



APDA MITRA

Training of Community Volunteers



12 Days
Training on
National Civil
Defense Collage
(NCC) Modules



Date- 3rd Oct. 2017 to 25th Jan. 2018 @
8 Batches
District- Haridwar
200 Volunteers

State Disaster Management Authority (SDMA)
and State Disaster Response Force (SDRF), UTTARAKHAND

12 Days Training Schedule for Community Volunteers (Apda Mitra) in Disaster Response

Purpose and Scope

The purpose of this training in case of any disaster or emergency, before any government machinery & support reaches or outside help gets galvanized, it is the community which has to 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 State.

Training Schedule

1st Day Training Program

Session	Module	indicators and processes	Resource Person
10.00 to 10.30	Registration & Inaugural Session	Welcome address Inaugural address	SDRF
10.30 to 11.30	General Features of Natural Disaster in Uttarakhand	Adverse effects of Floods, Drought, Earthquake and Landslides	SDRF Expert
Tea Break			
11.45 to 12.45	Floods – Causes	Types, Effects, Causes, Embankments failure, Required equipments, problems and Role of District Administration	Flood Expert (SDRF)
12.45 to 1.30	Floods- Problems	Problems and Role of District Administration	Flood Expert
Lunch			
2.00 to 3.00	Flood Forecasting	Nodal Agencies providing forecasting/ warning, Role of IMD Early warning centers and community risk mapping	Irrigation Expert
3.00 to 3.45	Warning system	Early warning centers and community risk mapping	DMMC Expert
Tea Break			
4.00 to 5.30	Surface Water Rescue	Pre Rescue Operations (General area safe and make the rescue Area safe)	Rescue Expert

2nd Day Training Program

Session	Module	indicators and processes	Resource Person
10.00 to 10.45	Surface Water Rescue	Rescue Operations (Rescue Team, Rescue Plan, Asses the victims and Treatment	Rescue Expert
10.45 to 1.30	Surface Water Rescue	Rescue Operations Practical Training	Rescue Expert
Lunch			
2.00 to 3.00	Surface Water Rescue	Termination, Recovering person from water, Recovery of an injured person and Recovery without equipment)	Rescue Expert
3.00 to 5.30	Surface Water Rescue	Recovery Operations Practical Training	Recovery Expert

3rd Day Training Program

Session	Module	indicators and processes	Resource Person
10.00 to 10.45	Flood Rescue Emergency drills	Emergency various drill, Capsize drill, Man overboard drill	Drill Expert
10.45 to 1.30	Flood Rescue Emergency drills	Emergency Drill Practical Training	Drill Expert
Lunch			
2.00 to 3.00	Flood Rescue Emergency drills	Flood Rescue Boat Emergency Procedures, Accident, Casualty handling & recovery	Drill Expert
3.00 to 5.30	Flood Rescue Emergency drills	Casualty handling & recovery, Transport of injured Practical Training	Drill Expert

4th Day Training Program

Session	Module	indicators and processes	Resource Person
10.00 to 10.45	Flood Water Behavior	Force of Water, River Variables, Under flood conditions	Rescue Expert
10.45 to 1.30	Flood Water Behavior	Rules of the River, Safety Precautions and Personal equipment & Hygiene	Rescue Expert
Lunch			
2.00 to 3.00	Flood Rescue Boats	Tidiness and safety, Parts of Boat and Boat equipment	SDRF Expert
3.00 to 5.30	Flood Rescue Boats	Practical Training	SDRF Expert

5th Day Training Program

Session	Module	indicators and processes	Resource Person
10.00 to 10.45	Flood Rescue Boats	Types of Boats	SDRF Expert
10.45 to 1.30	Flood Rescue Boats	Boats and Appliances Practical Training	SDRF Expert
Lunch			
2.00 to 3.00	Use of Ropes	Measurement of ropes, strength of rope and Rope knots	SDRF Expert
3.00 to 5.30	Use of Ropes	Types of knots Practical Training	SDRF Expert

6th Day Training Program

Session	Module	indicators and processes	Resource Person
10.00 to 10.45	Flood Rescue	Words of command for Rowing boats	SDRF Expert
10.45 to 1.30	Flood Rescue	Before entering the boat Practical Training	SDRF Expert
Lunch			
2.00 to 3.00	Corpse Disposal	Holding area, viewing area, examination area and instrument/ equipments	SDRF Expert
3.00 to 5.30	Corpse Disposal	Flow Chart for Disposal of dead bodies at district level	SDRF Expert

7th Day Training Program

Session	Module	indicators and processes	Resource Person
10.00 to 10.45	Use of Life Jacket and Lifeline	Personal Flotation device and Lifelines	SDRF Expert
10.45 to 1.30	Use of Life Jacket and Lifeline	Throwing a lifeline to a drowning victim Practical Training	SDRF Expert
Lunch			
2.00 to 3.00	Under Water Search & Recovery	Drowning, Position Fixing, Operational Assessment and recovery methods/ tools	SDRF Expert
3.00 to 5.30	Under Water Search & Recovery	Practical Training	SDRF Expert

8th Day Training Program

Session	Module	indicators and processes	Resource Person
10.00 to 10.45	Emergency Methods of Rescue	Rescue Techniques using no equipments	SDRF Expert
10.45 to 1.30	Flood Rescue	One rescuer and two rescuer handling, Blanket Lift Practical Training	SDRF Expert
Lunch			
2.00 to 3.00	Improvised Floating Aids	Raft Used, Method of construction	SDRF Expert
3.00 to 5.30	Corpse Disposal	Miscellaneous Rafts Practical Training	SDRF Expert

9th Day Training Program

Session	Module	indicators and processes	Resource Person
10.00 to 10.45	Common Improved bridges	Types of bridges, Rope Ways	SDRF Expert
10.45 to 1.30	Common Improved bridges	Aerial Rope Ways Practical Training	SDRF Expert
Lunch			
2.00 to 3.00	Elements of bandaging	Use of Triangular and Roller bandages	SDRF Expert
3.00 to 5.30	Elements of bandaging	Practical Training	SDRF Expert

10th Day Training Program

Session	Module	indicators and processes	Resource Person
10.00 to 10.45	Basic Life Support	Airway, Breathing and Circulation	SDRF Expert
10.45 to 1.30	Basic Life Support	Role of BLS, Adults BLS sequence, drowning and Hypothermia Practical Training	SDRF Expert
Lunch			
2.00 to 3.00	Flood Protection & Emergency Repairs	Sand bag walling, equipment and instruction for building sandbag walls	Irrigation Expert
3.00 to 5.30	Derricks, Sheers and GYNS	Standing derrick, Sheer legs and Tripod	SDRF Expert

11th Day Training Program

Session	Module	indicators and processes	Resource Person
10.00 to 10.45	Flood Rescue Survival	Heat, Cold and Moisture	SDRF Expert
10.45 to 1.30	Flood Rescue Survival	Position and self rescue Practical Training	SDRF Expert
Lunch			
2.00 to 3.00	Outboard Motors	Terms, Flood rescue boat care and maintenance and motor system overview	SDRF Expert
3.00 to 5.30	Pickets and Holdfasts	Use of Pickets and Holdfasts	SDRF Expert

12th Day Training Program

Session	Module	indicators and processes	Resource Person
10.00 to 10.45	Communications	Wireless and Telegraphy Practical Training	SDRF Expert
10.45 to 1.30	Communications	Radio telephony and Morse Code	SDRF Expert
Lunch			
2.00 to 3.00	Feedback,	Discussion and Evaluation	SDRF Expert
3.00 to 3.30	Vote for Thanks	Group Photograph	SDRF Expert

12th Day Training Calendar

Batch	Timeline	Participants
1 st Batch	3 Oct. 2017 to 14 Oct. 2017	25
2 nd Batch	23 Oct. 2017 to 3 Nov. 2017	25
3 rd Batch	6 Nov. 2017 to 17 Nov. 2017	25
4 th Batch	20 Nov. 2017 to 1 Dec. 2017	25
5 th Batch	4 Dec. 2017 to 15 Dec. 2017	25
6 th Batch	18 Dec. 2017 to 29 Dec. 2017	25
7 th Batch	2 Jan. 2018 to 13 Jan. 2018	25
8 th Batch	14 Jan. 2018 to 25 Jan. 2018	25