

Training of Suraksha Saathi

Date – 21st – 23rd August, 2023

Venue – Bhachau, Kutchh

Overview – To build these capacities within the local community, it is necessary to prepare leaders at the community level as "Suraksha Sathis." A "Suraksha Sathi" is essentially a local development worker who, in addition to other development tasks, will be prepared and equipped to respond effectively to disasters, providing essential support to the affected community before, during, and after the disaster.

Suraksha Saathi play a significant role in safely evacuating residents and restoring essential services like electricity and water. A "Suraksha Sathi" is a trained volunteer who assists the community during disasters, prepares them in advance, and provides immediate care to affected families and individuals. They are trained to carry out rescue operations and identify risky structures and assets in their villages, prepare accordingly, and identify individuals, equipment, and organizations that can assist during disasters. They play a crucial role in reducing the impact of disasters by providing timely rescue and first aid, ensuring that necessary services are activated after the disaster, and helping return the situation to normalcy.

Trainings given during the training of Suraksha Saathi

21st August 2024 – To get a clear understanding of a what is a disaster, how to be prepared for it and what actions to take before and during the occurrence of a hazard even. Preparedness for a disaster involves creating and implementing comprehensive plans to manage potential hazards effectively. This includes assessing risks, developing response strategies, and training individuals in emergency procedures. The goal is to mitigate impacts and ensure timely, coordinated responses during a disaster.

In case of drowning, it is crucial to act quickly to save the person. Reach or throw a flotation device to the victim without endangering yourself, then pull them to safety. Ensure they are breathing, and if not, administer CPR immediately.

To make an unconscious person conscious, gently shake their shoulders and shout to see if they respond. If there is no reaction, check for breathing and pulse, and start CPR if necessary. Seek emergency medical help if the person remains unresponsive.

Cardiopulmonary resuscitation (CPR) is a life-saving technique used in emergencies when someone's heartbeat or breathing has stopped. It involves chest compressions and rescue breaths to maintain circulation and oxygenation until professional help arrives.

Calling emergency number 108 is essential for quick access to medical and rescue services during a crisis. Provide clear information about the location, nature of the emergency, and any injuries to ensure prompt and appropriate assistance.

During a disaster, contact relevant government authorities such as the local police, fire department, and disaster management officials. In a village, these contacts may include the village head, local health workers, and district disaster management authorities.

Selecting an appropriate location for sheltering evacuees is crucial. For instance, in flood situations, shelters should be located on elevated ground to avoid being submerged. Incorrect site selection can exacerbate risks, making shelters more vulnerable to floods.

If a person is drowning in a lake, pond, or river, immediately call for help and throw a flotation device. Ensure their airway is clear and perform CPR if they are not breathing. Seek professional medical assistance as soon as possible.

Tying different types of knots with a rope is essential for various operations. Useful knots include the bowline for creating a fixed loop, the clove hitch for securing objects, and the sheet bend for joining two ropes. These knots aid in rescue and recovery efforts.

Using a life jacket can significantly enhance the chances of survival for a drowning person. Ensure the jacket is properly fitted and securely fastened. It helps keep the person afloat and reduces the risk of submersion until rescue arrives.

Giving CPR to a pregnant woman involves placing the hands slightly higher on the chest to account for the growing uterus. Perform chest compressions and rescue breaths as usual, ensuring minimal pressure on the abdomen. Seek immediate medical attention.

When giving CPR to a young boy or girl, use gentle, less forceful chest compressions and rescue breaths compared to adults. Adjust the depth and frequency of compressions based on the child's age and size. Ensure professional help is on the way.

Resources available in a village during a disaster may include local volunteers, first aid kits, community shelters, and emergency contact lists. Effective use of these resources, along with coordination with external agencies, can enhance disaster response and recovery.

Emergency response to common daily situations, such as snake bites, accidents, fires, or heart attacks, involves immediate actions such as applying first aid, calling emergency services, and performing basic life support measures. Villagers should be trained in these basic emergency procedures.

Lifting a person with a broken back requires extreme caution to avoid further injury. Use a spinal board or similar device to keep the person's back straight and avoid twisting. Seek immediate medical help and keep the person as still as possible.

The government structure for disaster management includes various agencies and plans. The National Disaster Response Force (NDRF) and State Disaster Response Force (SDRF) provide specialized response teams. Taluka and district-level disaster management plans guide local response efforts, ensuring coordination and effective management during emergencies.

22nd August 2024 – Accidents can take various forms, each requiring specific responses to ensure the safety of those involved. For instance, in the event of a car accident, safely extracting a person from a vehicle is crucial. It is essential to stabilize the person's head and neck, avoid sudden movements, and carefully slide

them out, ensuring their spine remains aligned. This reduces the risk of further injury, especially to the neck and spine.

Fires also present diverse challenges, with different types needing tailored responses. Class A fires involve ordinary combustibles like wood or paper and can be extinguished with water. However, Class B fires, involving flammable liquids, require foam or CO₂ extinguishers to suffocate the flames. Electrical fires, classified as Class C, should never be extinguished with water; instead, use a CO₂ or dry chemical extinguisher. Knowing the correct method to extinguish each type of fire is vital in mitigating damage and preventing harm.

In situations where there is significant bleeding, controlling blood flow is a critical life-saving measure. Applying direct pressure to the wound, using clean cloth or gauze, helps to slow or stop bleeding. Elevating the injured limb above heart level can also reduce blood flow to the area. In severe cases, a tourniquet may be necessary to control bleeding until medical help arrives.

When a person receives an electric shock, immediate action is required to prevent further harm. The response varies depending on the type of current. AC (alternating current) shocks tend to cause muscle spasms, which can prolong exposure and increase injury. DC (direct current) shocks usually cause a single, strong contraction, throwing the person away from the source. In both cases, disconnect the power source if possible, and administer CPR if the person is unresponsive.

A brain stroke is a medical emergency where immediate recognition of symptoms is critical. Sudden numbness or weakness, especially on one side of the body, confusion, difficulty speaking or understanding speech, and severe headaches are key indicators. Prompt medical attention can significantly reduce the risk of long-term damage or death.

Hazard symbols are designed to quickly convey the presence of dangerous substances or situations. For instance, the electric shock symbol indicates the risk of electrical hazards, while symbols for hazardous chemicals and radioactivity warn of potential exposure to toxic substances or radiation. Recognizing these symbols and understanding their implications are essential for maintaining safety.

In the event of a broken bone, immobilization is crucial to prevent further injury. In emergency situations, makeshift splints can be created using sticks or even folded newspapers, securing them around the limb with cloth or bandages to keep the bone stable until professional help is available.

Proper bandaging is another critical skill, as it helps to protect wounds from infection, reduce pain, and support injured tissues. Bandages should be applied firmly but not too tightly, ensuring that blood circulation is not impeded. Regular monitoring is necessary to ensure that the bandage remains secure and effective.

During a helicopter rescue from the ground, it is important to stay calm and follow instructions carefully. Move to the designated area, avoid raising dust or debris, and secure loose items. When the helicopter approaches, remain in a crouched position and avoid approaching the aircraft until directed by the rescue team.

Shock is a critical condition that can occur after severe injury or trauma. Symptoms include pale, clammy skin, rapid pulse, shallow breathing, and weakness. If shock is suspected, it is essential to keep the person lying down, elevate their legs if possible, and cover them to maintain body temperature while waiting for emergency services.

A well-stocked first aid box is essential in any emergency, containing items such as bandages, antiseptic wipes, scissors, adhesive tape, and a CPR face shield. It should also include personal protective equipment like gloves, along with pain relievers and any necessary medications. Regular checks ensure that the kit is complete and ready for use when needed.

23rd August, 2024 – A "Suraksha Sathi" should possess the following leadership qualities:

A leader should have knowledge, empathy, and an adaptive behavior. Everyone has the potential to become a leader. Leaders are not born; they are developed and nurtured. A leader is someone with a unique vision, dreams, and the ability to rise above personal ambitions. A good leader is one who does not limit their efforts to personal expectations but works towards achieving the organization's goals and objectives. If the organization's goals are achieved, the leader's reputation will

naturally grow. However, a leader's aspirations should not be limited to their own personal success.

Preparedness is critical to minimizing the impact of disasters, ensuring that all systems and resources are functional before a disaster strikes. This involves conducting regular drills, checking the integrity of shelters, maintaining communication networks, and ensuring that emergency supplies are stocked. Effective preparedness measures also include training personnel, coordinating with local agencies, and establishing clear protocols for rapid response, thereby reducing the risks associated with disasters.

In the immediate aftermath of a disaster, it is essential to identify and rescue the most vulnerable populations, such as the elderly, children, and those with disabilities. These individuals are often at greater risk and require prompt attention to ensure their safety. Rescue efforts should prioritize getting them to secure locations where they can receive the necessary care and protection, minimizing the loss of life and reducing trauma.

Post-disaster relief distribution is another critical component that must be managed efficiently to ensure that aid reaches those in need. This includes coordinating with local and international organizations to distribute food, water, medical supplies, and other essential items equitably. Effective distribution systems should be transparent, organized, and responsive to the needs of the affected communities, preventing shortages and ensuring that all individuals receive the necessary assistance.

To maximize the benefits provided by the government, it is crucial to ensure that affected populations are fully informed and able to access these resources. This involves clear communication about the available services, simplifying application processes, and providing support to those who may face barriers in accessing aid. Government outreach efforts must be inclusive, considering the diverse needs of the population to ensure no one is left behind.

The National Disaster Response Fund (NDRF) and State Disaster Response Fund (SDRF) are vital financial resources deployed by the government during and after disasters. These funds are activated to support immediate relief efforts, including rescue operations, relief distribution, and rehabilitation activities. The NDRF and

SDRF enable swift mobilization of resources, ensuring that response efforts are adequately funded and that the affected populations receive timely assistance.

List Of Participants



સમુદાય સ્તરના સુરક્ષા સાથીઓની તાલીમ

ઓગસ્ટ 21-23, 2024, ભચાઉ, કચ્છ

ક્રમ	સહભાગીનું નામ	ગામ	તાલુકો	મોબાઇલ નંબર	સહી 21.08.2024	સહી 22.08.2024	સહી 23.08.2024
1	જાણકાસલાલ વસુલ Nagdev-Saleem	જંઝાલ	જ્યારી	7016049132	<i>Nagdev-Saleem</i>	<i>Nagdev-Saleem</i>	<i>Nagdev-Saleem</i>
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સમુદાય સ્તરના સુરક્ષા સાથીઓની તાલીમ

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10	બોચીયા નરીતમ જી Bochiya Naritam Ji	ભોટાબાર	માળિયા (બ)	9428512783	<i>Bochiya</i>		<i>Bochiya</i>
11	ઈબ્રાહીમ મોજલાયા Ibrahim Mojlaya	લુહી	મુંદ્રા	6351925429	<i>Ibrahim</i>	<i>Ibrahim</i>	<i>Ibrahim</i>
12	પુરા ભા. અમર Pura Bha. Amr	મુંદ્રા	મુંદ્રા	8855215288	<i>Amr</i>	<i>Amr</i>	<i>Amr</i>
13	અમરાણા જામ Amranala Jam	ભદ્રેજવર	મુંદ્રા	9979547153	<i>Amr</i>	<i>Amr</i>	<i>Amr</i>
14	પરમાર અરુણા Paramar Aruna	ભદ્રેજવર	મુંદ્રા	7567882743	<i>Aruna</i>	<i>Aruna</i>	<i>Aruna</i>
15	ચારિયા અનિતા પી Charia Anita Pi	ભદ્રેજવર	મુંદ્રા	9537029408	<i>Anita</i>	<i>Anita</i>	<i>Anita</i>
16	બંદરીમાલમ ધારા Bandrimalam Dhara	મુંદ્રા	મુંદ્રા	7567541912	<i>Dhara</i>	<i>Dhara</i>	<i>Dhara</i>
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✓ 19	ઈદરબા શિતાલ એસ. ઈન્દ્રીલા શિતાલ એસ.	સોરા દરિયરા	માખ્યા	૯૯૨૨૪૫૩૧૦૭	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
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✓ ૨૧	મહાપાકા મહેશ હિરો	જંગી	ભયાઉ	૯૭૨૬૨૭૬૬૭૩	M.H.M.	M.H.M.	M.H.M.
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✓ 24	નીતા પચાલાલાલ/અમી	શીકરપુર	ભયાઉ	૯૩૧૬૧૪૫૫૪		<i>[Signature]</i>	<i>[Signature]</i>
✓ 25	દાનસુખ બગડા	દાડવાડા	ભયાઉ	૭૦૭૬૫૫૪૨૨૫	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
✓ 26	સુમરા અંસાર	દાડવાડા	ભયાઉ	૯૫૧૦૦૦૫૧૨૫		ANSUR	ANSUR
✓ 27	કાલો નોદાભાઈ/અ	ભયાપર	ભયાઉ	૯૩૧૩૨૭૦૫૫૫	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>

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૨૮	સુભાષી સુભાષી	સુભા	મુંદરા	૯૩૬૫૩ ૨૫૫૫૨૭			
✓ 28	ચાવડા વાલ્મી જી. Rajput Valji જી.	સાંભલાયરા	ભયાઉ	9772205054		<i>[Signature]</i>	<i>[Signature]</i>
✓ 29	દાસવર દાઉડીયા	ગોડપર	ભયાઉ	9321383352		<i>[Signature]</i>	<i>[Signature]</i>
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35	વિમલે જાકીપુત્રજી સિંઘાઈ જાકીપુત્રજીએ	લાંબિયા	ભચાઉ	9911117072			
36	કુરિમાલ શામલ	નવાગમ	ભચાઉ	95242 04438			
37	સુયાબ લિવ્સી જાંતિલાલ	ચણાઇદાગ	ભચાઉ	846496 1441			
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39	SURESH KANANI	"	"	"	-sd-	-sd-	-sd-
40	Shahab Rastool	"	"	"	-sd-	-sd-	-sd-

Photographs –

