

Report on 7-Day Disaster Management Training Programme

I, Vuppary vaishnavi, NSS Volunteer, submit this brief report on the 7-Day Disaster Management Training Programme conducted at Osmania University under the Yuva Aapda Mitra Scheme.

Arrival (10th November 2025 – Evening)

On the evening of 10th November 2025, we reached the OU guest house. Initially, all participants were strangers, which created slight nervousness, but this gradually turned into bonding as the training progressed.

Day 1 – Orientation & Disaster Management Foundations

The programme began with an orientation session and classes on the basics of disaster management, focusing on preparedness, key concepts, and the role of volunteers in disaster response.

Day 2 – Fire Safety, Weather Hazards & Earthquakes

Sessions were conducted on fire safety, weather hazards, and earthquake preparedness, with both theoretical explanations and practical demonstrations.

Day 3 – Floods & Water Rescue

Training focused on flood management and water rescue techniques. A practical session was conducted at Indira Park, where we gained hands-on experience in boat operations and rescue methods.

Day 4 – First Aid, CPR & Injury Management

The fourth day covered first aid, CPR, and injury management, with practical training that highlighted the importance of immediate medical response during emergencies.

Day 5 – Weather Alerts & Man-made Disasters

Sessions on weather alerts and man-made disasters were conducted. We also visited the Indian Meteorological Department (IMD), Begumpet, where we observed the Doppler Weather Radar and learned about real-time weather forecasting.

Day 6 – Rope Rescue Techniques

The sixth day focused on rope rescue techniques, where we learned various rescue and improvised methods through practical sessions.

Day 7 – Valedictory / Farewell

The programme concluded with a farewell session. By the end, our journey had transformed us from strangers into a family of trained Aapda Mitra volunteers, confident and prepared to respond to disasters.

✓Conclusion

Each day included both theoretical and practical sessions, which enhanced our skills, confidence, and readiness. The programme was highly informative, practical, and impactful in building disaster response capability.























