



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

(16-08-2022 TO 27-08-2022)



TRAINING REPORT

SUPPORTED BY
NATIONAL DISASTER MANAGEMENT AUTHORITY (NDMA)

SUBMITTED BY

ICDM RESIDENTIAL TRAINING CENTRE
ARIYAMAN

INTRODUCTION

Aapda Mitra – a force of volunteers from across Kanyakumari District to be trained in Disaster Response – is becoming a game changer in the field of Disaster Management in Tamilnadu State. The Aapda Mitra scheme of National Disaster Management Authority (NDMA) Implemented by Tamil Nadu Disaster Risk Reduction Agency (TNDRA) is set to expand from its pilot status to become a people's movement for Disaster Response and Risk Reduction, putting India on the global map in the domain of Community-Based Disaster Risk Reduction.

ISSUES AND CHALLENGES

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 flood-affected regions in good time because inundation of Roads.

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. 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 (16-08-2022)

BOARDING & LODGING

All the trainees were warmly welcomed by the District Incharge 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 was inaugurated and key note address given by District Collector Thiru.Johney Tom Varghese IAS . Revenue Divisional Officer Thiru.Sheik Manzoor Felicitated ,ICDM Residential Training Centre Director Ms.Sonya Mercy welcomed the Chief Guest and the Trainees ,Disaster Management Tahsildar Thiru.Murugesan , Ramanathapuram Taluk Tahsildar Thiru.Murugesan Disaster Management Consultant Thiru.Paul Patric ,Local Panchayat President , Revenue Inspector and Village administrative Officer were present .This was followed by self introduction of the participants. The participants were distributed the welcome kit . Pre training Evaluation was done.



DAY – 2
(17-08-2022)

S.NO	TOPICS	TIME	RESOURCE PERSON
1.	Basic Concept of Disaster Management	Fore Noon	Thiru.Ramachandran Disaster Management Expert Guest Lecturer Anna Institute of Management - Chennai
2	D M Cycle Institutional Framework	AfterNoon	Thiru.Paul Patric Consultant – Disaster Management DDMA - Ramanathapuram



Basic Concept of Disaster Management Session Defined as any undesirable occurrence(Event) by nature or human, strikes quickly with or without warning that caused damages, loss of human and cattle's life, health and services, ecological, economic, environmental, access, changes and disruptions we may call as a disaster.

During the session Thiru Paul Patric , briefed through power point presentation about DM Cycle and 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
(18/08/2022)

S.NO	TOPICS	TIME	RESOURCE PERSON
1.	DM Preparedness, Hazard Risk, Vulnerable	Fore Noon	Mrs. Prabha, Disaster Management Trainer
2	Earthquake Safety and Landslides	After Noon	Dr.Suresh Pandi, Professor, Government College of Arts and Science, Nagalapuram



Hazard ,Risk and Vulnerability session was handled by Mrs.Prabha – DM Trainer. The Trainer delivered the content in a way that the trainees are actively prepared for the disaster. The session delivers the good practical suggestions and advice to those responsible for implementing disaster management plans and practices. Further she handled Disaster Management Preparedness in the form of group work

The Safety measures to prevent ourselves and others from earth quakes were covered. Drop, Cover and Hold On methods were practically demonstrated. The importance of landslides safety measures in hill stations were deeply discussed with PPT. The knowledge on earthquake safety measures and landslides and have to evacuate the people and to give them proper instructions during earthquakes.



DAY – 4
(19/08/2022)

S.NO	TOPICS	TIME	RESOURCE PERSON
1.	Tsunami, Cyclone and Cloud Burst	Fore Noon	Mr. Benedict, Disaster Management Trainer, IRCS
2	Basic Life Support (CPR)	After Noon	Mr. Alex, First Aid Trainer IRCS



The Principle behind the Tsunami was discussed with clear PowerPoint presentation. The cloud formation demonstrations were nicely done by the team members. The trainer established the core understanding of these disasters and how to rescue people from it and the the importance of doing whatever possible to save human and animal life, to participate in relief work and to understand the concept of disaster management.

Practically demonstrated with mannequin on how to restore and maintain breathing and circulation and to provide oxygen and blood flow to the heart, brain, and other vital organs with Cardio Pulmonary Resuscitation(CPR) method. Also how Assess the casualty and recognize the need for CPR, Perform CPR in accordance with ARC Guidelines, display respectful behavior towards casualty was well explained



DAY – 5
(20/08/2022)

S.NO	TOPICS	TIME	RESOURCE PERSON
1.	Basic First Aid, Bleeding, Wounds, Splints and Bandages	Fore Noon	Mr. Alex, First Aid Trainer, IRCS
2	Heat wave, Cold wave, Thunder and Lightning	After Noon	Mr. Benedict, Disaster Management Trainer, IRCS



Practical Training on how to preserve life, prevent medical conditions from worsening and promote recovery by providing directions to appropriate first aid care, tools, or facilities. And also how to assess situations and circumstances in order to provide First Aid safely, promptly and effectively in a range of emergencies, such as: administering first aid to an adult casualty who is unconscious (including seizure)

During this session, Trainees were exposed to the formation of lightning and Thunders in an easy way of understanding. The Trainer had also demonstrated how to build a camp during disaster and the trainees had also participated in Ambulance rescue demonstrations



DAY – 6
(21/08/2022)

S.NO	TOPICS	TIME	RESOURCE PERSON
1.	Fire and Safety	Fore Noon	TamilNadu Fire & Rescue Services Mandapam
2	Demonstration on Cease Fire and handling Fire Extinguisher	After Noon	TamilNadu Fire & Rescue Services Mandapam



Lecture given by Station Fire Officer - Mandapam on how To prevent the occurrence of fire and explosion and to reduce the risk to life caused by fire. Also an alarm of handling fire safety in day to day life.

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DAY – 7
(22/08/2022)

S.NO	TOPICS	TIME	RESOURCE PERSON
1.	Swimming Training	Fore Noon	Mr.Indhiran Swimmer
2	Flood Rescue & Drowning Management	After Noon	Mr.Muthu Kumar Mr.Prabhakar TNDRF



The swimmer demonstrated the key skills involved in swimming also the floating methods with different strokes. The breathing exercise performed earlier as warm up .



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 TNDRF demonstrated well with the help of life jackets provided by Training centre

DAY – 8
(23/08/2022)

S.NO	TOPICS	TIME	RESOURCE PERSON
1.	Water Search and Rescue	Fore Noon	Mr.Muthu Kumar Mr.Prabhakar TNDRF
2	Types of Knots and Rope rescue	After Noon	Mr.Arulanand Station Fire Officer(Rtd)



Water rescue is any incident that involves the removal of victims from any body of water other than a swimming pool. Floods are the most common of all natural disasters and generally cause greater mortality than any other natural hazard.

Practical session towards the knowledge of the function, use, and demonstrate skill in tying the required knots. the bowline can be used as a rescue loop, Reef Knot Commonly used to tie two lines together at the ends. Tying a knot in a rope immediately reduces its strength to between 50% and less of the unknotted rope, but obviously knots have to be tied to use the rope



DAY – 9
(24/08/2022)

S.NO	TOPICS	TIME	RESOURCE PERSON
1.	Lifting Methods	Fore Noon	Mr.Arulanand Station Fire Officer(Rtd)
2	Flood Management - Group activity and Chart Work	After Noon	Mrs.Prabha Disaster Management Trainer



Practically demonstrated the different types of rescue methods, to determine the type of injury and to use the correct lifting method. The main objective is to rescue the persons manually by proper lifting methods without using any instruments

Group activity and chart preparation on Flood Management to reduce flood and coastal erosion risk involves implementing measures that help to protect, restore and emulate the natural functions of catchments, floodplains, rivers and the coast.



DAY – 10
(25/08/2022)

S.NO	TOPICS	TIME	RESOURCE PERSON
1.	Drought, Forest Fire and CBRN	Fore Noon	Dr.Suresh Pandi, Professor, Government College of Arts and Science, Nagalapuram
2	Early Warning and Communication at Community Level	After Noon	Mrs. Gayathri Usman, Station Head Kadal Osai FM - Paamban



Well described through power point presentation on drought as is a slow-onset disaster characterized by the lack of precipitation, resulting in a water shortage. Drought can have a serious impact on health, agriculture, economies, energy and the environment. Further explained on Wildfire, also called forest, bush or vegetation fire, can be described as any uncontrolled and non-prescribed combustion or burning of plants in a natural setting such as a forest

Power Point Presentation on Community Early Warning was well described about Early warning is one of many important tools that contribute to the prevention of disasters and preparedness for hazards and threats. threatened by hazards to act in sufficient time and in an appropriate manner in a bid to reduce the possibility of personal injury, loss of life was briefed by quoting the experience in dissemination warning through community Radio



DAY – 11
(26/08/2022)

S.NO	TOPICS	TIME	RESOURCE PERSON
1.	Group work and chart preparations on the training	Fore Noon	ICDM Trainers
2	Post Training Evaluation by Written Exam	After Noon	ICDM Trainers



Group work and Chart preparation on the following was done and exhibited in Training Hall

1. First Aid
2. Yoga
3. Swimming Methods
4. Knots and Lifting methods
5. Fire and Safety



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



DAY – 12
(27/08/2022)

Valedictory Session

Chief Guest : Thiru .Kamatchi Ganesan – District Revenue Officer

S.NO	HIGHLIGHTS
1.	Distribution of Certificates
2	Distribution of I D Cards
3	Distribution of Mementoes
4	Feed back & Case Studies
5	Lesson Learnt

Valedictory Photos



Memorable Moments

1. Surprise visit by Deputy Collector/Nodal Officer



Deputy Collector and Nodal Officer for Aapda Mitra Training had given a surprise visit to the ICDM training center. He had inspected the basic amenities and interacted with the trainees. Trainees had demonstrated the learning in front of the Nodal officer. The Officer had encouraged and appreciated Aapda Mitrans.

2. Every day Morning Yoga Session

S.NO	TOPICS	RESOURCE PERSON
1.	Breathing & Refreshing Exercise	Thiru. K.Sethu Bharathi, Yoga Therapist
2	Goal Setting Practice	
3	Surya Namaskar	
4	Types of Asanas	
5	Music Therapy	
6	Affirmation	
7	Meditation	
8	Physical Exercise	
9	Mental well being	
10	Prayer for others	
11	Meditation	
12	Refreshing Exercise	

The main highlights of YOGA session is Music Therapy. Music heals the mind and discover new world in which the trainees are feeling refreshed and a great change was seen in the behaviour of the trainees. Within four days, the trainees had felt the oneness among one another.

The Physical and Mental benefits of Yoga session paved the way to learn effectively with concentration, to demonstrate their skills which leads to creativity. The trainees were given training their mind in a way that they can be strong enough to actively participate in a rescue.

YOGA SESSION PHOTOS



CULTURALS AND CAMP FIRE



CULTURALS

CAMP FIRE FOR BATCH I
21/08/2022

AAPDA MITRA TRAINING PROGRAM

PLACE:
ICDM TRAINING
CENTRE, ARIYAMAN

TIME : 08:30 PM

- GROUP DANCE
- SOLO SINGING
- DRAMA
- AWARENESS DEMO
- RESCUE SKIT
- MIMICRE
- TEAM PERFORMANCE



The Camp Fire extended the day beyond sunset ,promoted social interaction ,entertainment and art and played a major role in the development and spread of human culture among Aapda Mitrans

AAPDA MITRA 1ST BATCH TRAINEES

S.NO	AAPDA MITRANS	SL.NO	AAPDA MITRANS
1.	J.ABDUL HATHI	21	N.ROHIT SAI
2	L.ARAVINTHA RAJAN	22	A.SARAN LOKESH
3	K.BALAJI	23	M.SARAN KUMAR
4	T.DANIYAL	24	J.SAMPATH
5	G.GANESA PANDI	25	R.SHANMUGALINGAM
6	A.JABASTIN GURONIAL	26	S.SOORIYA
7	D.KAMESH	27	K.SETHU BHARATHI
8	R.KARTHIGAI ALAGU	28	N.SURIYA
9	R.KATTU RAJA	29	N.THARMA
10	S.MAHA PRABU	30	M.THIYAGARAJAN
11	K.MANJU	31	S.UDAYA KUMAR
12	M.MOHAMED ALI	32	G.VINITHA
13	S.MOHAMED KADAR AMEEN	33	K.VELMURUGAN
14	K.MUNISH KUMAR	34	T.VINOTH KUMAR
15	M.MUTHU RAJA	35	K.B.VISHNU PRASATH
16	K.NIVAS	36	N.VIMALA DEVI
17	G.PRASATH	37	R.VIJITHRA
18	C.PRAVEEN KUMAR	38	R.VENKATESWARA PANDI
19	P.PIRAI SOODAN	39	G.K.YOGA SARAVANAN
20	M.RAVIKUMAR	40	G.BALA

DDMA COMMUNICATION

From
Thiru.Johny Tom Varghese., IAS.,
District Collector
Ramanathapuram

To
Mrs.Sonya Mercy
Director
Integrated Centre for Disaster
Management
Trichy

Roc.RR2/8061/2022

Dated: 10.08.2022

Sub: Disaster Management- Ramanathapuram District - Training Of
Community Volunteers in Disaster Response under upscaling
of Aapda Mitra Scheme - Training Batch Details - Sent- Reg

Ref: The Director, Disaster Management, Tamilnadu Disaster Risk
Reduction Agency, Chepauk Chennai Lr.No.NCIII(1)/5968/2019
Dated: 03.08.2022

As per the order of Tamil Nadu Disaster Risk Reduction Agency (TNSDRRA) - Regarding Aapda Mitra Training we have to train 300 community volunteers in Ramanathapuram District . As phase 1 we need to train 200 community volunteers , Detail of the training dates for 5 batches and Training Schedule for First Batch is prepared as follows and you are authorised by TNSDMA as Training Centre for implementing Aapda Mitra scheme for Ramanathapuram District ,You are hereby instructed to Start the Training program with Relevant Resource Persons as per the dates mentioned.

16 th - 27 th August	Batch 1
1 st - 12 th September	Batch 2
15 th - 26 th September	Batch 3
27 th - 8 th October	Batch 4
10 th - 21 st October	Batch 5

sd-Kanthasamy
for District Collector,
Ramanathapuram

//By Order//


Special Tahsildar
Disaster Management
Ramanathapuram.


10.08.22

MEDIA CLIPS



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ராமநாதபுரம், ஆக. 17-

ராமநாதபுரம் மாவட்டம் மண்டபம் ஊராட்சி ஒன்றியம் சாத்தகோன்வலசை ஊராட்சி அரியமான் கிராமத்தில் மாவட்ட ஆட்சித் தலைவர் ஜானிடாம் வர்கீஸ் தமிழ்நாடு பேரிடர் மேலாண்மை ஆணையத்தின் சார்பில் ஆபத்த மித்ரா திட்டத்தின் கீழ் பேரிடர் மீட்பாளர்களுக்கான 12 நாள் பயிற்சியை தொடங்கி வைத்து உரையாற்றினார். இந்நிகழ்வில் வருவாய் கோட்டாட்சியர்

சேக் மன்கூர், ராமநாதபுரம் வருவாய் வட்டாட்சியர் முருகேசன், பேரிடர் மேலாண்மை பயிற்சி மைய இயக்குனர் சோனியா, பேரிடர் மேலாண்மை வட்டாட்சியர் முருகேசன், சரவணன் சாத்தக் கோன் வலசை ஊராட்சி மன்ற தலைவர் நாகேஸ்வரி வீரபத்திரன் மற்றும் அரசு அலுவலர்கள், மேலாண்மை பேரிடர் மீட்பு வீரர்கள் உள்பட பலர் கலந்துகொண்டனர்.



புதுச்சேரி மற்றும் தமிழகம்
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ராமநாதபுரம், ஆக. 30-

தேசிய பேரிடர் மேலாண்மை ஆணையத்தின் ஆபத்த மித்ரா (பேரிடர் கால நண்பன்) திட்டம் தமிழ்நாடு பேரிடர் அபாய குறைப்பு முகமை மூலமாக ராமநாதபுரம் மாவட்ட பேரிடர் மேலாண்மை ஆணையம் 300 கிராம தன்னார்வலர்களை தேர்ந்தெடுத்து முதல் கட்டமாக 200 பேர்களை 5 குழுக்களாகப் பிரித்து 12 நாட்கள் பயிற்சியை அரியமானில் அமைந்துள்ள ஒருங்கிணைந்த பேரிடர் மேலாண்மை பயிற்சி மையத்தில் 40 பேர் கொண்ட முதல் குழுவிற்கான பயிற்சியை மாவட்ட ஆட்சியர் ஜானிடாம் வர்கீசால் தொடங்கப்பட்டது.

கிராம தன்னார்வலர்களை தேர்ந்தெடுத்து அவர்களுக்கு பேரிடர் மேலாண்மையில் 12 நாள் பிரத்தியேக பயிற்சி அளித்து பேரிடர் மீட்பாளர்களாக உருவாக்குவது இத்திட்டத்தின் நோக்கம். பல்வேறு பேரிடர் மேலாண்மை பயிற்றுநர்களை கொண்டு தீ மற்றும் மீட்பு, வெள்ள மீட்பு, முதலுதவி, நிலநடுக்கம், தட்பவெப்ப நிலை மாற்றம், பேரிடர் தயார் நிலை, இடிபாடு

களில் சிக்கியவர்களை பாதுகாப்பாக கொண்டு செல்லுதல், அடிப்படை உயிர் காக்கும் சிகிச்சை மற்றும் யோகா போன்ற பயிற்சிகள் வழங்கப்பட்டது. இதன் நிறைவு நாளான 27.08.22 அன்று மாவட்ட வருவாய் அலுவலர் காமாட்சி கணேசன் பயிற்சி பெற்றவர்களுக்கு சான்றிதழ் மற்றும் பேரிடர் மேலாண்மை குறித்த கையேடு வழங்கி அரசோடு இணைந்து பாலமாக செயல்பட வேண்டுமென்று சிறப்புரையாற்றினார். மிசிஞிவி பயிற்சி நிறுவனத்தின் இயக்குனர் சோனியா மெர்சி 12 நாட்கள் பயிற்சியை தொகுத்து வழங்கினார். பேரிடர் மேலாண்மை வட்டாட்சியர் முருகேசன் வரவேற்று ஆபத்தமித்ரா திட்டத்தைப் பற்றி விவரித்தார். பேரிடர் மேலாண்மை ஆலோசகர் பால் பேட்ரிக் பயிற்சி பெற்றவர்கள் எதிர்காலங்களில் எவ்வாறு ஒருங்கிணைந்து செயல்பட வேண்டும் என்று விளக்கினார். இந்நிகழ்ச்சியில் பயிற்சி ஒருங்கிணைப்பாளர் பிரபா, மாவட்ட ஒருங்கிணைப்பாளர் சத்திய பிரியா ஆகியோர் கலந்துகொண்டனர்.

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RESPECTFULLY SUBMITTED

THANK YOU