



AVAHAN 2015

Chancellor's Brigade: NSS Wing

Disaster Management Training Camp

May 25 - June 3, 2015

Hosted by

SNDT Women's University, Mumbai



**National Service Scheme Cell
Department of Students Welfare
SNDT Women's University**

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AVHAN 2015

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Advisory Committee

- ❖ Shri Vikas Chandra Rastogi, IAS, Secretary to the Governor - Chairperson
- ❖ Dr. Sanjay Chahande, IAS, Principal Secretary to Govt., Higher & Technical Education
- ❖ Dr. Vasudha Kamat, Vice Chancellor, SNDT Women's University
- ❖ Shri S. M. Salunke, Deputy Secretary to Governor (Education)
- ❖ Dr. S. P. Badgajar, Registrar, SNDT Women's University
- ❖ Dr. Ruby Ojha, Finance & Accounts Officer, SNDT Women's University
- ❖ Shri Pandit Ithape, Commandant, NDRF Training Institute, Pune
- ❖ Dr. Linda Dennis, Dean, DSW (Addl. charge), SNDT Women's University
- ❖ Dr. Nitin Prabhu-Tendolkar, NSS Programme Co-ordinator, SNDT Women's University
- ❖ Dr. Atul Salunke, State NSS Liaison Officer & OSD (Member Secretary)

***Message from Hon'ble Chancellor
Shri Ch. Vidyasagar Rao***

I am indeed very happy to know about participation of NSS volunteers and Programme Officers representing various districts of Maharashtra. I wish you well as you embark on your training programme on Disaster Preparedness.

Even though disasters cannot be predicted, we can certainly limit the damage caused by the disasters. There are two main aspects: institutional preparedness and community preparedness. Creating awareness through disaster management education and training are necessary steps for enabling the community to cope with disasters in a better manner.

I congratulate the NSS volunteers and the Programme Officers as they begin their training and wish them success in their work. I also convey my appreciation to National Disaster Response Force and the SNTD Women's University.

I wish AVHAN-2015 and its entire team all success.

***Message from Hon'ble Minister, Higher and Technical Education
Shri Vinod Tawde***

I am enormously pleased to know that 1125 young NSS Volunteers from 36 districts of Maharashtra are participating in the ten days Disaster Preparedness Training Programme proudly known as Avhan 2015. The training programme is being hosted by the SNTD Women's University at a time when they are celebrating Centennial Year in 2015-16. Today considering the unpredictability of the natural disasters, educating and training the community to cope up with such events is important. This will help to minimize the damage.

The disaster management is a collective responsibility and all sections of the community should be prepared to mitigate the disaster. The youth needs to be trained for rescue and relief operations and relief management.

I congratulate NSS Volunteers who are participating in this programme and also appreciate the efforts of SNTD Women's University and National Disaster Response Force (NDRF) for their noble initiative for a crucial societal cause. I wish you all success for future.

***Foreword by Vice Chancellor, SNTD Women's University
Prof. Vasudha Kamat***

SNTD Women's University, founded by great Social Reformer Bharat Ratna Maharshi Karve in the year 1916 is celebrating its Centennial Year in 2015-16. We are very happy to host AVHAN-2015 as a prelude to our Centennial Year and grateful to Hon'ble Chancellor for giving us the responsibility.

I welcome all the young men and women NSS Volunteers and their programme officers from 36 districts of Maharashtra for this 10-days Disaster Preparedness Training programme. NDRF authorities have taken every care to introduce these young minds to Rescue and Relief Operations, Relief Management and Disaster Reduction & Prevention.

I am sure this training will make the enthusiastic youth more committed to societal cause: the disaster preparedness.

About AVHAN

AVHAN is a residential programme on Disaster Management and integrated model for participation of the young NSS Volunteers in rescue and relief

Objectives of AVHAN

AVHAN aims to create a pool of trained young volunteers from National Service scheme (NSS) to collaborate and join hands with civil administration to provide quick rescue and relief services in the event of sudden natural calamities and disasters. The main objective of the event AVHAN 2015 is to provide focused and wholesome training of youths belonging to NSS units of 20 Universities of Maharashtra through professional trainers of National Disaster Rescue Force (NDRF). The training included various sub-modules of providing relief and quick response to help reduce the losses and mitigate sufferings of the victims of sudden or manmade calamities and hazards. These 1125 young NSS Volunteers would form part of Chancellor's Brigade and will be organized in Platoons. One Platoon will comprise of 20 boys & 10 girls along with 2 Asst Nodal Officers (One Lady and One Gentleman) which will work for each district of Maharashtra. They would be trained holistically to build their capacities to accept the challenge of rescue and relief and would complement the disaster responses forces available with civil administration. The youth would be equipped with the latest methods of rescue in the events e.g. floods, fire and earthquake etc, providing first aids, resuscitation and revival, evacuations, debris clearances, cordon, communication and mob control, carrying victims to ambulances, life-saving and administration of relief camps.

AVHAN Pledge

We, the citizens of India and members of AVHAN, have the privilege of being part of Chancellor's Brigade - NSS Wing.

We are aware of our responsibilities and with due commitments, undertake a pledge of fearlessness and readiness, towards disaster mitigation.

We promise

to be available to serve the victims of any disaster,

to face any disastrous situation

and shall continue to be an active part of Chancellor's Brigade as a proud Indian.

Jai Hind!

Jai Hind!

Jai Hind!

Contents of Training Programme

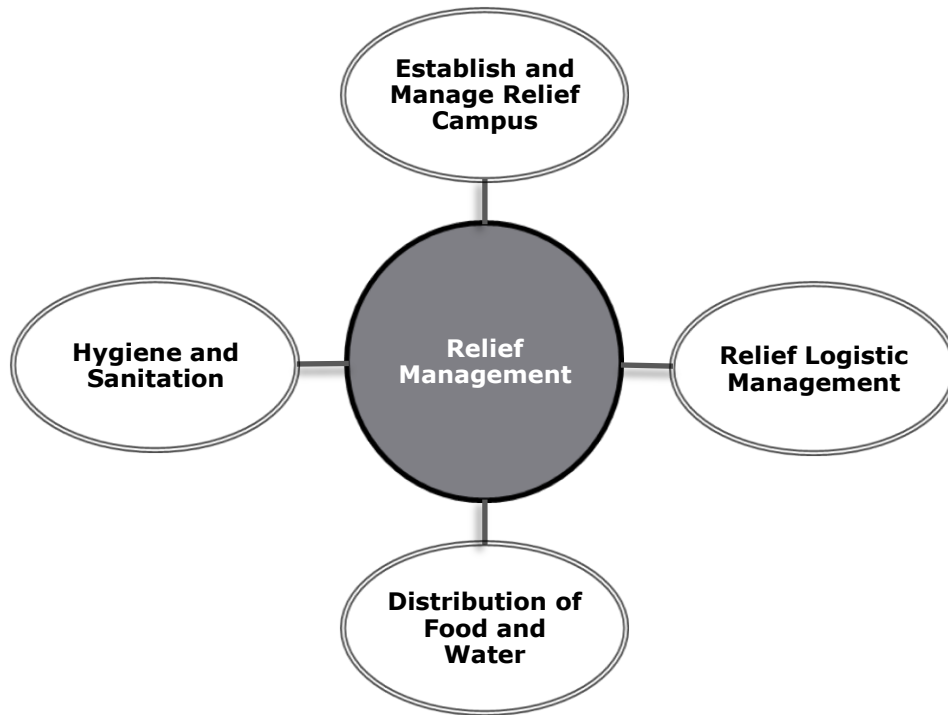
Major Areas:

- A. Rescue and Relief Operations
- B. Relief Management
- C. Disaster Reduction and Prevention

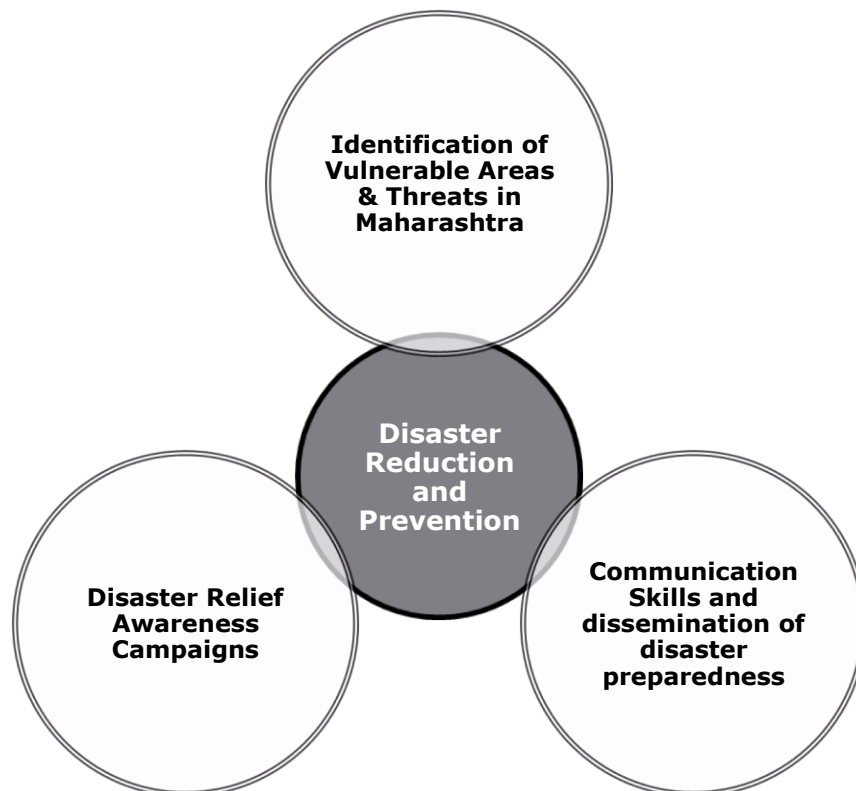
Rescue and Relief Operations



Relief Management



Disaster Reduction and Prevention



Detailed Syllabus

1. Medical First Responder

Sr. No.	Code	Subject	Theory Periods	Practice/ Practical	Day Periods
1	MFR-1	MFR Introduction	1	-	1
2	MFR-2-3	MES & MFR	2	-	2
3	MFR-4	Infectious disease	1	-	1
4	MFR-5	The incident	1	-	1
5	MFR-6	Anatomical references	1	-	1
6	MFR-7-10	Patient assessment	2	2	4
7	MFR-11-15	BLS & CPR	2	3	5
8	MFR-16-17	Hemorrhage & Shocks	2	-	2
9	MFR-18-19	Short Tissue Injuries	2	-	2
10	MFR-24-25	Poisoning & Burn	2	-	2
11	MFR-26-27	Medical emergencies (I)	2	-	2
12	MFR-28-29	Respiratory emergencies	2	-	2
13	MFR-30-31	Medical emergencies II	2	-	2
14	MFR-32-24	Lifting & Moving Patients	2	1	3
15	MFR-35-38	Triage	1	2	3
Total			26	08	33

2. Search and Rescue

Sr. No.	Code	Subject	Theory Periods	Practice/ Practical	Day Periods
Knots & Lashing					
1	Knt-1-2	Type of knots	2	-	2
2	Knt-3-4	Use of different type knots	2	-	2
3	Knt-5-6	Type of lashing	2	-	2
4	Knt-7-8	Use of different type lashing	2	-	2
5	Knt-9-10	Practice of making knots	-	2	2
6	Knt-11-12	Practice of making lashing	-	2	2
High Rise Building Rescue					
7	S&R-1-2	Methods of search & Rescue	1	1	2
8	S&R-7-8	Method of fixing ropes on object during high rise building rescue	1	1	2
Total			2	2	4

3. Flood Water Rescue

Sr. No.	Code	Subject	Theory Periods	Practice/ Practical	Day Periods
1	FWR	Introduction of Boat	1	-	1
2	FWR	Assembling of boat (Demo)	1	-	1
3	FWR-3-4	Practice of assembling of boat	-	2	2
		TOTAL	2	2	4
	RAFT				
4	FWR-13	Introduction of improvised floating items	1	-	1
5	FWR-14	Making of improvised floating items(Demo)	-	1	1
		Total	1	1	2

4. N.B.C.

Sr. No.	Code	Subject	Theory Periods	Practice/ Practical	Day Periods
1	NBC-1-3	NBC Overview	1	1	2
		Total	1	1	2

5. Relief Camp Management/ Administration

Sr. No.	Code	Subject	Theory Periods	Practice/ Practical	Day Periods
1	RCM-1	Relief Camp establishing (Lecture), Prevention of theft during disaster, logistic Management Communication, Liaison with authorities & NGO's, Finance management	2	-	2
2	RCM-2	Study of vulnerable areas in Maharashtra and case studies, capacity building, Inventory & Stock Management, Report writing and reporting, Purchase of consumable Perishable & durable commodities/eqpts.	1	-	1
3	RCM-3	Cooking	-	1	1
		Total	3	1	4

6. CCSR

Sr. No.	Code	Subject	Theory Periods	Practice/ Practical	Day Periods
1	CSSR-1	CCSR Equipments introduction & handling drill	1	-	1
2	CSSR-3	Accidents (Road& Rail)	1	-	1
		Total	2	-	2

AVHAN Programme Schedule

(10 Days)

Location for all programmes and activities of training except Waterbased activities

- ❖ Churchgate Campus - Girls
- ❖ Juhu Campus - Boys
- ❖ New Zealand Campus - Boys

Location for all programmes and activities of training of Waterbased activities

- ❖ Chotta Kashmir, Boating Club, Goregaon

Day-wise Schedule

May 25 to June 3, 2015

Date & Day	Time	Programme	CODE
Day 1 25 May 2015 Monday	6.00 to 11.00 AM	Registration & Accommodation	
	9.00 to 10.00 AM	Breakfast	
	12.00 to 1.00 PM	Lunch	
	4.00 to 5.00 PM	Inauguration Programme (Birla Matoshree Sabhagriha, Churchgate)	
	7.30 to 8.30 PM	Dinner	
Day 2 26 May 2015 Tuesday	6.00 to 7.00 AM	Physical Training	
	7.00 to 8.00 AM	Breakfast	
	9.00 to 9.40 PM	Introduction of Course	Misc 11
	9.45 to 10.25 AM	Introduction of NDRF/DM	DM 1
	10.30 to 11.10 AM	Ems And MFR	MFR 1
	11.15 to 11.55 AM	Infection Disease	MFR 2
	12.00 to 12.45 PM	Video Film on Tsunami	DM 2
	1.00 to 2.00 PM	Lunch	
	3.00 to 3.40 PM	Types of Knot and its Usage	D/P

	3.45 to 4.25 PM	Types of Lashing and its Usage	D/P
	4.30 to 5.10 PM	Introduction To Floods, Do's and Don'ts	FWR 1
	5.30 to 6.30 PM	Open Forum and Ice Breaking	
	7.30 to 8.30 PM	Dinner	
	10.00 PM	Lights Off	
Day 3 27 May 2015 Wednesday	6.00 to 7.00 AM	Physical Training	Misc 12
	7.00 to 8.00 AM	Breakfast	
	9.00 to 1.00 PM	Water Management Training Programme - I Churchgate Campus - Group I	
	9.00 to 1.00 PM	Theory & Practical Session	
	1.00 to 2.00 PM	Lunch	
	3.00 to 6.15 PM	Theory & Practical Sessions	
	6.30 to 7.30 PM	Cultural Programme	
	8.00 to 9.00 PM	Dinner	
	10.00 PM	Lights Off	
Day 4 28 May 2015 Thursday	6.00 to 7.00 AM	Physical Training	Misc 13
	7.00 to 8.00 AM	Breakfast	
	9.00 to 1.00 PM	Water Management Training - II Churchgate Campus - Group-II	
	9.00 to 9.40 PM	Anatomical References	MFR 3
	9.45 to 10.25 AM	Patients Assessment	MFR 4
	10.30 to 11.10 AM	Practice of making Knots	HR 3
	11.15 to 12.45 AM	Practice of making Lashing	HR 4
	1.00 to 2.00 PM	Lunch	
	3.00 to 3.40 PM	Video Film on Disaster	DM4
	3.45 to 5.10 PM	Water Environment and Rescue Techniques	FWR 7,8
	5.30 to 6.30 PM	Film on Disaster Management by Nede	
	7.30 to 8.30 PM	Dinner	
	10.00 PM	Lights Off	
Day 5 29 May 2015 Friday	6.00 to 7.00 AM	Physical Training	Misc 14
	7.00 to 8.00 AM	Breakfast	
	9.00 to 1.00 PM	Water Management Programme Juhu Campus - Group-1	
	9.00 to 9.40 AM	Patients Assessment	MFR 5

	9.45 to 12.45 PM	BLS and CPR	MFR 6, 7, 8, 9
	1.00 to 2.00 PM	Lunch	
	3.00 to 4.25 PM	Oxygen Therapy	MFR 10, 11
	4.30 to 5.10 PM	Practice of Lashing and Knot	HR 9
	5.30 to 6.30 PM	Preparation and Presentation of Awareness Programmes on Dm by Students	
	7.30 to 8.30 PM	Dinner	
	10.00 PM	Lights Off	
Day 6 30 May 2015 Saturday	6.00 to 7.00 AM	Physical Training	Misc 15
	7.00 to 8.00 AM	Breakfast	
	9.00 to 9.40 AM	Introduction to CSSR	CSSR 1
	9.45 to 10.25 AM	Types of Collapse Structure	CSSR 2
	10.30 to 11.10 AM	Method of Search and Rescue	CSSR 3
	11.15 to 12.45 PM	Soft Tissues Injuries	MFR 12, 13
	1.00 to 2.00 PM	Lunch	
	3.00 to 3.40 PM	Report Writing	MFR 14
	3.45 to 5.10 PM	Auxiliary Fire Fighting	FF – 1,2
	5.30 to 6.15 PM	Film on Mock Drill by Nede	
	6.30 to 7.30 PM	Cultural Programme	
	8.00 to 9.00 PM	Dinner	
	10.00 PM	Lights Off	
Day 7 31 May 2015 Sunday	6.00 to 7.00 AM	Physical Training	Misc 16
	7.00 to 8.00 AM	Breakfast	
	9.00 to 9.40 AM	Muscle Skeletal Injuries	MFR 15
	9.45 to 11.10 AM	Hemorrhage	MFR 16,17
	11.15 to 12.45 PM	Spinal and Skull Injuries	MFR 18, 19
	1.00 to 2.00 PM	Lunch	
	3.00 to 4.25 PM	CBRN Overview	CBRN 1, 2
	4.30 to 5.10 PM	Introduction with CBRN Equipment	
	5.30 to 6.30 PM	Film on First Aid, Practice of Mock Drill (First Response)	
	7.30 to 8.30 PM	Dinner	
	10.00 PM	Lights Off	

Day 8 1 June 2015 Monday	6.00 to 7.00 AM	Physical Training	Misc 16
	7.00 to 8.00 AM	Breakfast	
	9.00 to 1.00 PM	Water Management Training Juhu Campus - Group-II	
	9.00 to 9.40 AM	Introduction of Snakes	MFR 20
	9.45 to 10.25 AM	First Aid for Snake Bite	MFR 21
	10.30 to 12.45 PM	Lifting and Moving Patients	MFR 22, 23, 24
	1.00 to 2.00 PM	Lunch	
	3.00 to 3.40 PM	Poisoning	MFR 25
	3.45 to 4.25 PM	Burn	MFR 26
	4.30 to 5.10 PM	Introduction of CSSR Equipment	CSSR 4
	5.30 to 6.15 PM	Mock Drill	
	6.30 to 7.30 PM	Cultural Programme	
	8.00 to 9.00 PM	Dinner	
	10.00 PM	Lights Off	
Day 9 2 June 2015 Tuesday	6.00 to 7.00 AM	Physical Training	Misc 17
	7.00 to 8.00 AM	Breakfast	
	9.00 to 1.00 PM	Water Management Training New Zealand Hostel Group	
	9.00 to 9.40 AM	Medical Emergency Part 1	MFR 27
	9.45 to 10.25 AM	Medical Emergency Part 2 and 3	MFR 28
	10.30 to 11.10 AM	Relief Camp Establishment	MFR 29
	11.15 to 12.45 PM	Course Review	Misc 19,20
	1.00 to 2.00 PM	Lunch	
	4.00 to 6.00 PM	Rally for all participants	
	7.30 to 8.30 PM	Dinner	
	10.00 PM	Lights Off	
Day 10 03 June 2015 Wednesday	7.00 to 8.00 AM	Breakfast	
	11.00 to 1.00 PM	Valedictory Programme (Birla Matoshree Sabhagriha, Churchgate)	
	1.00 to 3.00 PM	Lunch (SNDTWU Churchgate Campus)	
		Departure	

List of Participating Universities

Sr. No.	District/s	University Institution	No. of Students		Programme officers	
			Male	Female	Male	Female
1	Mumbai City	University of Mumbai, Mumbai	20	6	1	-
		SNDT Women's University, Mumbai	-	4		1
	Mumbai Suburb	University of Mumbai, Mumbai	20	6	1	1
		SNDT Women's University, Mumbai	-	4		
	Thane and Palghar	University of Mumbai, Mumbai	20	8	1	1
		SNDT Women's University, Mumbai	-	2		
	Raigad	University of Mumbai, Mumbai	19	7	1	1
		SNDT Women's University, Mumbai	-	2		
		Dr. Babasaheb Ambedkar Technological University, Lonere	1	1		
	Ratnagiri	University of Mumbai, Mumbai	18	7	1	1
		Agricultural University, Dapoli	2	2		
	Sindhudurg	University of Mumbai, Mumbai	18	6	1	1
		Agricultural University, Dapoli	1	1		
		Maharashtra University of Health Sciences, Nashik	1	1		
2	Ahmednager	University of Pune, Pune	18	8	1	1
		Agriculture University, Rahuri	2	2		
	Pune	University of Pune, Pune	17	4	1	1
		Agriculture University, Rahuri	2	2		
		SNDT Women's University, Mumbai	-	3		
	Nashik	Maharashtra Animal & Fishery Sciences University, Nagpur	1	1		
		University of Pune, Pune	17	7	1	1
		Agriculture University, Rahuri	2	2		
	3	Satara	Maharashtra University of Health Sciences, Nashik	1	1	
Shivaji University, Kolhapur			18	8	1	1
Sangli		Agriculture University, Rahuri	2	2		
		Shivaji University, Kolhapur	18	5	1	1
		Agriculture University, Rahuri	2	2		
Kolhapur		SNDT Women's University, Mumbai	-	3		
		Shivaji University, Kolhapur	18	5	1	1
		Agriculture University, Rahuri	2	2		
4		Aurangabad	SNDT Women's University, Mumbai	-	3	
	Dr. Babasaheb Ambedkar Marathwada University, Aurangabad		18	8	1	1
	Beed	Vasantrao Naiki Marathwada Agricultural University, Parbhani	2	2		
		Dr. Babasaheb Ambedkar Marathwada University, Aurangabad	20	5	1	1
		SNDT Women's University, Mumbai	-	5		

	Jalna	Dr. Babasaheb Ambedkar Marathwada University, Aurangabad	19	9	1	1	
		Vasantrao Naiki Marathwada Agricultural University, Parbhani	1	1			
	Osmanabad	Dr. Babasaheb Ambedkar Marathwada University, Aurangabad	18	6	1	1	
		SNDT Women's University, Mumbai	-	2			
		Maharashtra Animal & Fishery Sciences University, Nagpur	2	2			
5	Jalgaon	North Maharashtra University, Jalgaon	18	5	1	1	
		Agriculture University, Rahuri	2	2			
		SNDT Women's University, Mumbai	-	3			
	Nandurbar	North Maharashtra University, Jalgaon	18	6	1	1	
		Agriculture University, Rahuri	2	2			
		SNDT Women's University, Mumbai	-	2			
	Dhule	North Maharashtra University, Jalgaon	18	5	1	1	
		Agriculture University, Rahuri	2	2			
		SNDT Women's University, Mumbai	-	3			
	6	Nanded	Swami Ramanand Teerth Marathwada University, Nanded	18	8	1	1
			Vasantrao Naiki Marathwada Agricultural University, Parbhani	2	2		
		Hingoli	Swami Ramanand Teerth Marathwada University, Nanded	20	10	1	1
Parbhani		Swami Ramanand Teerth Marathwada University, Nanded	17	4	1	1	
		Vasantrao Naiki Marathwada Agricultural University, Parbhani	2	2			
		SNDT Women's University, Mumbai	-	3			
		Maharashtra Animal & Fishery Sciences University, Nagpur	1	1			
Latur		Swami Ramanand Teerth Marathwada University, Nanded	18	8	1	1	
		Vasantrao Naiki Marathwada Agricultural University, Parbhani	2	2			
7		Amaravati	Sant Gadge Maharaj University, Amravati	18	8	1	1
			Dr. Punjabrao Deshmukh Krishi Vidyapeeth, Akola	2	2		
		Buldhana	Sant Gadge Maharaj University, Amravati	18	8	1	1
	Dr. Punjabrao Deshmukh Krishi Vidyapeeth, Akola		2	2			
	Akola	Sant Gadge Maharaj University, Amravati	18	8	1	0	

		Dr. Punjabrao Deshmukh Krishi Vidyapeeth, Akola	2	2		1
	Washim	Sant Gadge Maharaj University, Amravati	20	10	1	1
	Yawatmal	Sant Gadge Maharaj University, Amravati	18	8	1	1
		Dr. Punjabrao Deshmukh Krishi Vidyapeeth, Akola	2	2		
8	Nagpur	Rashtra Sant Tukdoji Maharaj University, Nagpur	16	3	1	1
		Dr. Punjabrao Deshmukh Krishi Vidyapeeth, Akola	2	2		
		SNDT Women's University, Mumbai	-	3		
		Kavi Kulaguru Kalidas Sanskrit University	2	2		
	Wardha	Rashtra Sant Tukdoji Maharaj University, Nagpur	20	6	1	1
		SNDT Women's University, Mumbai	-	4		
	Gondia	Rashtra Sant Tukdoji Maharaj University, Nagpur	20	10	1	1
	Bhandara	Rashtra Sant Tukdoji Maharaj University, Nagpur	20	10	1	1
9	Chandrapur	Gondwana University, Gadchiroli	20	10	1	1
	Gadchiroli	Gondwana University, Gadchiroli	19	9	1	1
		Dr. Punjabrao Deshmukh Krishi Vidyapeeth, Akola	1	1		
10	Solapur	Solapur University, Solapur	18	6	1	1
		Agriculture University, Rahuri	2	2		
		SNDT Women's University, Mumbai	-	2		
	Total		700	350	35	35

Post-training Activities

for student volunteers:

I. To organize...

1. at least 3 Awareness Campaign Programmes at Taluka places
2. two Mock Drills at Taluka places with support of local resources
3. lectures, poster competitions on the issues related to Disaster Preparedness
4. at least one Awareness Campaign in the adopted area or village by the college
5. at least one Blood Donation drive

II. To write his/her experience as a part of AVHAN – Chancellor's Brigade with suggestions for improvement of training programme (if any)

for Programme Officers:

III. Write articles on 'Disaster Preparedness' for the information of community and publish in local Newspapers

IV. Attend quarterly meetings and submit report

Chairperson of AVHAN - District level committee will be responsible for sending quarterly reports and the minutes of the meetings to the University Co-ordinator and the State Liaison Officer.



SNDT Women's University

First Choice of New Age Women

(Estb: 1916)



Bharat Ratna Maharshi D. K. Karve

celebrating

Centennial Year 2015-16

1, N. Thackersey Road, Mumbai 400 020

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