

**Detail of Activities
in
District Shimla (H.P.)
(2012-2015)**

Training to FMR Volunteers



CFMR Training



Event/Meeting



Mock-drill



State Level Instructors Training

**Disaster Management Programme
HP State Red Cross Society
Shimla-171002**

**E-Mail: hpstateredcross@gmail.com
Contact No. 0177-2629969, 2621868**

Disaster Management Preparedness Programme

Background:

Himachal Pradesh due to its difficult topography, positioning in a high seismic and fragile ecology experiences the fury of nature every year causing loss of precious human lives and property. The State is prone to natural disasters like earthquakes, landslides, flash floods, fire etc.

The Indian Red Cross Society hence has come up with Disaster Management Preparedness programme for imparting trainings to local youth regarding Disaster Management Preparedness since 2012 in Himachal Pradesh, so that they could spring up to active during natural disasters and saved lives before the rescue teams can reach the spot, because this is the golden time to give first aid to the affected persons. Increasingly pace of population growth, urbanization and construction are therefore throwing up challenges for which adequate planning is necessary for prevention of disasters and mitigation if these occur, hence there is an urgent need to improve capacity building in these area.

Villages are also a part of development due to expansion of the cities and also exposed to vulnerability and there is possibilities of major loss in case any hazard takes place in future. Disaster Management Preparedness Plan at District level (village) aims to reduce potential loss of life and property in disasters as well as ensuring strong preparedness, response, relief and rehabilitation measures for coping with disasters. If disaster struck it is not easy for the administration to save the lives of people in the remote areas/disaster prone areas of Himachal Pradesh.

Objective of the Programme:

The main objective of the programme is to make the community aware about the Disaster, their causes and how to reduce the impact of Disaster. The Indian Red Cross Society, with the support of its partners (IFRC & ICRC), has embarked upon a programme to develop a cadre of First Medical Responders (FMRs) at District level in the most disaster prone states of the country. To enhance the capacity of Red Cross volunteers and communities to deliver emergency services during disasters and other emergencies (including public health emergencies) by providing

refresher training to the cadre of FMRs enrolled in 2012-13 & 2014. The objectives of the programme are:

- **To prepare the Red Cross First Medical Responders at village level:**
If any disaster happens, it is not possible to the administration to support in “Golden Hours” in which life can be saved, so it is necessary to equip the local people (villagers) with life saving skills to reduce disaster loss.
- **To prepare the village Panchayat community to reduce the risk of disaster:**
To build the capacity of the FMRs, so that they will have conceptual and methodological clarity with disaster situation.
- **To mainstream the local schemes and programmes with Disaster Risk Reduction:**
To involve community with local schemes and programmes like MNREGA, Watershed, Health & Hygiene promotion, Swacch Bharat Abhiyan etc.
- **To calendar the meetings/events/trainings of the FMRs for DRR at local level:**
The interaction with the community will be encouraged through the Mock drills, Meetings, Events, Trainings and other activities depending on the local requirements.
- **Draft the Disaster Management Preparedness Plan at village/ Panchayat level:**
The Disaster Management Preparedness Plan assesses the hazard, risk and vulnerability of the village/Panchayat area.
- **Activities of First Medical Responder (FMR) at District level with local government.**

Disaster Management Programme in Shimla District:

Three villages were identified by the district authority in Shimla district is as under:

- Village Sipur, Development Block Mashobra, Tehsil & District Shimla.
- Village Sharai, Development Block Mashobra, Tehsil & District Shimla.
- Village Bara, Tehsil Rampur District Shimla.

Activities Undertaken in village Sipur and Sharai since 2012 to till date:

- Identification of 2 active volunteers from each village by the district authority.
- Identification of 25 Volunteers from each village as per the guidelines of Programme.
- VCA (Vulnerability Capacity Assessment) Mapping of the area through these volunteers to know the risk, vulnerability & hazards (in the year 2012).
- 3 days Village level CFMR (Certified First Medical Responder) Training to 25 volunteers from each village.
- 4 Days State level Instructors Training and exposé visit provided to 3 active volunteers (in the year 2013).
- One Day Refresher Training to the FMR volunteers in their village (in the year 2014).
- One Day Mock drill conducted at village Sipur.
- 3 Days event in the Sipur fair every year.

Activities Undertaken in new identified village Bara, Tehsil Rampur Bushar, District Shimla since 2014 to till date:

- A new village Bara, under tehsil Rampur Bushar was identified by the District authority in the year 2014.
- Identification of new 2 active volunteers by the district authority.
- Identification of 25 volunteers in the village.
- 4 Days State level Instructors training provided to 2 active volunteers (in the year 2014).
- 3 Days district level CFMR training provided to the 25 volunteers (in the year 2014).
- One Day Refresher training provided to FMR volunteers (in the year 2015).
- 2 Days State level Instructors Refresher training provided to 2 active volunteers (in the year 2015).

WASH in Schools (Water and Sanitation Hygiene)
Under
Disaster Management Programme:

The Opportunity:

The focus of Government of India has been on Water and Sanitation Hygiene Promotion. Having access to safe water and basic sanitation and adopting good hygiene practices is vital to everyone's life. Indian Red Cross Society as an auxiliary to the Government can support the GOI initiative to achieve the above objective through community advocacy and acting as a knowledge resource for the people to link with this programme through awareness and dissemination activities involving community stakeholders (SHG, ANM, ASHA, CHE, Schoolteachers etc.) as well as behavioral change among the parents and through community advocacy by way of campaigns like wall painting, street plays etc.

Children leading WASH:

When children teach and pass information to another person, including another child, they become 'peer educators'. This happens formally, through presentations and role playing, and informally, during ordinary conversations and play, Peer-to-peer education is effective inside and outside school, for example, children might make an announcement over a loudspeaker about water conservation to people living in their neighborhood; or set up and manage a roadside market stall to promote the importance of hand washing with soap. Giving correct, age-appropriate information will help children decide what they want to say.

WASH Committees:

WASH- focused based committees can be fun and educational, allowing children to lead activities and monitor progress. Assigning children to a WASH committee can help create peer influence to adopt good hygiene behaviours. Group can be formed

by age (either mixed ages or separate groups for older and younger children) or by gender, as appropriate for specific subjects or tasks. Children with disabilities should always be integrated into activities alongside their peers.

Main Focus:

Developing and using effective communication tools to promote child friendly hygiene education. Exploring ways that aid children to experience, discover, create and construct their own knowledge. Encouraging schools to communicate hygiene messages through joyful learning sessions and organize events like drawing/poster competitions, drama, wall paintings, quiz, health exhibition, rallies, around the subject of safe water sanitation and proper hygiene behavior.

Formation & strengthen of WASH (Water and Sanitation Hygiene) committee, preparation of work plan and school level awareness on WASH.

- Formation of school level committee in these villages and an awareness camp organized on Water, Sanitation & Personal Hygiene in five schools (in the year 2015) as: GPS Sipur & Sharai, Dhar, Koti Kapti & Kartot.

List of FMR Volunteers, Village Sharai Tehsil & District Shimla

S. No.	Name	Contact No.
1.	Sh. Ashwani Kumar (Instructor)	9817928055
2.	Sh. Prem Singh (Instructor)	9805115316
3.	Sh. Heera Singh	9816617061
4.	Sh. Rohit Kumar	945177238
5.	Sh. Bishan Singh	9805073737
6.	Sh. Devi Singh	9459392391
7.	Sh. Mohan Singh	9418267292
8.	Sh. Narender Sharma	9418571256
9.	Sh. Bharat Singh	9625540597
10.	Sh. Hem Singh Verma	9817989593
11.	Sh. Daulat Ram	9817523075
12.	Sh. Amar Singh	9816477127
13.	Sh. Mehar Singh	9817377401
14.	Sh. Pratap Singh Thakur	9816172110
15.	Smt. KantaVerma	9816467623
16.	Sh. Nar Singh Lal	9817535715
17.	Smt. Kamlesh Thakur	9459971562
18.	Sh. Paras Ram	9418895858
19.	Sh. Bhoop Ram Sharma	9418716630
20.	Sh. Balak Ram Verma	9418311145
21.	Sh. Ramesh Kumar Sharma	9129059751
22.	Sh. Deep Ram	9816164717
23.	Sh. Manmohan Singh	8988048867
24.	Smt. Champa	9459584946
25.	Smt. Vidya Devi	9418662753

List of FMR Volunteers, Village Sipur, Tehsil & District Shimla

1.	Sh. Omprakash	9418589051
2.	Sh. Sita Ram Sharma	9418409000
3.	Smt. Anita Kumari	9418392513
4.	Smt. Parvati	9816766826
5.	Smt. Kubza Devi	9418707697
6.	Smt. Rekha	9817852128
7.	Smt. Laxmi Devi	9459584974
8.	Smt. Geeta Devi	9805610877
9.	Smt. Kanta Devi	9459967113
10.	Smt. SumitraVerma	9459973919
11.	Sh. Anil Kumar	9459584949
12.	Ms. Poonam	9817742102
13.	Smt. Babli	9459917445

14.	Sh. Heera Singh	9459348485
15.	Smt. Kamlesh Thakur	9816617588
16.	Sh. Molak Ram	9816545285
17.	Sh. Harish Kumar	9459579474
18.	Sh. Anil Kumar (Instructor)	9817038703
19.	Sh. Dharam Das	9459550415
20.	Sh. Yashwant Singh	9817241437
21.	Sh. Naveen Kumar	9459584974
22.	Ms. InduBala	9459621240
23.	Sh. Jagdish Singh Verma	9816734888
24.	Smt. Roshni Devi	8894511238
25.	Sh. Jai Singh	9817796632

List of FMR Volunteers, Village Bara, Tehsil Rampur, District Shimla

1.	Sh. Mahender Singh	8626847011
2.	Sh. Naresh Kumar	9459246144
3.	Sh.Rohit Bharti	9459976760
4.	Sh.Dalip Kumar	8988060336
5.	Sh.Hukum Chand	9418702598
6.	Sh.Ranjit Singh	9459748760
7.	Sh.Manoranjan Lal	9459942410
8.	Sh. Ajay Kumar	8988344666
9.	Sh.Gian Singh	9816127973
10.	Sh. Raman Kumar	8894960716
11.	Smt.Nirmala Devi	9418588136
12.	Smt.Pushpa Devi	9418173831
13.	Smt.Ganga Devi	9805920372
14.	Smt.Sunita Devi	9459615090
15.	Smt.Kaushlya Devi	9459734760
16.	Smt.Kishu Devi	8894654461
17.	Smt.Anita Sunela	8894399530
18.	Sh.Saurav Kumar	9816189807
19.	Smt.Chandermani	9459742973
20.	Smt. Sudarshna	9459961492
21.	Sh. Mehar Singh	9459451377
22.	Sh. Naseeb Singh	9805095874
23.	Sh. Harish Kumar	8988347093
24.	Sh. Avinash Kumar	9459881015
25.	Smt. Ritu Devi	9805557098

❖ **Note: These activities are also being undertaken in district Mandi and Solan of Himachal Pradesh**