



19<sup>th</sup> To 28<sup>th</sup> December 2022

## **“AVHAN 2022 Chancellor's Brigade: 2022 State Level Training Program on Disaster Preparedness”**

- ❖ **Title** : **AVHAN 2022 Chancellor's Brigade:  
2022 State Level Training Program on  
Disaster Preparedness**
- ❖ **Hosted by** : **Kavayitri Bahinabai Choudhari North  
Maharashtra University Jalgaon**
- ❖ **Venue** : **Kavayitri Bahinabai Choudhari North  
Maharashtra University Jalgaon i**
- ❖ **Date** : **19<sup>th</sup> To 28<sup>th</sup> December 2022**

### **Introduction:**

It is the state level training program on disaster preparedness camp organised by the Maharashtra governor's office, for selected NSS volunteers from all districts of the state. Various college students are trained in the camp by the compassionate National Disaster Response Force (NDRF) Officers. Its a yearly disaster management training program and the students are well trained in the camp as a part of it, and this training is conducted with the help of NDRF, and all volunteers are trained to help with first aid & other life saving and crucial forms of rescue operations And this camp makes all the youth participants aware and responsible of their duties towards the mankind and society, they realise their potatial and their contribution towards the society and the Nation, and only this Avhan camp brings out the responsible, Sensible "Medical first Responder" from the each and every! Budding youth NSS volunteers participants throughout the training. Avhan gives the real challenge to every participant volunteer to bring out and polish their all qualities as a Medical first Responder to work along with NDRF as a responsible individual in any disaster situation for the Nation Needy people.



## **Day 1, Monday 19<sup>th</sup> December 2022**

The state level Avhan Chancellor's brigade, training camp on disaster Preparedness was inaugurated by honorable governor of Maharashtra and chancellor of the universities at convocation hall the event was address on the theme Azadika Amrit Mohatutsav by Rajay Pal Mohoday addressing the event he told the importance of the camp an how this would help the society, young youth would be trained by this camp along with the NDRF he showed his gratitude and trust in the students that they would gain ample of knowledge by the training and thus the sessions ended for the day vote of thanks was given and National Anthem was played at last.



**Group Photo of all participants from Sindhudurg District**

## **Day 2, Tuesday 28<sup>th</sup> December 2022**

NDRF Training Personnel: Inspectors GD Mr. Purushotam S. Rana Sub-Inspectors Mr. Ajay Yadav , Head Constable Mr. Vikas Raut .Constables Mr. Abhijit Khuspe, Mr. Shyam Phapale

Division of Volunteers: The volunteers from 35 districts of Maharashtra participated in this event of AVHAN, 2022 were divided into 5 groups: Panzara ,Girna, Tapi, Waghur, Narmada

The theory session began with the 'Definition of Disaster. It also covered following points

- 1) Natural and Man-made Disasters.
- 2) Formation and Composition of NDRF
- 3) Role of NDRF in Rescue and Relief Operations
- 4) Brief Discussion on Ten Day Training Programme' Syllabus
- 5) Importance of EMS (Emergency Medical Services) and MFR (Medical First Responder).
- 6) Discussion of Infectious Diseases, Basic Life Support, and CPR (Cardio-Pulmonary Resuscitation) techniques.
- 7) Introduction to Personal Protective Equipment (PPE)
- 8) Various types of Rope Knots.

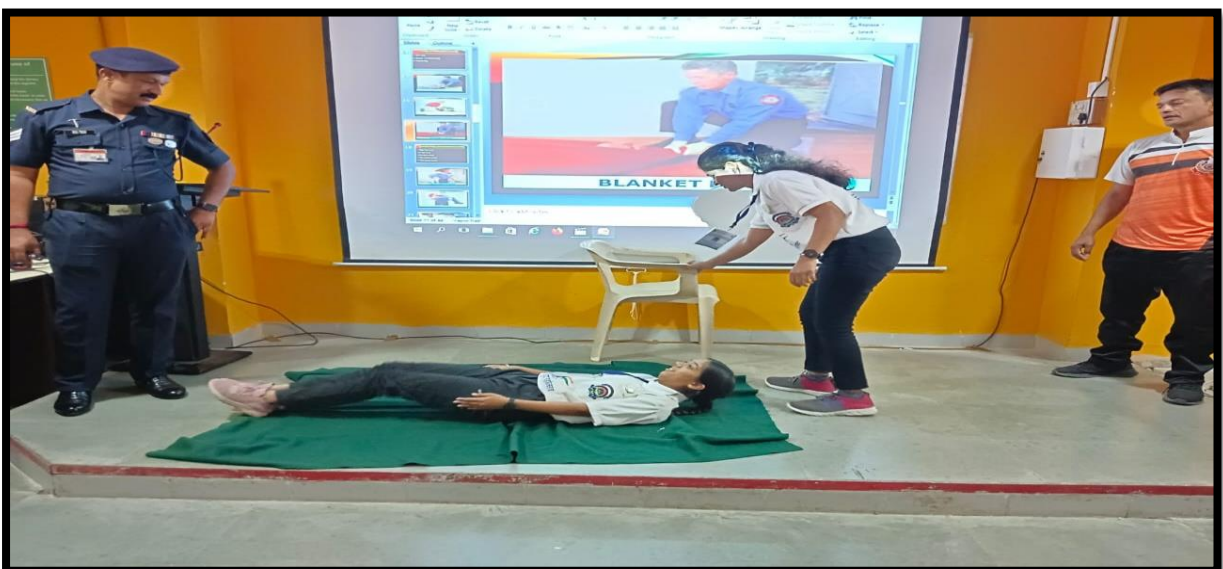




### **NDRF Training Personnel demonstrating safety management**

**Day 3, Wednesday 22th December 2022**

The following topics were covered in the session Anatomical References which would train the MFR into knowledge of various body systems such as the bone structure, respiratory system, digestive system and nervous systems Assessing the accident site which includes scene size up, physical examination, knowledge of patient's history and checking the vital signs Volunteers were taught various patient assessment techniques such as the AVPU (Alert, Verbal, Painful and Unconscious) procedure, LLF (Look, Listen, Feel) procedure, ROTS (Rigidity, Open Injury, Tenderness, and Swelling) techniques. These methods are effective in assessing the nature of injury and determining the specific treatment. Lashing and Rope Knots were demonstrated and practicals conducted group wise.



### **Demonstration of AVPU Procedure**

**Day 4, Thursday 23<sup>rd</sup> December 2022: CPR (Cardiopulmonary Resuscitation):**

The CPR technique is used in case of heart stoppage caused by trauma, shock, heart attack or severe blood loss and includes several stages such as scene size up, removal of obstacles and obstructions, checking of patient/victim's Carotid Pulse, clearing the Air Way and then administering 30 chest compressions followed by 2 rescue breaths. Volunteers were divided into groups and practiced the techniques on a mannequin.

**FBAO (Foreign Body Airway Obstruction):**

The next topic covered was FBAO, where a foreign body, object, or food particle gets stuck to the airway, choking the victim and endangering his/her life. The victim unable to breathe is under stress where administering the back thrust, finger swipe and the Heimlich maneuvers the possible treatments.

Oxygen therapy Volunteers were introduced to Oxygen Therapy as in certain situation administering oxygen becomes imperative. The volunteers were shown various components of an oxygen cylinder and given practical sessions which enabled them to revise and practice all the theory they had learnt. These techniques were explained through power point presentation, video clips & practiced on mannequin and each other.

**Day 5, Friday 24<sup>th</sup> December 2022**

The topic covered in the first session was Hemorrhage. The instructors explained that hemorrhage means spilling of blood which can be internal as well external. It is important for the First Responder to know the percentage of blood flow in different body organs such as lungs, heart, veins, arteries and capillaries. This knowledge is crucial for the First Responder in case of a trauma victim losing excessive amount of blood. Pre-hospital treatment for External Hemorrhages are:

- a. Direct pressure on injured part by using clean fabric/bandage
- b. Elevation has to be used for upper and lower extremities.
- c. Use of pressure points.
- d. Toumiquet-to be tied carefully, not too tight and the knot have to be loosened at regular intervals (It is used only in emergency and has to be used with caution).

**Shock**

The instructor explained the various causes of shock which can be identified as - Loss of blood, Vein contraction, Receipt of bad news,etc.

**Remedy for shock:**

Treat open injuries by cleaning the blood from the wound.

Loosen clothes and clear airway.

Cover body with blanket to maintain body temperature.

Make victim lie down and use elevation technique.

Take victim to hospital immediately.

### **Soft tissue and injury:**

The instructor informed that injuries and wounds can be of two types

1. Closed wound and
2. Open wound

**Closed Wound:** In case of closed wound where injury is not visible, the treatment procedure includes first assessment and then First Responder medical help.

**Treatment for closed wound includes:** RICE: Rest, Ice, Compression and Elevation. Treatment for open wounds emphasizes on dressing and bandages. The instructor demonstrated the method of dressing in case of injury to the eye, neck and stomach. Students were divided into groups and were made to practice dressing injuries to the Above the mentioned parts of body Later, the instructor demonstrated the technique of locating and shifting victim Students were divided into groups and were made to practice structural collapse.



**Demonstration of treatment for closed wound**

### **Day 6, Saturday 25<sup>th</sup> December 2022**

The topics covered in the different sessions were as follows:

Musculoskeletal Injury/Fracture types:

Closed fracture - (where the injury is there but the skin is intact)

Open fracture-(injury with breaking of skin and bones) Dislocation - (shift in position of bones from the normal position)

Sprain-(ligaments are tom or stretched)

Strain-(muscle or muscle and tendon are over extended)

Pre-hospital treatment: The steps to be followed are

Patients, physical assessment

Check for DOTS

Stabilize injury

Start splinting (always tie knots of the swathe over the splint)

Check PM (Pulse-Motor-Sensation)

**Splinting**-Is applying a device to stabilize injury caused due to fracture.

A demonstration was given by instructor about the method of splinting after a fracture:

1. Students of each group practiced the various splinting techniques to the following injured areas (Appendice areas)-hand, shoulder, upper-arms and fingers
2. Treating Axial fracture
3. Splinting for leg fracture. Knee and dorsal fracture

### **Search and Location Techniques of the Victim**

- a. inspect and evaluate structure
- b. Locate victims (victims in voids, victims lightly trapped, Surface victims)
- c. Create a diagram
- d. Select search technique
- e. Conduct search
- f. Analyze result and re-evaluate
- g. Pre-hospital treatment

### **Fire**

The instructor explained the various phases of fire and difference in rescue in case of either beginning fire or free burning fire phase. Further explanation was given on the modes of spread of fire which could be listed as conduction, convection and radiation.

### **Snake bite**

The students were given information on snake- bite and the method of helping snake-bite victims. They were informed about the different species of snakes (nearly 50) in India, differentiating the dangers of poisonous and the non- poisonous varieties. Students were taught how to recognize the varieties of snake and methods of treatment.

### **Nuclear,biological and chemical defence system (NCB defence system)**

It involves creating awareness about hazards caused due to nuclear radiation, biological wastes and chemical leaks. The students were given information about methods to tackle such serious incidents where personal and victim's life is in grave danger. Information was given on the various types of Nuclear, Biological, and Chemical Hazards.

### **NCB Defense system includes: Detection, Protection and Decontamination**

Further information was given on chemical warfare agents like - Blister Agent, Werve Agent, Blood Agent and Choking Agent. Victims are exposed to two types of radiation - Internal and External radiation. The route for internal radiation is through injection or ingestion and for the external radiation through eye, skin and respiratory track.





### **NCB Defense system**

**Day 7, 26<sup>th</sup> December 2022**

The topics covered in the sessions were as follows:

**Lifting and moving the patients:** The instructors explained the procedure of lifting and moving patients by using different types of stretchers. In case of medical emergencies and disasters it is imperative that the victims or patients are moved away from the disaster site.

#### **Methods of Emergency moving:**

Clothes drag. Shoulder Drag, Blanket Drag, Fire fighters drag.

Non-emergency moving-Sometime a situation may be of medical emergency and not disasters. Such occasions are considered as non-emergency moving.

Portable stretchers - Making stretchers from material available at site.

Using rope, sarees or dupattas, blankets or bed sheets.

#### **Preparing Portable Stretchers**

The instructors demonstrated these portable stretchers by way of practical where students participated group wise. Training was given to students regarding how to lift stretcher with patient safely. Practical of dragging techniques and making stretchers by improvisations, lifting and moving was done by the students. Assistant Commandant of NDRF, P. Vairavanathan discussed the following Medical Emergencies, their Signs, Symptoms and their course of Treatment:

- Cardio Vascular emergency
- Hyper-tension
- Abdominals Distress

- Toxic product inhalation
- Hyper ventilation
- Respiratory Problems • Seizure
- Chronic bronchitis
- . Anaphylaxis
- . Diabetic emergency



### **Demonstration to Preparing Portable Stretchers**

**Day 8, Sunday 27<sup>th</sup> December 2022**

**The topics taken up for the day were as mentioned below:**

**Alcohol Abuse:**

It leads to alcoholism and serious chronic intoxication with physical and mental deterioration

**Drug Abuse:**

The five types of frequently abused drugs are stimulants, anti- depressants, analgesic narcotics, Hallucinogens and volatile chemicals. Treatment for both alcohol and drug abuse involves hospitalization, medication and counseling.

**Poisoning:**

Poison means any substance that can impair or cause death of cell structure or function. Poison can enter into the body through FOUR ways: Ingestion, Inhalation, Absorption and Injection.

**Pre Hospital Treatment:**

- Move the patient away from the source of the poisoning. especially in inhalation



and absorbed poisoning.

- For absorbed poisons, remove the patient's clothing:
- Blot the poison from the skin with a dry cloth.
- Flood the affected area with copious amounts of water until EMS arrives.
- For ingested poisons, give the patient 1-2 glasses of water to dilute the poison.
- Induced vomiting is contradicted in poisoning with Hydrocarbons, Strong Acids, Alkalis and Corrosives.
- As Per Local Protocol give the patient activated Charcoal, 2-3 spoonfuls in 8 ounces of water.

### **Water Rescue Techniques (Theory)**

The volunteers were informed about several towing, lifting, and resuscitation methods. The techniques are of two types: Dry Rescue and Water Rescue. The Major Rescue techniques are: using knotted ropes, using life jackets, inflated tyres, inner tubes, thermocol sheets and other available material. Some tow techniques are Head-Tow, Chin-Tow, Arm-Tow, Side-Tow and Chest-Tow. All the above rescue techniques were demonstrated for volunteers at meharun lake in out skirts of jalgoan, at different days. High Rise Rescue The volunteers from all three campuses learnt and practiced High Rise Rescue and MFR at main administration building A high rise building was identified in the vicinity and the term high rise was explained. The instructor made students aware of the necessary equipment e.g. Wire Rope, Helmet and Belts. A practical demonstration and Mock Drill was conducted.



### **Demonstration of Water Rescue Techniques**

#### **Cultural Programme:**

A cultural programme consisting of songs, skits, street plays, short plays, dances, powada were presented by the participating volunteers' at all three campuses on different days. Most songs, skits and street plays were based on social issues such as 'Swachha Bharat Abhiyan', 'Disaster

Management', 'Human scarifies'. Female foeticide and infanticide", "Importance of food", 'Farmer's suicide', 'Evils of superstitions' etc. The Programme also had items such as 'Dandia', 'Abhanga' and 'Adivasi dance'. The participating students very enthusiastically performed during the cultural programme.

### **Day 9, 28<sup>th</sup> December 2022**

Rally from the main gate of North Maharashtra University to the administrative building. Procession rally on disaster awareness was organize on 28<sup>th</sup> December 2022 from Bahinabai Chaudhary North Maharashtra University Gate to the Administrative Building KBCNMU Jalgoan. The Rally was flagged at 9:45 am by the Vice Chancellor different district represented their culture in the Rally University vise NDRF Battalion also actively participated in the rally along with the Volunteers later their was a small culture event and further exam for the best MFR was scheduled. All Volunteers were given halltickets for the exam and the exam was conducted CBT mode and the volunteers who cracked the exam was selected for next round which was practical and interview.

### **Day 10, 29<sup>th</sup> December 2022**

The Valedictory function was held at convocation hall, at 10.00A.M. The programme begins with the AVHAN Song "Yuva Shakti..." At the end of the function, the prizes were distributed to the Best Volunteers, Best NSS Program Officers, and Best Contingent as well as the Best Procession for the AVHAN-2022 Disaster Preparedness Training Camp Asst. Commandant, National Disaster Response Force (NDRF) was felicitated with a trophy Finally, Dr. Sachin Nandre Direct of NSS Cell proposed vote of thanks.



## Details of Participants:

Number of Student volunteers: 01

## Facebook Updates:



## Report Prepared & Approved By:

**Mr. M. R. Redkar**  
Event Coordinator

**Dr. R. K. Barse**  
Spandan Club Head

**Dr. V. A. Jagtap**  
Convener