- Knowledge and preparation is the main key for survival in the catastrophe of disaster.
- Different types of disaster preparedness plans for personal, family and workplace.
- The need for a disaster kit or go kit at home or workplace is important and it must be easily portable to evacuation plans or centres.
- In the end, he concluded with a quote that “Hope for the best, but be prepared for the worst”

Dr. Jugal Kishore, Head, Safdarjung Hospital, Delhi, presented on the topic “Community health and Zoonoses”. The presentation covered the following;

- The presentation started with floods and interaction with pets during the time of flood i.e. human animal interaction.



- Some diseases that are common after disasters were discussed. Leptospirosis in Kerala after floods, Cholera in Mozambique etc.
- The importance of keeping pets safe and healthy after natural disasters like hurricanes, floods etc.
- The session discussed elaborately on Zoonotic Disease - A disease transmitted from animals to humans and effects on different age groups and immunocompromised people.
- The Concerns associated with zoonosis that is how zoonosis occurs by the interaction of humans with animals - food, cultivation, play and entertainment and thereby the emergence and reemergence of zoonosis - Lassa fever, Monkey pox etc.
- Effects/ burden of zoonosis was discussed - Causes morbidity and mortality with some examples being Plague - 12 million dead, Rabies - 20,000 death annually, Brucellosis loss of 30 million man days, Japanese encephalitis, Kala Azar, Swine Flu(H1N1) & the current pandemic Covid - 19.
- Classification of Zoonosis on the basis of etiological agents (Bacterial, Viral, Protozoa etc) and on the basis of reservoir.
- The factors responsible for Zoonosis in Humans - Ecological factors, Control and eradication of major diseases effect of human settlements, Fluctuation in animal populations due to food supply & climate changes, Natural and manmade disasters, Human behaviours & food habits, Poor socio economic status and Poor health facilities etc.
- The organisations that are involved in the Prevention and control of zoonosis was mentioned namely WHO, FAO-UN, OIE, NCDC, DADF, Indian Veterinary Research Institute and National Institute of Animal Health.
- The session then ended with the discussion of some prevention and control measures - Vaccination, Reduction of Vector/ Source of infection, Environmental modifications, Behavioural modifications, Use of advanced technology, Food hygiene, Local and National Surveillance, IEC at all levels, Training of health providers and Occupational health program etc.



Shri Shekher Chaturvedi, Asstt. Professor, NIDM spoke on “Need and tools for formulation of Disaster Management Plan”. The presentation covered:

- Explaining the need for a DM plan.
- Hazard, Vulnerability and Capacity analysis was then discussed as it was the most important part of the DM plan and it was also iterated upon due to the reason that most plans missed out on this point.
- Hazard analysis and various tools in order to analyse the hazards.
- It included Transect walk, Historic profile, Seasonal calendar and few others. Further each tool was discussed in detail.
- Resource mapping and capacity mapping and its need and use was also brought to everyone’s attention.

- Concluding the session, contents of DDMP including Area profile, Hazard profile, Risk profile. Vulnerability profile, capacity profile, Seasonality of hazards, preparedness activities, mitigation measures etc.

DAY 03 of the workshop & training session started with the welcoming of all the speakers of the day by Sh. Ashish Kumar Panda.

Sh. Ashish Kumar Panda, Consultant and Faculty Member, NIDM presented on the Psycho Social Care – Issues and Challenges in India. The presentation included:

- Psycho social support.
- How disaster mental health has evolved in the last 2 decades.
- What to identify in a rehabilitation programme?
- Disaster stress & grief reactions are normal responses.
- Enabling economic independence and treatment of PTSD by psychotherapy, securing good hygiene, nutrients, shelter etc..
- Interventions must be appropriate to various phases of disaster.
- Support system is a very crucial recovery step, putting families together if they get vandalised because of disaster.
- Attitude of the caregiver towards women, children and PWDs. Greater care and support must be given to them.
- Chronic mental illness and critical health care conditions.
- Service requirements and delivery for psychosocial disorders.
- Capacity development and HRD. Need for creation of comprehensive training for caregivers.
- Need for more mental health care professionals in India.
- Steps taken for Psycho social health in the past: NMHP, DMHP and applications like BHAROSA, MANODARPAN, KIRAN .
- Suggestion such as increasing awareness,community partnership, digital initiatives, financial support and better coordination between Healthcare, Centre and State etc.

Prof. Girish Chandra, OP Jindal University, Raigarh spoke on “Women and DRR”. He spoke in details about the “Women's leadership and greater involvement in Disaster Risk Management”. The presentation covered;



- Mobilizing women's leadership in Disaster Risk Reduction - Stock taking, Overview and way forward.
- Role of women in DRR - Traditional system, Religious believes, Family structure, Household work, Education, Attitude.
- Background and rationale - Leadership, Present day happenings, adequate capacity building measures, General recommendations.

- Women's leadership important factors - Role of women, Social restrictions, Leadership, Proper management, Capacity, Skills, Preparedness and response, Need of the hour is for greater involvement of women.
- Moving forward the role of leadership by women - Around world, Scenarios of covid 19 pandemic, Decision making qualities, Importance of women leadership.
- Role of women in DRR - Past and Present scenarios.
- Women leadership - Disaster risk management & Role, activities in combating the disaster.
- Caregiving roles by women- Supplement income and household security (bread earner), Greater responsibility protector, Access in the affected areas in India, Special health needs/support, Better psychologically to handle emotional matters.
- Growing role of women in Disaster risk Management in current scenario - Different states, plans, new policies, missions.
- Problems faced by the women for effectiveness of their disaster risk management – Shortcomings and gap areas.
- Work towards risk coverage for all - Financial aspects, Insurance regulatory body, Safety and resilience of the infrastructure
- Leverage technology to enhance the efficiency of disaster risk management efforts.
- How important a women's role can be in DRR.



Er. Awdhesh Kumar, Asstt. Professor, Invertis University spoke on, “**Civil Engineering Innovations for DRR**”. The talk included the following:-

- Example of great construction of Great Wall of China which was built in a way to reduce the risk reduction from enemies attack.
- Some basic insights of the origin of civil engineering and the importance and need for shelter.
- Disaster Risk Reduction and various its components were listed and how Civil Engineering goes hand in hand with DRR.
- The need for Emergency Support Functions and the various coordinating agencies that manage and assist to all types of disasters.
- Types of disasters and the basis of hazards associated with them.
- Types of concrete that are used to avoid disasters due to construction like self-healing concrete and bio concrete.
- The importance of blast resistant building design for industries.
- Civil engineering not only focuses on the DRR in construction but also in Animal Inclusive DRR.
- Brief of need for the Disaster Resilient Infrastructure.



Dr. Avadesh Sharma, Professor, Invertis University speaker presented on the topic “**Art of well-being and SudarshanKriya**”. The presentation covered:-

- Real meaning of Art of Living.
- Wellbeing definition, which is the state of being comfortable as well it is the complete integration of body, mind and spirit.
- Dimensions of wellbeing, that includes various factors such as Environment, Physical, Intellectual, Emotional. Spiritual, Relational, Cultural, Vocational and Financial factors etc.
- Ways to achieve proper well being such as by connecting with people, doing various yogic practices and also by having the proper diet.
- What is Sudarshan kriya yoga?
- Various Techniques of Sudarshan kriya Yoga.
- Advantages of sudarshankriya yoga i.e it enhances the optimistic satisfaction towards life as well as reduces anxiety and stress etc
- Various yogic techniques was performed during the presentation such as Office yoga, Cow stretch yoga and seat forward bend yoga. in order to reduce the stress level and to calm down the nervous system.
- How yoga practices are helpful in Human life.
- How a pattern of breath is useful in determining the person's state of mind!
- Determination of 3 factors that lead to a perfect wellbeing i.e Ayurveda, Yoga and Knowledge (Dhyan).
- The session concluded with the importance as well as implementation of all those factors in life in order to achieve a perfect Well-Being state.

VALEDICTORY SESSION:-



Prof Anil K Gupta, HoD, ECDRM, NIDM gave closing remarks. He congratulated the organising team for wonderfully conceptualized programme. He discussed about the operational dimension of our workforce. There are direct linkages of mental wellbeing with capacities to meet disasters. Citing Attachment – psychological trauma, he mentioned that

Mental Well Being is important not only with respect to disasters but in our normal day to day lives. He connected spirituality dimension with Leadership. It is very necessary for unbiased decisions. He concluded by saying that Yoga and Meditation are very much necessary in modern times of very competitive and machine based life.

Dr. Nihal, UPES, Dehradun summed up the 3 day online training program on basics of disaster management and wished all the participants success in their day to day lives and career.



Shri Ashish Kumar Panda, Faculty, NIDM, thanked all the esteemed speakers for their wonderful, lucid and thought provoking presentations and talks. He said that he is confident that the participants must have benefitted hugely through this knowledge sharing programme and that NIDM and UPES will be collaborating further in future for other such programmes. He requested everybody to be safe during this pandemic

times by remaining vigilant, following guidelines, keep wearing mask, using sanitizers, by not spreading rumours and trying to remain happy and keeping others happy.

PARTICIPATION:- The programme was a huge success and was participated by 265 participants across India. Faculties from UPES and other Universities/colleges, Research Scholars, Academicians, Students and representatives of NGOs joined this programme from all over India.

TAKEAWAYS:- The programme witnessed wide coverage of very important aspects and issues of DRM in our country. Major takeaways from the programme were the following vital talking points and discussion nodes:-

- COVID-19 sensitization covering the evolution of the new variant of COVID in UK and how deadlier it is than the existing strain, preventive actions, Vaccine updates, WHO approved medicines and immunity boosting measures that could promote immunity and reduce the chance from getting infection.
- Impacts of Disasters on “Physical”, “Economic”, “Social” and “Environmental Domains, risk identification to preparedness and resilient reconstruction.
- India’s commitment towards “Sendai Framework for Disaster Risk Reduction”, “Paris Climate Agreement” and “Sustainable Development Goals.”
- Review of NDMP 20216 in the year 2019 and inclusion of 3 important chapters.
- 15th Finance Commission and NDRMF and SDRMF with regard to inclusion of mitigation funds.
- Forest fire and related loss of vegetation, soil erosion, landslide, loss of animal, human lives.
- Methods and techniques used to control forest fires - Control line method, Area method, Counter firing/Back firing methods.
- Reduction of fire hazard for energy i.e. scientific use of pine needles.
- Forest fire control hand tools and equipment.
- Creation of forest fire research centres in each state, massive awareness programs, preparation of forest fire danger ratings for each state, strengthening of communication and monitoring systems, study of effect of forest fire on climate change etc.
- Big bang theory and the formation of earth and how life formed on earth and trends of human activities, increasing population on earth which resulted in beginning of anthropogenic impacts on the planet.
- Ocean acidification, climate change, biodiversity loss, land degradation, fresh water loss, ozone depletion, Chemical Pollution, Oil spill overs, plastic pollutions, metal pollution, dangers of plastics etc.
- “Earth - 50 Years challenge” and 6th mass extinction.
- Deforestation, bushmeat trading, exhaustive agriculture methods, Intensive livestock farming, unplanned urbanization.
- Bioremediation of saline soil – projects at Uttar Pradesh.
- Forest fire monitoring using satellite data. Use of Modis, SNPP and geo satellites.
- Hyper temporal active forest fire using INSTA3D

- Burnt area mapping and monitoring used to identify fire spread and direction in real time.
- Mobile based fire reporting and monitoring system which is being used in J&K and is being demonstrated in Uttarakhand. This enables real time monitoring during active forest fires and applying tags like the type of fire, topography, road accessibility etc.
- Capacity building of the people, communities and the surroundings, and the most important part of capacity building is to not overlook the mitigation, prevention and recovery.
- The need for a disaster kit or go kit at home or workplace is important and it must be easily portable to evacuation plans or centres.
- Zoonotic Disease - A disease transmitted from animals to humans and effects on different age groups and immune compromised people.
- The factors responsible for Zoonosis in Humans - Ecological factors, Control and eradication of major diseases effect of human settlements, Fluctuation in animal populations due to food supply & climate changes, Natural and manmade disasters, Human behaviours & food habits, Poor socio economic status and Poor health facilities etc.
- Prevention and control of zoonosis - WHO, FAO-UN, OIE, NCDC, DADF, Indian Veterinary Research Institute and National Institute of Animal Health.
- Vaccination, Reduction of Vector/ Source of infection, Environmental modifications, Behavioural modifications, Use of advanced technology, Food hygiene, Local and National Surveillance, IEC at all levels, Training of health providers and Occupational health program etc.
- Hazard, Vulnerability and Capacity analysis with regard to preparation of DM Plan. Hazard analysis and various tools - Transect walk, Historic profile, Seasonal calendar etc.
- DDMP - Area profile, Hazard profile, Risk profile. Vulnerability profile, capacity profile, Seasonality of hazards, preparedness activities, mitigation measures etc.
- Need for Psycho social support, its evolution in India as well as disaster stress & grief reactions are normal responses.
- Enabling economic independence and treatment of PTSD by psychotherapy, securing good hygiene, nutrients, shelter etc..
- Attitude of the caregiver towards women, children and PWDs. Greater care and support must be given to them.
- Chronic mental illness and critical health care conditions and the need for more mental health care professionals in India.
- Steps taken for Psycho social health in the past: NMHP, DMHP and applications like BHAROSA, MANODARPAN, KIRAN.
- Role of women in DRR - Traditional system, Religious believes, Family structure, Household work, Education, Attitude.
- Women's leadership important factors - Role of women, Social restrictions, Leadership, Proper management, Capacity, Skills, Preparedness and response, Need of the hour is for greater involvement of women.
- Disaster Risk Reduction and how Civil Engineering goes hand in hand with DRR.

- Types of concrete that are used to avoid disasters due to construction like self-healing concrete and bio concrete.
- Need for the Disaster Resilient Infrastructure and the importance of blast resistant building design for industries.
- Dimensions of wellbeing, that includes various factors such as Environment, Physical, Intellectual, Emotional, Spiritual, Relational, Cultural, Vocational and Financial factors etc.
- Sudarshan kriya yoga? - Various Techniques of Sudarshan kriya Yoga.
- Various yogic techniques such as Office yoga, Cow stretch yoga and seat forward bend yoga in order to reduce the stress level and to calm down the nervous system.
- Determination of 3 factors that lead to a perfect wellbeing i.e Ayurveda, Yoga and Knowledge (Dhyan).

ORGANIZING TEAM

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Prime Minister's 10 Point Agenda no. 1,2,3,4 & 8 for Disaster Risk Reduction

3-days Online Training Programme on:

BASICS OF DISASTER MANAGEMENT

04 - 06 January 2021 || 10.00 – 13.00 hrs



Keynote Address

Maj. Gen. Manoj K Bindal
Executive Director
NIDM, New Delhi



Inaugural Address

Dr. Sunil Rai
Vice Chancellor
UPES, Dehradun

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Head, Safdarjung Hospital, Delhi



Dr. V. K. Dhawan



Dr. Naveen Arora



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Moderator

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Jointly organized by :

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

and

University of Petroleum and Energy Studies
Dehradun

Joining details

Platform: ZOOM

Day 1: <https://zoom.us/j/97140624306>

Day 2: <https://zoom.us/j/91914234454>

Day 3: <https://zoom.us/j/96644829109>



Website: www.nidm.gov.in



Stay Protected from Corona
NO CARELESSNESS
UNTIL THERE IS A CURE



Wear your Mask Properly



Wash your Hands Regularly



Maintain Social Distancing

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