



## Mock Drill cum Training Session on Disaster Management (Earthquake)

organized by  
College of Nursing, Kanpur  
&  
State Disaster Response Force- U.P.

on  
05<sup>th</sup>. April. 2023



**CHIEF GUEST:** Dr. Santosh Kumar Barman, Professor, Community Medicine, GSVM

**RESOURCE PERSON:** Mr. Virendra Kumar Dubey, Inspector 'E' Group, SDRF Lucknow

**CONVENOR:** Lt. Col. Dr. Karesh Prasad, Principal, College of Nursing Kanpur

**CONVENOR:** Mr. Naveena J.H., Professor cum Vice Principal, College of Nursing Kanpur

**ORGANIZING CHAIRPERSON** Mrs. Namita Batra, Professor, College of Nursing

**ORGANIZING SECRETARY:** Ms. Rupali Singh, Nursing Tutor, College of Nursing

## **Introduction:**

Disaster can occur anywhere and at any time. Major emergencies and disasters have occurred throughout history and as the world's population grows and resources become more limited, communities are increasingly becoming vulnerable to the hazards that cause disaster.

Emergencies and disasters do not only affect health and well-being of people; frequently, large number of people are displaced, killed or injured, or subjected to greater risk of epidemics. Considerable economic harm is also common. Disasters cause great harm to the existing infrastructure and threaten the future of sustainable development

Disaster can be *defined* as "any occurrence that causes damage, ecological disruption, loss of human life or deterioration of health and health services on a scale sufficient to warrant an extraordinary response from outside the affected community or area". It is two Types; Natural disaster-It includes droughts, earthquakes, tsunamis, forest fires, landslides, blizzards, hurricanes, tornadoes, floods and volcanic disruptions and man-made disasters-Human causation either accidental or intended.

An earthquake is a sudden and temporary vibration set up on the earth's surface, ranging from a faint tremor to a wild motion, due to the sudden release of energy stored in the rocks beneath the earth's surface. Earthquake is a form of energy of wave motion which originates in a limited region and then spreads out in all directions from the source of disturbance. Earthquakes usually last for a few seconds to a minute. Sometimes, the vibrations are so feeble that we can not feel them, whereas the violent earthquakes result in huge material loss and the loss of human lives.

For effective earthquake disaster mitigation, the pre-earthquake phase needs to be utilized for planning and implementing preparedness measures on the one hand and working our preparedness activities on the other. Earthquake in itself is not a disaster. Disaster is caused due to failure of man-made structures, lack of preparedness and awareness; so far, earthquake disaster mitigation efforts are mostly reactive. Disaster prevention, mitigation and preparedness are better than disaster response.

## **Effects;**

- Increase in mortality
- Increase in Morbidity-Injuries, Emotional stress, Epidemic of disease, increase in indigenous diseases.
- Financial & infrastructural loss
- Environmental damage
- Health care burden
- National loss.

## Disaster management

An applied science which seeks, by the systematic observation and analysis of disasters to improve measures relating to prevention, mitigation, preparedness, emergency response and recovery.

**Drop, cover, and hold-** This is the national standard for earthquake safety in India. The alternate advice is to get next to a **sturdy piece of furniture** so that if a wall falls, it will create a crawl space in which you can survive. This is "**triangle of life**" method.



There are three fundamental aspects of disaster management :

- **a. Disaster response** ; Medical treatment for large number of casualties is likely to be needed only after certain types of disaster. Most injuries are sustained during the impact, and thus, the greatest need for emergency care occurs in the first few hours. The management of mass casualties can be further divided into **search and rescue, first aid, triage** (Red - most urgent-first priority, Yellow – urgent- second priority, Green – third priority, Black – dying) and **stabilization** of victims, **hospital treatment** and **redistribution** of patients to other hospitals if necessary.
- **b. Disaster preparedness**; It is "a programme of long-term development activities whose goals are to strengthen the overall capacity and capability of a country to manage efficiently all types of emergency. It should bring about an orderly transition from relief through recovery, and back to sustained development"
- **c. Disaster mitigation**; Emergency prevention and mitigation involves measures designed either to prevent hazards from causing emergency or to lessen the likely effects of emergencies. These measures include flood mitigation works & appropriate land use planning etc,

## Personal protection in different types of emergencies

- ❖ In addition to considering action by rescuers, thought must be given to personal protection measures in different types of emergencies. Making people aware of what is expected of them in case of an emergency can make large difference to the organized management efforts. By taking precautions, the individual assists the collective effort to reduce the effects of an emergency.
- ❖ A number of measures must be observed by all persons in all types of emergency:
  - Do not use the telephone, except to call for help, so as to leave, telephone lines free for the organization of response.
  - Listen to the messages broadcast by radio and the various media so as to be informed of development.

- Carry out the official instructions given over the radio or
    - by loudspeaker.
  - Keep a family emergency kit ready.
- In all the different types of emergency, it is better:
- to be prepared than to get hurt;
  - to get information so as to get organized;
  - to wait rather than act too hastily.

### PRE- PLANNING:

Permission from Senanayak, SDRF Lucknow was taken. The resource person **Mr. Virendra Kumar Dubey, Inspector 'E' Group, SDRF Lucknow** from the SDRF was contacted two months prior to the programme to facilitate the Training cum drill programme on disaster management in College of Nursing, Kanpur .

### Mock Drill cum Training Programme On Disaster Management (Earthquake) :

The Chief Guest Dr. Santosh Kumar Barman, Professor, Community Medicine, GSVM & The SDRF "E" Group Team reached the College of Nursing, Kanpur along with the resource person Mr. Virendra Kumar Dubey in time.

**Venue** – GFATM Hall, College of Nursing. (11AM)

The programme was inaugurated by the Chief Guest and Resource person with lamp lighting ceremony in the presence of Lt. Col. Dr. Karesh Prasad Principal, Prof. Naveena J.H vice principal cum Professor, Prof. Namita Batra, Professor College of Nursing. Welcome was done by giving saplings to the dignitaries and then the programme was started with the speech of Principal.



This training programme was proceeded with the power point presentation presented by Constable Mr. Prashant Tiwari & demonstration was given by Constable Mr. Ajeet Singh. Mr. Prashant along with other Rescue Team members gave the detailed instructions of triage management, demonstration on CPR procedure & information on standard safety measure during earthquake i.e. Drop, cover, and hold to the students of B.Sc. Nursing IV Year (31 students) & PB.BSC Nursing II Year (18 studenst) along with the Nursing faculty present in GFATM hall. They also distributed the pamphlet that represents management related to various kind of disasters like frost bite, heat exhaustion, earthquake etc. After the training session was over, Drill was done. SDRF team showed their instruments, improvised management (stretcher, dressing & bandaging) used during disaster like earthquake. The programme was satisfactory in terms of enriching the knowledge of students making them more skillful in their practice. Programme was ended with the vote of thanks by Prof. Namita Batra.



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आज़ादी का  
अमृत महोत्सव

**राज्य आपदा  
मोचन बल  
उ.प्र., लखनऊ**

नूरनगर भद्रसा, तहसील-सरोजनीनगर,  
परगना-विजनीर, लखनऊ।-226002

**भूकम्प**

**क्या करें क्या न करें:**

- अपने घर को भूकम्परोधी बनाएं, भारी फर्नीचर व वस्तुओं को सुरक्षित स्थानों पर रखें।
- अपने घर के आसपास ऐसे स्थान का चयन करें, जहाँ भूकम्प के दौरान तथा उसके बाद सुरक्षित शरण ली जा सके।
- घर छोड़ने वक्त अपना आपातकालीन किट लेना न भूलें, जिसमें जीवन रक्षक दवाओं के साथ कम से कम तीन दिनों के लिए खाद्य सामग्री व पानी शामिल हो।
- भूकम्प के दौरान किसी मजबूत फर्नीचर के नीचे छुप जाएँ तथा अपने सिर व शरीर के महत्वपूर्ण हिस्सों को ढक लें। इस दौरान फर्नीचर को पकड़कर रखें।
- कॉथ व सिडकियों से दूर रहें तथा भूकम्प के झटकों के दौरान इमारत से बाहर न निकलें।
- अगर घर से बाहर है तो शीघ्र खुले मैदान अथवा सुरक्षित शरण स्थल पर चले जाएँ, इमारतों, पुलों व बिजली के खम्भों से दूर रहें।
- यदि भूकम्प का झटका एक मिनट व उससे अधिक समय तक के लिए रहे, तो अगले आने वाले झटकों के लिए भी तैयार रहें। ध्यान रहे! आफ्टर शॉक भूकम्प के पहले झटके से ज्यादा खतरनाक होता है।

**DROP! COVER! HOLD ON!**

## ACKNOWLEDGEMENT:

A sincere thanks to all of the below mentioned individuals for the success of Mock Drill cum Training Programme On Disaster Management (Earthquake) held on 5<sup>th</sup> April 2023 in College of Nursing Kanpur.

1. Chief Guest: Dr. Santosh Kumar Barman, Professor, Community Medicine, GSVM
2. Resource Person: Mr. Virendra Kumar Dubey, Inspector 'E' Group, SDRF Lucknow
3. Other SDRF Team members.
4. Convenor: Lt. Col. Dr. Karesh Prasad, Principal, College of Nursing Kanpur
5. Convenor: Mr. Naveena J.H., Professor Cum Vice Principal, College of Nursing Kanpur
6. Organizing Chairperson: Prof. Namita Batra, Professor, College of Nursing
7. Organizing Secretary: Ms. Rupali Singh, Nursing Tutor College of Nursing
8. Nursing Faculty, College of Nursing
9. Media person (Dainik Jagran)
10. All the beneficiaries including students of B.Sc Nursing & P.B.BSc Nursing.

### भूकंप में घायलों को उतारने व अस्पताल पहुंचाने का सिखाया तरीका

जमशेदपुर संवादकर्ता कानपुर : जीएसवीएम मेडिकल कॉलेज के राजकीय नर्सिंग कॉलेज में आपदा प्रबंधन पर विशेष ट्रेनिंग बुधवार को आयोजित की गई। इसमें लखनऊ से आए राज्य आपदा मोचन बल (एसडीआरएफ) के सदस्यों ने बताया कि अगर अचानक भूकंप आ जाए। भूकंप गिरने से ठीक से 4 मलबे में नहीं बड़ी संख्या में लोग 7 तक जाते। ऐसे में मलबे से घायलों को निम्नलिखित और उदाहरण अस्पताल तक पहुंचाने का तरीका नर्सिंग छात्र-छात्राओं को बताया। घायलों के सिर, गर्दन और पैरों को हड्डियों में जोड़ लाने पर उन्हें सावधानीपूर्वक उठाने का तरीका बताया, जिससे उनकी जान की रक्षा की जा सके। इस

● जीएसवीएम के नर्सिंग कॉलेज में आपदा प्रबंधन पर विशेष प्रशिक्षण

● लखनऊ से आई एसडीआरएफ की टीम ने नर्सिंग छात्राओं को दिख दिखाया



राजकीय नर्सिंग कॉलेज में जानकारी देने एसडीआरएफ के सदस्य ● छात्राएं

ट्रेनिंग कृत्रिम तरीके से शब्द देते हैं। मेडिकल कॉलेज के राजकीय नर्सिंग कॉलेज में आयोजित भूकंप पर विशेष ट्रेनिंग सत्र में एसडीआरएफ

की रेस्क्यू ऑपरेशन के प्रशिक्षण के अलावा सिद्ध ने भूकंप पर थियेरी टिपल रेशन को पावर प्वाइंट प्रजेंटेशन के माध्यम से जानकारी दी। इस दौरान बीएससी नर्सिंग और पोस्ट बेसिक बीएससी नर्सिंग की छात्राओं को माहल के माध्यम से सीपीआर के तरीके भी बताए। आपदा की स्थिति में उसके तरीके के बारे में भी बताया, उस दौरान जरूरी उपकरणों को किस तरह से इस्तेमाल किया जा सके। मेडिकल कॉलेज के कम्युनिटी मेडिकल के प्रोफेसर डा. संतोष कुमार नर्सिंग कॉलेज के प्राचार्य लीट्टिनेट कर्नल (सेनि) डा. करुण प्रसाद, उप प्राचार्य नवीना जैयपुर, एसडीआरएफ के चिंटू दुबे, नमिता बत्रा मौजूद रहीं।

### सीपीआर से बचाई जा सकती है जान

कार्यालय संवादकर्ता, कानपुर

अभूत विचार। सीपीआर एक मेडिकल प्रक्रिया है, जिसमें इंसान को सांस रुक जाने पर सांस वापस लाने तक या दिल की धड़कन सामान्य हो जाने तक छाती को दबाकर और मुंह से सांस देकर उसको वाट को पोषण से एक्टिव किया जा सकता है।

मेडिकल कॉलेज परिसर में स्थित डब्ल्यूएसी हॉल कॉलेज और नर्सिंग में बुधवार को नर्सिंग छात्रों को एसडीआरएफ बूले ने कोर्टेज पर्सनलटी रिस्पांसेबल (सीपीआर) की ट्रेनिंग दी। टीम के हेड और इंस्पेक्टर वीरेंद्र दुबे ने बताया कि सीपीआर से 50-60 फीसदी लोगों की जान बचाई जा सकती है जो अस्पताल के चरण सड़क या घर में गिरकर बेहोश हो जाते हैं। इंडियन एम्बेसिडेशन ऑफ एम्बेसिडेशनल जस्टिस्ट द्वारा



कॉलेज ऑफ नर्सिंग में सीपीआर का प्रशिक्षण देते विशेषज्ञ।

अभूत विचार

गाइडलाइन तैयार की गई है। बताया कि यह निम्नलेख ट्रेनिंग इंडियन वाटरिल ऑफ मेडिकल रिस्च (आईसीएमआर) के सर्वे के अनुसार, देश में सीपीआर को लेकर कमीब दो फीसदी लोग ही प्रशिक्षित हैं। अलायन बायोथैल बर बेरोश हो जाने वाले मरीजों में 90 फीसदी ब्रदय रोगी होते हैं। जीएसवीएम के प्रोफेसर डॉ. संतोष कुमार बरमान ने

बताया कि यह निम्नलेख ट्रेनिंग है, जिससे हर व्यक्ति सीख सकता है। सीपीआर के माध्यम से कई लोगों की जान बचाई जा सकती है। इस दौरान लीट्टिनेट कर्नल व कॉलेज ऑफ नर्सिंग के प्राधान्याध्यक्ष डॉ. करुण प्रसाद, उपप्राधान्याध्यक्ष प्रो. नवीना, प्रो. नमिता बत्रा, रुपाणी सिंह समेत नर्सिंग स्टाफ मौजूद रत।



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