



TAMILNADU STATE DISASTER MANAGEMENT AUTHORITY

தமிழ்நாடு மாநில பேரிடர் மேலாண்மை ஆணையம்

AAPDA MITRA TRAINING

RAMANATHAPURAM DISTRICT

ராமநாதபுரம் மாவட்டம்

12 DAYS TRAINING FOR DISASTER RESCUERS

பேரிடர் மீட்பாளர்களுக்கான 12 நாள் பயிற்சி

(28-05-2023 TO 08-06-2023)



TRAINING REPORT

BATCH - 6

SUPPORTED BY

NATIONAL DISASTER MANAGEMENT AUTHORITY (NDMA)

SUBMITTED BY

INTEGRATED CENTRE FOR DISASTER MANAGEMENT

ICDM RESIDENTIAL TRAINING CENTRE

ARIYAMAN

INTRODUCTION

Aapda Mitra – the Final batch of 50 volunteers from across Ramanathapuram District in Disaster Response – will become a game changer in the field of Disaster Management in the District. 250 community volunteers have got trained in the previous 5 batches under Phase -1 & Phase II as per TNSDMA norms. The training Report for each batches were sent to District Disaster Management Authority. After completion of this final batch there will be 300 Aapda Mitrans which will become a people's movement for Disaster Response and Risk Reduction, putting the District on the State & National map in the domain of Community-Based Disaster Risk Reduction.

ISSUES AND CHALLENGES with reference to Balasore – Odisha Train Accident

Meeting the 'golden hour' challenge

In most Disasters, however, outside support cannot reach the affected sites immediately. Even the National Disaster Response Force teams face this situation. Often, response teams from outside have been unable to reach the affected regions in good time because Roads blocks etc..

It is well known that effective response in the first hour following the onset of an emergency or a Disaster increases the chances of survival of victims (This is witnessed in the Balasore – Odisha train accident). Emergency response within this first hour, known as the 'golden hour', is of utmost importance.

The community as first responder

While communities at the site of disasters are the first to be acted, they are also themselves the first responders. Even if untrained, the fit and enacted among the community would rush to help those acted around them anyway. Training them can maximize their effectiveness and provide relief to the people till formal aid arrives. As first responders in any Disaster, trained and informed communities can play the very important role of SAVIOURS.

The Disaster Management Act came into effect in December 2005. However, after nearly a decade of its enactment, this most important activity of preparing our communities to respond to disasters was realized to require more focused attention.

People, as victims of disasters, are the first to Respond, Rebuild and Disaster-proof their communities and lives. In the case of any disaster or emergency, before any government machinery and support reaches or outside help is galvanized, it is the community which can respond immediately.

As the community plays the role of 'First Responder', it is critical that there is adequate awareness and preparedness at the community level, especially amongst people residing in the most vulnerable areas of the country. The role of trained volunteer forces becomes very important in disasters and disaster-like situations. It has been observed that trained volunteers within the community are best placed to provide quick and effective response.

Aapda Mitra – a Game-changing, revolutionary Scheme

Recognizing the importance of volunteers in the field of disaster management, the Government of India, under the guidance of Hon'ble Prime Minister & Chairman of National Disaster Management Authority (NDMA), this revolutionary scheme implemented by Tamilnadu State Disaster Management Authority (TNSDMA) focusing its approach towards strengthening community preparedness. Initiatives undertaken by several Districts in the field of Disaster Management involving community.

OBJECTIVES:

:

1. To train able-bodied community volunteers in disaster response (flood relief and rescue) at the District level. These trained volunteers will be called as Aapda Mitra.
2. To develop standardized training modules for the set of trainings under the scheme.
3. To train the volunteers in life saving skills of disaster response, coordination and assistance,
4. and provide personal protective equipment and emergency responder kit.
5. To create a Community Emergency Reserve at the district/block level containing rescue equipments and medical first aid kits, etc.
6. To disseminate training and education tools developed under the project to more number of flood prone districts in subsequent phases of the scheme

EXPECTED OUTCOMES:

1. Improved Response Capability at Community Level
2. Trained Volunteers equipped with Emergency Response Kits
3. Would be able to know the types of hazards that are most likely to affect their region, homes, Workplaces and neighborhoods
4. Will be able to provide basic first aid to the affected disaster victims.

S.NO	TOPICS COVERED
1	Basic Concepts of Disaster Management
2	Disaster Preparedness
3	Earthquake
4	Landslides
5	Floods
6	Tsunami
7	Cyclone
8	Cloudburst
9	Thunder & Lightening
10	Drought
11	Heat Wave
12	Cold Wave
13	Basic Search & Rescue
14	Lifting Methods
15	Basic First Aid
16	Wound Care Management
17	Injuries and Bandages
18	Basic Life Support
19	Patient Movement
20	Snake & Animal Bite
21	Rope Rescue
22	Fire Safety
23	Forest Fire
24	Flood Rescue Management
25	Fire & Rescue
26	CBRN Emergencies

DAY – 1 (28-05-2023)

BOARDING & LODGING

All the trainees were warmly welcomed by the Ramanathapuram District Coordinator Mrs.Sathiyapriya and Training Coordinator and Campus Incharge Mrs.Shanthamalar of ICDM and the trainees were accommodated in a dormitory style fully Air conditioned hall. The curriculum of the participants were registered and carefully admitted to the training program.

INAUGURATION

The 12 days training program for Disaster Rescuers 6th Batch was inaugurated and the key note address given by Ramanathapuram Revenue Divisional Officer Thiru.Gopu ,Integrated Centre for Disaster Management (ICDM) Director Mrs.Sonya Mercy welcomed the Chief Guest and the Trainees , Ramanathapuram Taluk Tahsildar Thiru.Suresh felicitated the training program , District Coordinator of ICDM briefed about 12 days training program. This was followed by self-introduction of the participants. Welcome kit were distributed to all the trainees. Pre training Evaluation test for trainees was conducted in the afternoon.



DAY – 2
(29-05-2023)

S.NO	TOPICS	TIME	RESOURCE PERSON
1.	Basic Concepts ,Types of Disaster and D M Cycle	Fore Noon	Thiru. George Cornelius Disaster Management Expert Former Consultant - DDMA - Virudhunagar
2	D M Act Disaster Management Institutional Framework	AfterNoon	



Basic Concept and types of Disaster were well explained through Power Point Presentation. The session covered Meaning of Disaster, Types and classification of Disasters, Major disasters history in National and international. Videos on different types of Disasters were shown to the trainees to understand the impact of each disaster. Trauma caused by Disasters like Physical, Physiological and Psychological were also covered in the session. In addition to Trauma Socio economic impact after Disasters like Migration & Poverty were Highlighted

During the session the resource person , briefed through power point presentation about DM Cycle and Institutional framework. also mentioned about Response, Recovery, Rehabilitation and Preparedness. Disaster preparedness consists of a set of measures undertaken in advance by governments, organizations, communities, or individuals to better respond and cope with the immediate aftermath of a disaster by Institutional Framework



DAY – 3
(30/05/2023)

S.NO	TOPICS	TIME	RESOURCE PERSON
1.	Flood Rescue Training inaugurated by Additional Director of Fisheries - Ramanathapuram District	Fore Noon	Life Guard Trainers HolyLand water Sports Rameswaram
2	Drowning Management	After Noon	



The Holy Land water sports trainer demonstrated the key skills involved in swimming also the floating methods with different strokes. The breathing exercise performed earlier as warm up . Floaters and water rescue materials were explained during the session

Flooding causes many impacts. They damage property and endanger the lives of humans and other living things; the techniques of rescuing the victims were practiced in swimming pool. Trainers from Holy island water sports demonstrated well with the help of life jackets provided by Training centre. Different rescue methodologies were adopted during the session



DAY - 4
(31/05/2023)

S.NO	TOPICS	TIME	RESOURCE PERSON
1.	Hazard, Vulnerability , Risk and Disaster Management Preparedness	Fore Noon	Mr.Vairavarajan Disaster Management Trainer Palayamkotai
2	Tsunami and Cyclone	After Noon	



The session was inaugurated by Panchayat President Thiru.Veerapathiran . The trainees understood the relevance, methodology, process, and outputs of HVRA. The data, findings, and mapping of social and physical losses as a result of the HVRA enable DRM professionals and other stakeholders to develop necessary understanding and competency to address and reduce risk from natural and Human-made hazards

Tsunamis are giant waves caused by earthquakes or volcanic eruptions under the sea. Out in the depths of the ocean, tsunami waves do not dramatically increase in height. But as the waves travel inland, they build up to higher and higher heights as the depth of the ocean decreases. The speed of tsunami waves depends on ocean depth rather than the distance from the source of the wave. Tsunami waves may travel as fast as jet planes over deep waters, only slowing down when reaching shallow waters.



DAY – 5
(01/06/2023)

S.NO	TOPICS	TIME	RESOURCE PERSON
1.	Thunder ,Lightning	Fore Noon	Dr.Prof.Suresh Pandi, Government Arts and Science College Nagalapuram,
2	Cloudburst and Floods	After Noon	Tuticorin



Resource person clearly explained about the difference between thunder and lightning .Thunder is the sound caused by a nearby flash of lightning and can be heard for a distance of only about 10 miles from the lightning strike. The sound of thunder should serve as a warning to anyone outside that they are within striking distance of the storm and need to get to a safe place immediately. The rapid expansion and heating of air caused by lightning produces the accompanying loud clap of thunder.

Power point which explained cloudburst, a sudden, very heavy rainfall, usually local in nature and of brief duration. Most so-called cloudbursts occur in connection with thunderstorms. Overflow of water from water body covers the land that normally covered by water is called as flood. It is caused by excessive rainfall, rupture of dam wall, extensive cutting trees and blocking of river's path by land slide



DAY – 6
(02/06/2023)

S.NO	TOPICS	TIME	RESOURCE PERSON
1.	Heat wave and Cold Wave	Fore Noon	Dr.Mannan PhD Disaster Management Trainer
2	Earthquake Safety and Landslides	After Noon	Trinelveli



Dr.Mannan taught about Heat and cold waves are extreme temperature events with a high potential of causing negative impacts on human health, and natural and socioeconomic systems, depending on their duration and intensity. Heat waves occur when temperatures rise above average for an extended period of time, while cold waves occur when temperatures fall below average for an extended period of time.

Dr.Mannan briefed about Earthquakes and landslides which are frightening and destructive natural disasters. An earthquake is the sudden, rapid shaking of the earth caused by the breaking and shifting of rock deep underground. landslide, also called landslip, the movement downslope of a mass of rock, debris, earth, or soil (soil being a mixture of earth and debris) They can accompany heavy rains or follow droughts, earthquakes, or volcanic eruptions.



DAY - 7
(03/06/2023)

S.NO	TOPICS	TIME	RESOURCE PERSON
1.	Lifting Methods and Bandages	Fore Noon	Mr.Blith Sudhar State First Aid & Disaster Management Trainer
2	Types of Knots and Rope Rescue	After Noon	IRCS Nagercoil



Different methods of lifting and types of Bandages including head injury were practically demonstrated. Bandages is A piece of soft, usually absorbent gauze or other material applied to a limb or other part of the body as a dressing. To cover by wrapping with a piece of gauze or other material. Bandages can be used to support injured joints, secure dressings and control bleeding. Further trainees practiced how to apply bandages to head inured person.

Using ropes trainees learnt hoe to make differen t types of knots as well as how to make rope ladder for rescue purpose .It is often used for fall recovery and rescue. This technique involves using a specialty extension stick or pole to attach a rope to the subject. Once the rope is securely attached to the subject, they are either raised (hauled) up or lowered down to waiting emergency personnel.



DAY – 8
(04/06/2023)

S.NO	TOPICS	TIME	RESOURCE PERSON
1.	Forest Fire and CBRN Emergencies	Fore Noon	Prof.Dr.Suresh Pandi .PhD Government arts and science college Nagalapuram – Tuticorin District
2	Drought Management	After Noon	Mr.Paul David Patric Former Consultant – Disaster Mangement DDMA



CBRNE is an acronym for Chemical, Biological, Radiological, Nuclear, and high yield Explosives. These types of weapons have the ability to create both mass casualties as well as mass disruption of society. Emergency responders are taught how to recognize and mitigate attacks from such weapons. forest fire, uncontrolled fire occurring in vegetation more than 1.8 metres (6 feet) in height. These fires often reach the proportions of a major conflagration and are sometimes begun by combustion and heat from surface and ground fires.

Mr.Paul Patric briefed about drought which is defined as "a period of abnormally dry weather sufficiently prolonged for the lack of water to cause serious hydrologic imbalance in the affected area." Severe Drought- Occurs when rainfall is more than 50% lesser than the normal amount. Moderate Drought- When rainfall is 26-50% less than normal. Slight Drought- When rainfall is 11 to 25 percent lesser than the normal rainfall in a region.



DAY – 9
(05/06/2023)

S.NO	TOPICS	TIME	RESOURCE PERSON
1.	Basic First Aid, Snake bite, animal bite and wound management.	Fore Noon	Mr.Madhavan First Aid and Emergency care Faculty Kauvery Hospitals
2	Basic Life Support and CPR	After Noon	Trichy



With all the day to day experience Mr.Madhavan briefed about First aid which is the FIRST ASSISTANCE or support given to a casualty or a sick person for any injury or sudden illness before the arrival of an ambulance, a qualified paramedical or medical person or before arriving at a facility that can provide professional medical care. Snake bites should always be taken seriously. Though some are dry bites, which aren't as dangerous and will likely cause some swelling, others are venomous bites, which, if not treated carefully and quickly, can result in death

Cardiopulmonary resuscitation (CPR) is a lifesaving technique that's useful in many emergencies, such as a heart attack or near drowning, in which someone's breathing or heartbeat has stopped. CPR ratio for one-person CPR is 30 compressions to 2 breaths. CPR is needed when a person has the four signs of cardiac arrest: The person has collapsed. The person is non-responsive. Breathing has stopped.



DAY – 10
(06/05/2023)

S.NO	TOPICS	TIME	RESOURCE PERSON
1.	Fire safety and Equipment's	Fore Noon	Station Fire Officer & Firemen Team TamilNadu Fire and Rescue Services
2	Fire & Rescue and Evacuation	After Noon	Ramanathapuram



The personnel, services and equipment secured by the Authority for the purpose of carrying out the Authority's fire and rescue functions. A firefighter is a first responder trained in firefighting, primarily to control and extinguish fires that threaten life and property, as well as to rescue persons from confinement or dangerous situations. The team clearly explained about the equipment used to cease fire in different areas.

"ABC" indicating that they are designed to extinguish class A, B, and C fires. "BC" indicating that they are designed to extinguish class B and C fires. Rescue comprises responsive operations that usually involve the saving of life, or the urgent treatment of injuries after an accident or a dangerous situation.. The main functions of Rescue teams include urban search & rescue in collapsed structures, rescue from depth & confined spaces or height and water rescue.



DAY – 11
(07/06/2023)

S.NO	TOPICS	TIME	RESOURCE PERSON
1.	Early Warning Communication at community Level.	Fore Noon	Er.Bharathiraj EWS In charge District Emergency Operation Centre Ramanathapuram
2	Post Training Evaluation by Written Exam	After Noon	ICDM Training Coordinator Mrs.Shanathamalar



07.06.23 Forenoon Session on Early Warning communication at community level was handled by Er.Bharathiraja - EWS Incharge - DEOC - Ramanathapuram. The network of warning systems at the community level in TamilNadu starting from INCOIS to the Coastal Community were taught and further the trainees were taken to the Early Warning Centre and briefed about the sirens and the loud speakers and also about the message receiving system .

Post Training Evaluation conducted via written exam for the trainees. This evaluation gives us a valuable insight of the training program from the learner's perspective. All the trainees attended very enthusiastically to deliver what they learnt during the training period. Mrs.Shanthamalar – Training coordinator of ICDM conducted the test.



DAY – 12
(23/05/2023)

Valedictory Session

Chief Guest: Thiru .Narayana Sharma IAS – Collector (Training)

.NO	HIGHLIGHTS
1.	Distribution of Rescue Kits
2	Distribution of I D Cards
3	Distribution of Certificates
4	Feedback & Case Studies
5	Lesson Learnt
6	Distribution of TA

Valedictory Photos



ORBITUARY

HUMAN MADE DISASTER



BALASORE – ODISHA TRAIN ACCIDENT – 02.06.2023

On 2 June 2023, three trains collided in Balasore district, in the state of Odisha in eastern India. The 12841 Shalimar - MGR Chennai Central Coromandel Express entered the passing loop instead of the main line near Bahanaga Bazar railway station at full speed and collided with a goods train. Due to the high speed of the Coromandel Express, its 21 coaches derailed and three of those collided with the oncoming 12864 SMVT Bengaluru–Howrah SF Express on the adjacent track.

A total of 288 people were killed in the crash and 1,175 others were injured. It was India's deadliest railway crash since the Firozabad rail disaster in 1995, and the deadliest worldwide since the 2004 Sri Lanka tsunami train wreck.

With respect to the Incident before forenoon session on 3rd June we observed 2 minutes silence and prayed for the departed souls and their families



SNAP SHOTS

YOGA SESSION



MORNING PHYSICAL (BEACH) EXERCISE



BEACH EXERCISE



LIFTING METHODS



FOOD COURT



SKIT ON LIFTING PHOTOS



EWS TOWER VISIT



CHART WORK PRESENTATION



MAKING ROPE LADDER



PANCHAYAT PRESIDENT VISIT



ASSISTANT DIRECTOR OF FISHERIES VISIT



CAMP FIRE



மாலை தமிழகம்

ராமநாதபுரம் மாவட்ட பேரிடர்
மேலாண்மை ஆணையம் பயிற்சி



ராமநாதபுரம், ஜூன் 3-

தேசிய பேரிடர் மேலாண்மை ஆணையத்தின் ஆபத்தமித்ரா [பேரிடர் கால நண்பன்] திட்டம், தமிழ்நாடு பேரிடர் அபாய குறைப்பு முகமை மூலம் ராமநாதபுரம் மாவட்ட பேரிடர் மேலாண்மை ஆணையம் 300 கிராம தன்னார்வலர்களை தேர்ந்தெடுத்து முதல் கட்டமாக 200 நபர்களுக்கு பயிற்சி அளிக்கப்பட்டது. இதன் தொடர்ச்சியாக 100 நபர்களுக்கு 2 குழுக்களாகப் பிரித்து 12 நாட்கள் பயிற்சியை அரியமான் கடற்கரையில் அமைந்துள்ள ஒருங்கிணைந்த பேரிடர் மேலாண்மை பயிற்சி மையத்தில் நடைபெற்று வருகிறது.

இதன்கடைசிகட்டப்பயிற்சியை மே 28 அன்று ராமநாதபுரம் கோட்டாட்சியர் கோபு துவக்கி வைத்தார். இப்பயிற்சி வரும் ஜூன் 8 தேதி வரை நடைபெறும். பல்வேறு பேரிடர் மேலாண்மை பயிற்றுநர்களை கொண்டு தீ மற்றும் மீட்பு, வெள்ள மீட்பு, முதலுதவி, நிலநடுக்கம், தட்பவெப்ப நிலை மாற்றம், பேரிடர்தயார்நிலை, இடபாடுகளில் சிக்கியவர்களை பாதுகாப்பாக கொண்டு செல்லுதல், அடிப்படை உயிர் காக்கும் சிகிச்சை மற்றும் யோகா போன்ற பயிற்சிகள் வழங்கப்பட்டு வருகிறது. ஐ.சி.டி.எம்., பயிற்சி நிறுவனத்தின் இயக்குனர் சோனியா மெர்சி தலைமையில் சத்யபிரியா மற்றும் சாந்த மலர் ஆகியோர் பயிற்சியை ஒருங்கிணைத்து வருகின்றனர்.

மாலை தமிழகம்



ராமநாதபுரம் மாவட்ட பேரிடர் மேலாண்மை ஆணையம் சார்பில் அரியமான் கடற்கரையில் உள்ள ஒருங்கிணைந்த பேரிடர் மேலாண்மை பயிற்சி மையத்தில் உள்ள நீச்சல் குளத்தில் ஆபத்த மித்ரா தன்னார்வலர்களுக்கு பயிற்சி வழங்கப்பட்டது.

ஆபத்த மித்ரா பேரிடர் கால நண்பன் பயிற்சி நிறைவு

ராமநாதபுரம், ஜூன் 9-
ராமநாதபுரம் மாவட்டம் அரியமானில் உள்ள ஐ.சி.டி.எம்., பயிற்சி மையத்தில் நடந்த பயிற்சி நிறைவு விழாவில் ராமநாதபுரம் பயிற்சி ஆட்சியர் நாராயண சர்மா கலந்து கொண்டு சான்றிதழ் மற்றும் உபகரணங்கள் வழங்கி பேசினார்.

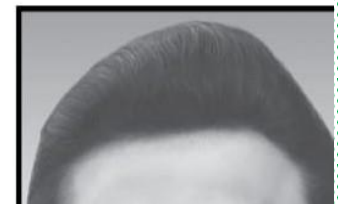
ஆபத்த மித்ரா பேரிடர் கால நண்பன் பயிற்சி தமிழ்நாடு பேரிடர் மேலாண்மை ஆணையத்தின் உத்தரவின் பேரில் ராமநாதபுரம் மாவட்ட பேரிடர் மேலாண்மை



ஆணையம் அரியமான் கடற்கரையில் உள்ள ஐ.சி.டி.எம்., பயிற்சி மையத்தில் 300 கிராம தன்னார்வலர்களுக்கு 6 கட்டங்களாக 12 நாட்கள் பேரிடர் மேலாண்மை பயிற்சி கடந்த ஆகஸ்ட் மாதம்

முதல் நடைபெற்று வந்தது. இதன் நிறைவு நாள் நிகழ்வில் பயிற்சி பெற்றவர்களுக்கு பயிற்சி ஆட்சியர் நாராயண சர்மா சான்றிதழ் மற்றும் பேரிடர் கால உபகரணங்கள் வழங்கினார். ஒருங்கி

ணைந்த பேரிடர் மேலாண்மை மையத்தின் இயக்குனர் சோனியா மெர்சி தலைமையில் மாவட்ட ஒருங்கிணைப்பாளர் சத்தியப்ரியா, பயிற்சி ஒருங்கிணைப்பாளர் சாந்தமலர் ஆகியோர் எட்டு மாத காலம் பல்வேறு பயிற்றுனர்களை கொண்டு பயிற்சி நிகழ்வுகளை ஒருங்கிணைத்தனர்.



FOOD MENU FOR TRAINEES

S.No	DATE/DAY	TIME	DESCRIPTION	
	28/05/2023 SUNDAY	06:00 - 06.30 AM		NIL
2		08:00 - 08.30 AM	BREAKFAST	IDLY,DOSA,SAMBAR, VADA,CHUTNEY
3		11:00 - 11.30 AM		TEA, BISCUITS
4		01:00 – 02.00 PM	LUNCH	RICE,FISH FRY,FISH CURRY,PORIYAL,SAMBAR,RASAM & BUTTERMILK, SWEET
5		03.30 – 04.00 PM		TEA,VADA,CHUTNEY
6		08.00 – 08.30 PM	DINNER	CHAPPATHI KURUMA, BANANA,MILK
1	29/05/2023 MONDAY	06:00 - 06.30 AM		TEA
2		08:00 - 08.30 AM	BREAKFAST	IDLY,PONGAL,SAMBAR,CHUTNEY,VADAI
3		11:00 - 11.30 AM		TEA,GOOD DAY BISCUITES
4		01:00 – 02.00 PM	LUNCH	RICE,SEA FOOD,PORIYAL,SAMBAR,RASAM,BUTTERMILK,BANANA
5		03.30 – 04.00 PM		TEA,ONION PAKKODA
6		08.00 – 08.30 PM	DINNER	IDLY ,DOSA, MILK
1	30/05/2023 TUESDAY	06:00 - 06.30 AM		TEA
2		08:00 - 08.30 AM	BREAKFAST	IDLY, PONGAL,SAMBAR,VADA,CHUTNEY
3		11:00 - 11.30 AM		TEA,KARA SEVU
4		01:00 – 02.00 PM	LUNCH	CHICKEN BIRIYANI ,BRINJAL DALCHA,ONION RAITHA &ICECREAM
5		03.30 – 04.00 PM		TEA,CHANNASUNDAL
6		08.00 – 08.30 PM	DINNER	IDLY,SAMBAR,CHUTNEY ,BANANA
1	31/05/2023 WEDNESDAY	06:00 - 06.30 AM		TEA
2		08:00 - 08.30 AM	BREAKFAST	IDLY,KITCHADI,VADA,SAMBAR,CHUTNEY
3		11:00 - 11.30 AM		JUICE,BREAD JAM
4		01:00 – 02.00 PM	LUNCH	RICE,SEA FOOD , KOOTU,SAMBAR,RASAM,PAYASAM
5		03.30 – 04.00 PM		TEA & ONION PAKKODA
6		08.00 – 08.30 PM	DINNER	CHAPATHI,IDIYAPPAM,VEGETABLE KURMA, MILK ,BANANA
1	01/06/2023 THURSDAY	06:00 - 06.30 AM		COFFEE
2		08:00 - 08.30 AM	BREAKFAST	IDLY,BREAD ,BUTTER,JAM ,VADA,SAMBAR,CHUTNEY
3		11:00 - 11.30 AM		TEA,BISCUITS
4		01:00 – 02.00 PM	LUNCH	CHICKEN MEALS
5		03.30 – 04.00 PM		TEA,BONDA,CHUTNEY
6		08.00 – 08.30 PM	DINNER	OOTHAPPAM, CHUTNEY , SAMBAR, BANANA,MILK
1	02/06/2023 FRIDAY	06:00 - 06.30 AM		TEA
2		08:00 - 08.30 AM	BREAKFAST	IDLY,DOSA,VADA,SAMBAR,CHUTNEY
3		11:00 - 11.30 AM		TEA,BISCUITS
4		01:00 – 02.00 PM	LUNCH	RICE, CHICKEN CURRY,SAAMBAR,RASAM,BUTTERMILK
5		03.30 – 04.00 PM		TEA, BOILD GROUT NUTS
6		08.00 – 08.30 PM	DINNER	CHAPPATHI , IDDLY,CHUTNEY,KURMA,MILK,BANANA

S.No	DATE/DAY	TIME	DESCRIPTION	
1	03/06/2023 SATURDAY	06:00 - 06.30 AM		TEA
2		08:00 - 08.30 AM	BREAKFAST	IDLY,PONGAL,SAMBAR,VADA,CHUTNEY
3		11:00 - 11.30 AM		TEA,KARA SEVU
4		01:00 – 02.00 PM	LUNCH	RICE,SEAFOOD,SAMBAR,PORIYAL,RASAM,SWEET
5		03.30 – 04.00 PM		TEA,BAJJI,CHUTNEY,
6		08.00 – 08.30 PM	DINNER	CHAPATHI,IDIYAPPAM,EGG GRAVY, BANANA ,MILK
1	04/06/2023 SUNDAY	06:00 - 06.30 AM		TEA
2		08:00 - 08.30 AM	BREAKFAST	IDLY,SWEET PONGAL,SAMBAR,VADA,CHUTNEY
3		11:00 - 11.30 AM		TEA,BISCUITS
4		01:00 – 02.00 PM	LUNCH	CHICKEN BIRIYANI,RAITHA,BRINJAL ,ICE CREAM
5		03.30 – 04.00 PM		TEA,VADA,CHUTNEY
6		08.00 – 08.30 PM	DINNER	DOSA,CHUTNEY, MILK,BANANA
1	05/06/2023 MONDAY	06:00 - 06.30 AM		COFFEE
2		08:00 - 08.30 AM	BREAKFAST	IDLY,DOSA,VADA,SAMBAR,CHUTNEY
3		11:00 - 11.30 AM		TEA,BISCUITS
4		01:00 – 02.00 PM	LUNCH	RICE,CHICKEN GRAVY,SAMBAR,PORIYAL,RASAM
5		03.30 – 04.00 PM		TEA,BAJJI,CHUTNEY
6		08.00 – 08.30 PM	DINNER	PAROTTA,PANEER KURMA, BANANA,MILK
1	06/06/2023 TUESDAY	06:00 - 06.30 AM		COFFEE
2		08:00 - 08.30 AM	BREAKFAST	IDLY,POORI,MASALA,VADA,CHUTNEY
3		11:00 - 11.30 AM		MILKSHAKE,MIXTURE
4		01:00 – 02.00 PM	LUNCH	RICE,MUTTON GRAVY,SAMBAR,RASAM
5		03.30 – 04.00 PM		TEA,VADAI
6		08.00 – 08.30 PM	DINNER	CHAPATHI,IDIYAPPAM,VEGETABLE KURMA, MILK,BANANA
1	07/06/2023 WEDNESDAY	06:00 - 06.30 AM		TEA
2		08:00 - 08.30 AM	BREAKFAST	IDLY,KITCHADI,SAMBAR,VADA,CHUTNEY
3		11:00 - 11.30 AM		JUICE,BUTTER BUN
4		01:00 – 02.00 PM	LUNCH	RICE,FISH FRY,FISH CURRY,SAMBAR,RASAM,SWEET
5		03.30 – 04.00 PM		TEA,SUNDAL
6		08.00 – 08.30 PM	DINNER	CHAPATHI,VEGETABLE KURMA,BANANA,MILK
1	08/06/2023 THURSDAY	06:00 - 06.30 AM		COFFEE
2		08:00 - 08.30 AM	BREAKFAST	IDLY,PONGAL,VADA,SAMBAR,CHUTNEY
3		11:00 - 11.30 AM		TEA,BISCUITS
4		01:00 – 02.00 PM	LUNCH	MUTTON BRIYANI,BRINJAL DALCHA, ONION RAITHA ,BANANA,ICECREAM
5		03.30 – 04.00 PM		TEA,BANANA,BAJJI,CHUTNEY

DIRECTOR
ICDM TRAINING CENTRE

AAPDA MITRA 5th BATCH TRAINEES

S.NO	AAPDA MITRANS	SL.NO	AAPDA MITRANS
1.	C.BABU	26	M.ASWATHAMAN
2	M.SASI KUMAR	27	I.ARJUN
3	G.VENGADESH	28	N.LOGENTHIRAN
4	M.MOHAN RAJ	29	S.MATHAN RAJ
5	S.NAVEEN KUMAR	30	B.NAVEEN RAJ
6	P.RAMA RAJAN	31	B.NAVANEETHAN
7	A.ARUL DAYAS	32	S.IMANUVEL
8	Z.MOHAMED RILWAN	33	U.JACK DREWIN
9	S.JOHN SUGANTH	34	A.ALENTIN
10	S.ACQVIN BENO STEPHEN	35	S.SIVA AJAY
11	E.R.HARIGOVINDAN	36	K.PRAKASH
12	K.M.SREENIVASAN	37	F.GODWIN KINGSLEY
13	K.STEPHAN RAJ	38	D.ARUL BRIGHTEN
14	V.WATSAN EBIK	39	B.JOSEPH JEROMIAS
15	R.DENY RONIMON	40	S.SAMAYA RAJ
16	V.SARATH KUMAR	41	N.V. SURYAPRAKASH
17	R.AZHAKUDAIYAN	42	A.MOHAMED RAFIYUDEEN
18	A.MATLIN DUENSTON	43	T.SHEIK MUJIBHUR RAHMAN
19	S.DHARUNSTING	44	S.ANTONY JEBISON
20	A.AROKIYA JOYSON	45	S.SUBASH JETLIN
21	V.MARIA JOSEPH ALBAN	46	A.KARTHIK
22	V.MARIA MICLE SERUHER BEVAN	47	D.AVINASH
23	M.NAVEEN KUMAR	48	M.BHUVANESH
24	E.RAMON PRINTOP	49	R.MADHESHWARAN
25	S.NITHISH KUMAR	50	P.SATHIYA PRIYA

MRS. SATHIYAPRIYA – DISTRICT COORDINATOR – ICDM

MRS.SHANTHAMALAR – TRAINING CAMPUS COORDINATOR - ICDM

DDMA COMMUNICATION

இராமநாதபுரம் மாவட்ட பேரிடர் மேலாண்மைத் தலைவர் மற்றும் மாவட்ட ஆட்சியரின்

செயல்முறைகள்

முன்னிலை: திரு.ஜானிடாம் வங்கீஸ் இ.ஆ.ப.

ந.க.எண்.ஆர்.ஆர்.2/8061/2022

நாள்: 05.2023.

பொருள்: பேரிடர் மேலாண்மை - இராமநாதபுரம் மாவட்டத்தில் ஆப்த மித்ரா திட்டத்தின் கீழ் இரண்டாம் கட்டமாக இராமநாதபுரம் மாவட்டத்தைச் சேர்ந்த 100 - நபர்களுக்கு பயிற்சி வழங்க அனுமதி வழங்கி ஆணையிடுதல் - தொடர்பாக.

படிக்கப் பட்டவை: 1. மத்திய அரசின் உள்துறை அமைச்சகம் தேசிய பேரிடர் மேலாண்மை ஆணையம் மற்றும் தமிழக அரசின் மாநில பேரிடர் மேலாண்மை ஆணையத்திற்கிடையேயான புரிந்துணர்வு ஒப்பந்தம் 19.08.2021.

2. கூடுதல் தலைமைச்செயலர் / வருவாய் நிர்வாக ஆணையர், அவர்களின் செயல்முறை ஆணைகள் எண்: NC III (1)/5968/2021, நாள்: 05.07.2022.

3. கூடுதல் தலைமைச்செயலர் / வருவாய் நிர்வாக ஆணையர், மற்றும் மாநில நிவாரண ஆணையர், அவர்களின் கடித எண்: NC III (1)/5968/2019, நாள்: 07.08.2022.

4. கூடுதல் தலைமைச்செயலர் / வருவாய் நிர்வாக ஆணையர், மற்றும் மாநில நிவாரண ஆணையர், அவர்களின் கடித எண்: NC III (1)/5968/2019, நாள்: 21/04/2023.

5. கீழ்க்கரை வட்டாட்சியர் கடிதம் ந.க. அ6/358/2022 நாள் 19/04/2022

6. திருவாடாணை வட்டாட்சியர் கடிதம் ந.க. பி3 /2257 /2022 நாள் 19/04/2022

ஆணை:

படிக்கப்பட்டவை 1-இல் காணும் தேசிய பேரிடர் மேலாண்மை மற்றும் மாநில பேரிடர் மேலாண்மை ஆணையத்திற்கிடையேயான புரிந்துணர்வு ஒப்பந்தத்தின் படி பேரிடர் கால நண்பர்களின் எண்ணிக்கை உயர்த்துதல் திட்டத்தின் கீழ் (Up-Scaling of AapdaMitra Scheme) இராமநாதபுரம் மாவட்டத்தில் 300 - தன்னார்வலர்களைத் தேர்ந்தெடுத்து 12 - நாட்கள் பேரிடர் மேலாண்மை பயிற்சி வழங்கப்பட ஆணையிடப்பட்டுள்ளது.

படிக்கப்பட்டவை 2-இல் காணும் கூடுதல் தலைமைச் செயலர்/வருவாய் நிர்வாக ஆணையர் அவர்களின் செயல்முறை ஆணைகளின் படி, முதலில் 200-நபர்களுக்கு மேற்படி பயிற்சி வழங்க நிதி ஒதுக்கீடு செய்து ஆணையிடப்பட்டு ஒருங்கிணைந்த பேரிடர் மேலாண்மை மையம் திருச்சி மூலம் நான்கு கட்டங்களாக இராமநாதபுரம் குஷி பீச் வைத்து பயிற்சி அளிக்கப்பட்டது.

பார்வை 4ல் காணும் செயல்முறை ஆணையில் படி 100 நபர்களுக்கு ஆப்தா மித்ரா வழங்க ஆணையிடப்பட்டுள்ளது. அதன்படி இரண்டு கட்டங்களாக இராமநாதபுரம் குஷி பீச்சில் வைத்து பயிற்சி வழங்க திருச்சியில் அமைந்துள்ள ஒருங்கிணைந்த பேரிடர் மேலாண்மை மையம் (ICDM) மூலம் பயிற்சி வழங்க இதன் மூலம் உத்தரவிடப்படுகிறது.

மேலும், மேற்படி பயிற்சி நிறுவனத்துடன் இணைந்து 100 தன்னார்வலர்களுக்கு சிறப்பான பயிற்சி வழங்குவதை உறுதி செய்ய வேண்டுமென இராமநாதபுரம் வருவாய் கோட்டாட்சியருக்கு உத்தரவிடப்படுகிறது. தேர்ந்தெடுக்கப்பட்ட அனைத்து தன்னார்வலர்களும் பயிற்சி நிலையத்திற்கு வருகை

நிபந்தனைகள்

- மாவட்ட பேரூர் மேலாண்மைத் தலைவர்/
மாவட்ட ஆட்சித் தலைவருக்காக
இராமநாதபுரம்

Pr 4/5/2023

நகல் : வருவாய் கோட்டாட்சியர் இராநாதபுரம் /சார் ஆட்சியர் பரமக்குடி
நகல் : அனைத்து வட்டாட்சியர்கள் .
நகல் : மாவட்ட ஆட்சியரின் முகாம் எழுத்தர், இராமநாதபுரம்.
நகல் : மாவட்ட வருவாய் அலுவலரின் முகாம் எழுத்தர், இராமநாதபுரம்.
நகல் : கூடுதல் தலைமைச்செயலர் / வருவாய் நிர்வாக ஆணையர், சேப்பாக்கம், சென்னை-5 .
நகல் : இயக்குனர் , பேரிடர் மேலாண்மை, சேப்பாக்கம், சென்னை-5 .

Our sincere thanks to Tamilnadu State Disaster Management Authority (TNSDMA) for recognizing our Training Centre to impart training for Aapda Mitrans in terms of transforming community volunteers into Community Disaster Response Force. Our heartfelt gratitude to District Disaster Management Authority (DDMA) and District Administration for their continuous support and guidance.

RESPECTFULLY SUBMITTED

THANK YOU

**INTEGRATED CENTRE FOR DISASTER MANAGEMENT
ICDM RESIDENTIAL TRAINING CENTRE
ARIYAMAN**