

Ref No: AU/2025/IQAC/DMMD/2007

Date: 29th November 2025

Activity Report on:

Three-day Community Volunteers Training Programme on the Basic Concepts of Disaster Management and Disaster Response

Organized by: DDMA Capital Itanagar (AP) in collaboration with District administration Capital Itanagar Arunachal Pradesh.

Venue: Arunodaya University, Campus

Date: 24th to 26st November 2025

District Disaster Management Authority Capital Itanagar (A.P) successfully conducted a three-day Community Volunteers Training Programme on the Basic Concepts of Disaster Management and Disaster Response from 24th to 26th November 2025 at Arunodaya University. The programme was designed to strengthen community-level preparedness and enhance the capacity of volunteers to act as first responders during emergencies. With disasters becoming increasingly frequent and unpredictable, equipping local volunteers with practical knowledge and life-saving skills has become essential for building resilient communities.

The training was facilitated by certified instructors and professionals from the National Disaster Response Force (NDRF), Fire & Emergency Services, and experts in Disaster Management. Their expertise enabled participants to gain both theoretical understanding and hands-on experience in various aspects of disaster risk reduction, emergency response, and community safety.

Throughout the three days, participants were introduced to key concepts such as the disaster management cycle, disaster risk reduction strategies, and community-level safety practices. They also underwent practical demonstrations and exercises covering first aid, CPR, fire safety, water rescue, rope rescue techniques, and handling medical emergencies like bleeding, fractures, snake bites, and animal bites. Sessions on floods, earthquakes, landslides, heatwaves, and chemical and biological incidents further enhanced their preparedness for a wide range of scenarios.



Day – 1: 24th November 2025

Session – I (Inaugural Session)

The programme commenced with the registration of participants, followed by distribution of T-shirts, training materials, and pamphlets. A welcome speech was delivered by DDMO Itanagar Arunachal Pradesh, followed by an inaugural address and light refreshments.

Session – II (Technical Session - 1)

Participants received an informative presentation on **Basic Concept of Disaster Management & Disaster Risk Management (DRM)**. Key terminologies, disaster cycles, and risk reduction strategies were discussed.

Further topics included:

➤ **Earthquake, Landslide & Heatwave Safety:**

• **Do's and Don'ts of Earthquake –**

Safety measures during pre, during, and post-earthquake situations. Trainees were taught safe actions such as “Drop, Cover, Hold” and avoiding panic. They also learned how to evacuate safely after tremors and check for secondary hazards like gas leaks or electrical sparks.

• **Do's and Don'ts of Landslide & Heatwave –**

Understanding causes, danger signals, and safety tips. The session explained early warning signs like cracking ground and unusual water flow. Volunteers learned how to move to higher ground and avoid riverbanks or steep slopes during heavy rainfall.



Session – III (Technical Session - 2)

Post lunch session covered:

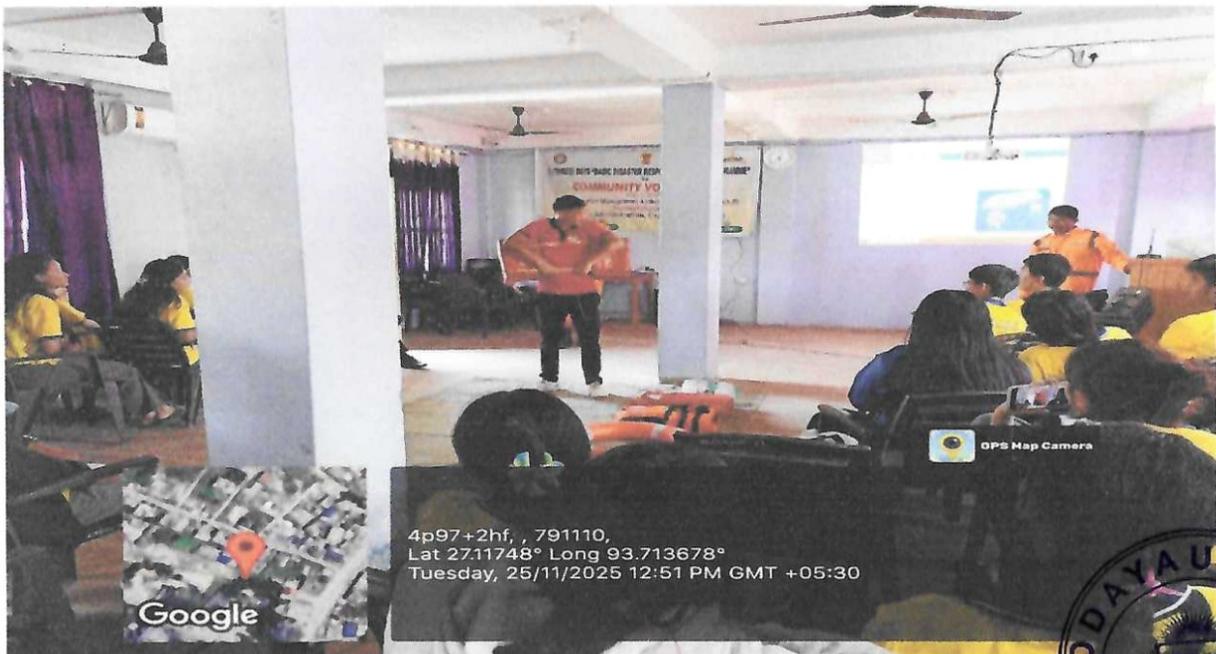
➤ Flood, Thunder & Lightning, Fire Safety:

● **Flood Safety –**

Participants learned how to move to elevated shelters, avoid walking/driving through fast-flowing water, and prepare emergency kits. Basic survival actions during sudden floods were demonstrated.

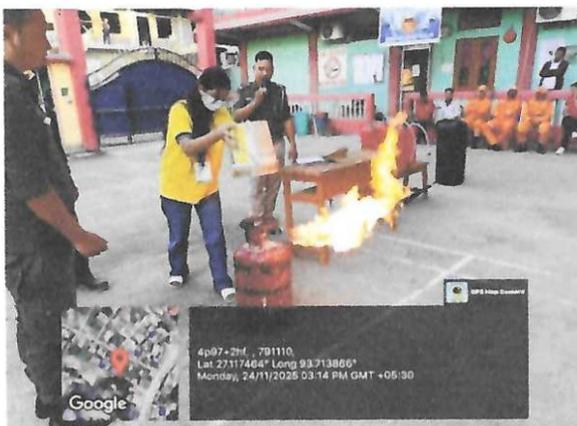
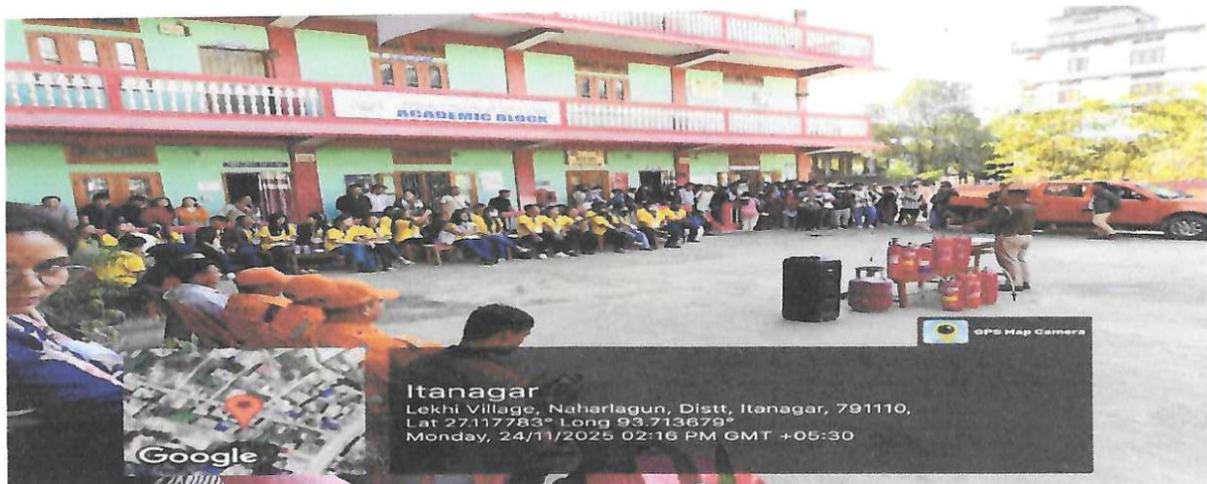
● **Thunder & Lightning Safety –**

The trainers explained the danger of standing under trees or open spaces during storms. They learned safe indoor practices and emergency steps for lightning strike victims.



- **Fire Safety & Fire Extinguisher Use (Practical) -**

The Fire Department demonstrated types of fires and extinguishers. Participants practiced extinguishing LPG fires, handling cylinders safely, and using wet blankets.



Day – 2: 25th November 2025

Technical Session - I

➤ BLS & CPR, First Aid:

● Basic Life Support (BLS) –

Volunteers were trained to check responsiveness, breathing, and pulse before giving aid. They practiced systematic emergency response steps under real-life scenarios.

● CPR Training (Adult, Child, Infant) –

NDRF instructors demonstrated chest compressions and rescue breaths on mannequins. Participants practiced correct depth, rhythm, and hand placement, as seen in your photos.



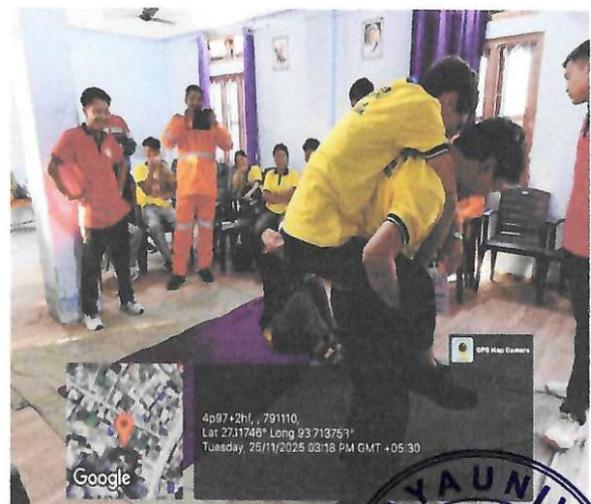
Technical Session - II

- **Community-Based First Aid:**

Trainees learned quick-response methods to stabilize victims before professional help arrives. Topics included fainting, burns, sprains, and shock management.

- **Control Of Bleeding & Wound Care:**

Volunteers were taught direct pressure, elevation, and use of improvised bandages. They practiced cleaning wounds and preventing infection until medical support arrives.





Day – 3: 26th November 2025

Technical Session - I

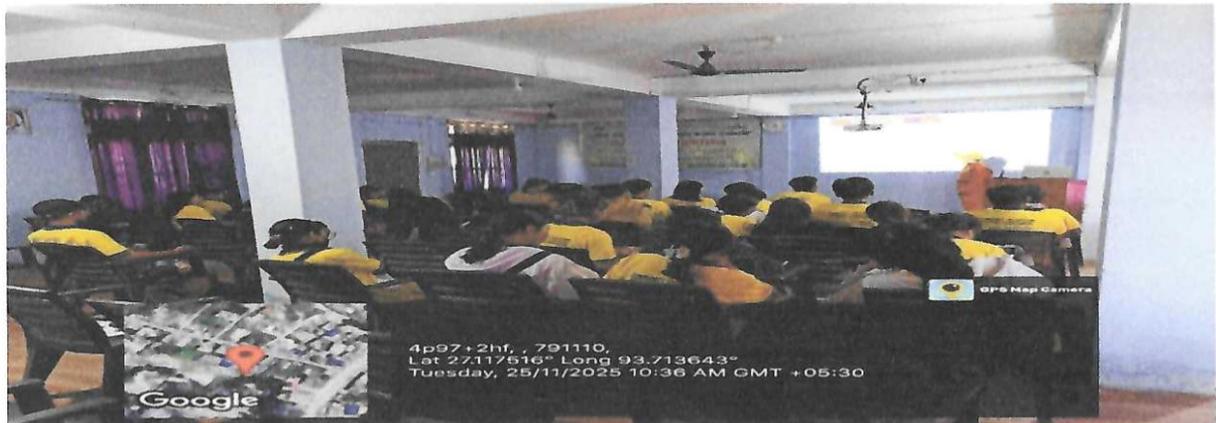
➤ Snake Bite, Chemical & Biological, Musculoskeletal Injuries:

• **Snake Bite & Animal Bite Management –**

Participants learned to identify venomous vs non-venomous snakes (reflected in the slides). They were instructed not to cut, suck, or tie the bite area and instead immobilize the limb and rush the victim to a hospital.

• **Biological & Chemical Emergencies –**

The expert explained how chemical leaks, toxic gases, and epidemics spread. Safety protocols included evacuation, proper ventilation, and avoiding contamination through masks and distancing.



• **Musculoskeletal Injuries & Splinting –**

Volunteers practiced making splints from household materials and immobilizing fractures. They were taught proper lifting positions to avoid further injury to victims.



Technical Session - II

➤ Rope Rescue, Lifting & Moving Patients:

● **Rope Rescue Techniques –**

NDRF demonstrated tying knots, securing anchors, and using ropes to rescue persons from heights or confined spaces. Participants practiced knot-tying and team coordination, as seen in your photos.

● **Lifting & Moving Patients –**

Volunteers practiced two-person and four-person lifts, chair lifts, and stretcher improvisation using poles and cloth. The focus was on safe body posture and victim stabilization before transport.





➤ **Conclusion:**

The three-day Community Volunteers Training Programme on Basic Concept of Disaster Management and Basic Disaster Response successfully achieved its objectives of enhancing the knowledge and preparedness of community volunteers. In the valedictory session, Dean Student Welfare of Arunodaya University and the Inspector of NDRF jointly appreciated the dedication, enthusiasm, and active participation of all trainees throughout the programme. They highlighted the crucial role of trained volunteers in strengthening community resilience during emergencies. As a gesture of encouragement, safety equipment and essential response tools were distributed to the participants to support them in future rescue and relief operations. The Inspector of NDRF motivated the volunteers to continue practicing skills learned during the training and to spread awareness among their communities. The session concluded with a formal Vote of Thanks delivered by the Dean Student Welfare, expressing gratitude to DDMA Capital Itanagar, the District Administration, NDRF team, Fire & Emergency Services instructors, university authorities, and all volunteers for making the programme a meaningful and impactful initiative.







Arunodaya University

(Established Under Section 2(f) of UGC Act. 1956)

Attendance Sheet

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- ❖ A Community Volunteer Programme on Disaster Management was conducted at Arunodaya University, with a total of 53 students participating overall, and **38 students maintaining consistent attendance throughout the 3-day programme.**

Sr. No	Name	Course	Sem
1	Likha Kordh	MA (Pol-Sci)	3rd
2	Wemi Miku	MA	1st
3	Takam Asum	BBA	1st
4	Osinam Tali	MA (Sociology)	1st
5	Aidong Panggang	MA (History)	1st
6	Tenzin Tsering	B.COM	3rd
7	Lido Kato	B.COM	3rd
8	Shree Shant Singh	B.COM	1st
9	Renu Rio	MBA	3rd
10	Yanga Rebi	MBA	3rd
11	Pinky Yame	MA (Geography)	1st
12	Tana Sara Tara	BA (Poli-Sci)	1st
13	Tarh Yader	BA (Sociology)	1st
14	Mr Icho Ekroya	BCA	1st
15	Naga Flago	BBA	1st
16	Tarh Marry	MA (Geography)	1st
17	Nabom Abo Raten	MBA	3rd
18	Lige ete	B.COM	3rd
19	Chello Mechek	BBA	3rd

Sr. No	Name	Course	Sem
20	Tana Akin Tara	BBA	1st
21	Pemin Jongkey	BBA	3rd
22	Logyo Renu	BBA	3rd
23	Keji Chumchum	BBA	3rd
24	Tulsi Tha	MA (English)	3rd
25	Jesun Pema	MA (English)	3rd
26	Iman Taba	MA (English)	3rd
27	Dohu Diming	MBA	3rd
28	Techi Tagu	BBA	1st
29	Yakir Hali	BBA	3rd
30	Pema Drema	MA (Pol-Sci)	3rd
31	Pema Yangchin	MA (Pol-Sci)	3rd
32	Karan Rakhya	LLB	3rd
33	Emi Padung	BBA	3rd
34	Pranjal Saikia	AU-NSS (Coordinator)	
35	Biri Niram	BBA	1st
36	Sange Sorang	BBA	3rd
37	Asadul Islam	B.COM	1st
38	Tino Muri	BA (Poli-Sci)	3rd



Kumodkshy
2/21/26
Dy. Registrar
Arunodaya University

Arun
NSS PROGRAMME CO-ORDINATOR
ARUNODAYA UNIVERSITY
ITANAGAR, ARUNACHAL PRADESH