SCHOOL EARTHQUAKE SAFETY INITIATIVE, SHIMLA

APPENDICES

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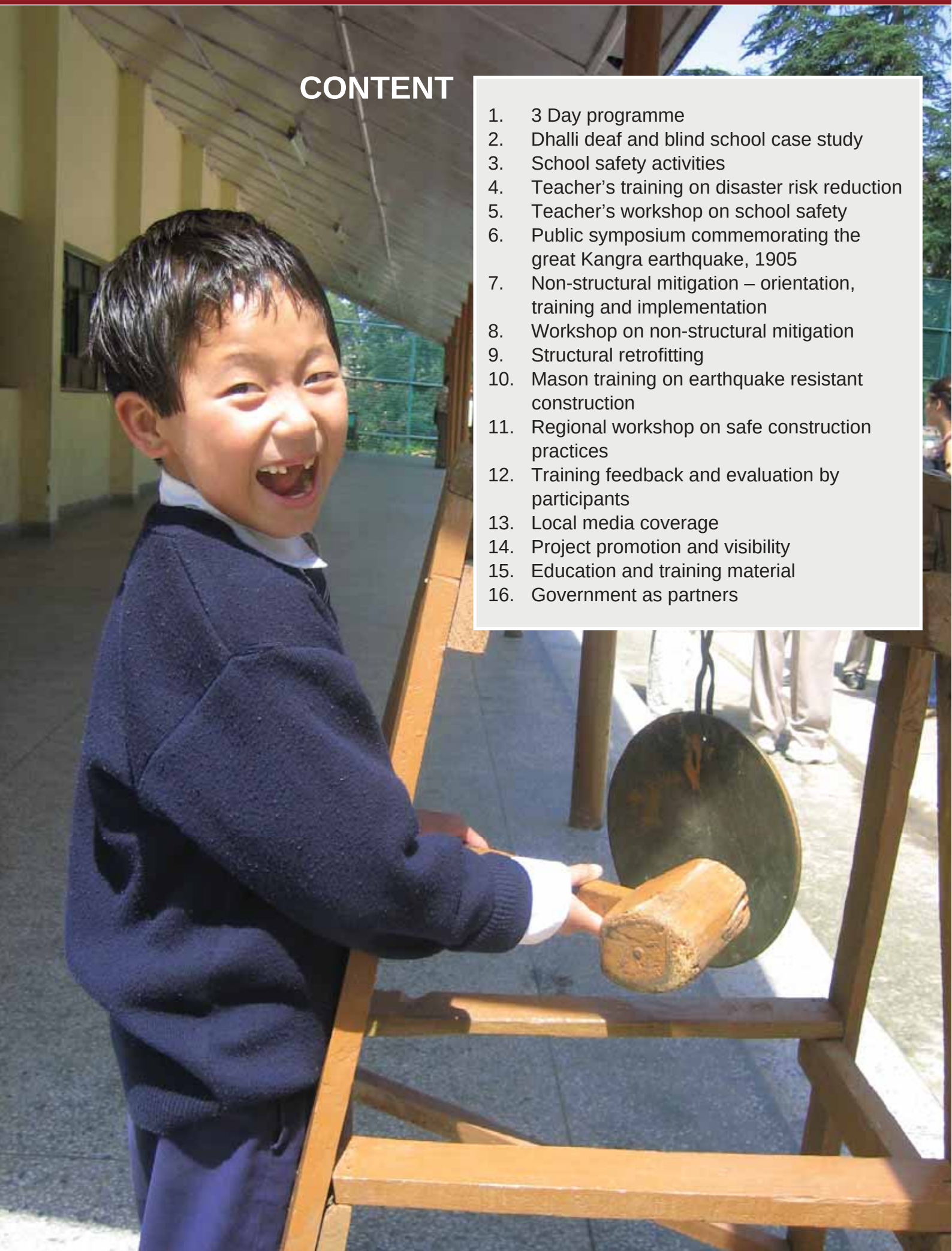


CONTENT

SCHOOL SAFETY
3 DAY PROGRAMME

ORIENTATION

Basic Disaster Awareness to Students and Teachers

Parents participate in the awareness programme

Teachers' training on School Disaster Management Plans

Teachers draft the School Disaster Management Plan along with SESIS team

TRAINING

Training on Duck Cover & Hold

If you don't have desk, protect your head with a bag!

Training to students on First Aid

Training on Search and Rescue Methods

Students Learn about Non-Structural Mitigation

THE MOCK DRILL

Duck Cover and Hold!

Evacuation

Search a & Rescue

First Aid

Fire Fighting

THE TASK FORCES

Fire Fighting Task Force

School Disaster Management Committee

Search & Rescue Task Force

Warning and Awareness Task Force

First Aid Task Force

Evacuation Task Force

DHALLI DEAF & BLIND SCHOOL CASE STUDY

Three-Day Workshop

On the first day, the school disaster management committee (SDMC) members are introduced to school disaster management planning. Here, the information, education and communication (IEC) materials were given to the teachers in Braille. Additional time was spent with the teachers on discussing the specific needs of children with disabilities related to disaster preparedness. The inputs of the discussion were used for the next day's training.

On the second day, an orientation is given on basic disaster awareness to coordinators and members of task forces. The students with hearing impairments have no proper training in sign language. Based on the previous day's discussion, an adapted method of communication was used. A live feed system was created, using a working Word Document and projector to type and communicate with the students with hearing impairments.

Live Word Document

The earthquake and fire safety card games have now been printed in Braille for the students with visual impairments. Additionally, the card games have been modified for future printing to include both the visual content and Braille.

Card game in Braille

Newly modified card game

The education material includes a visual map of India, which shows the different seismic zones around the country. To convey the message to students with visual impairments, a tactile map of India was used. Students were able to touch the Himalayan region and were made to feel the earthquake "hot spots" surrounding them.

Tactile map of India

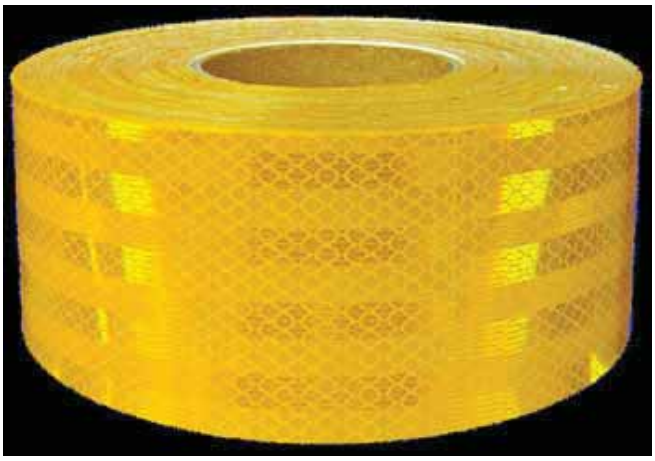
For students with visual impairments, an emphasis was placed on non-visual sensory linked learning activities. For example, students and teachers who have visual impairments should were made to feel the simulated earthquake demonstrations. Within safe measures, they felt the effects of falling objects to learn about non-structural mitigation.

On the last day of the workshop, the instructions are given to all students of the school on emergency response in each classroom. The students participated in a mock fire drill and were successfully able to evacuate and extinguish the fire

Students experiencing falling objects

NSM

The non-structural mitigation assessment has been done for the Dhalli School, and it includes some additional features for children with disabilities. Taking into account the sensitive needs of students with visual impairments, large gaps and holes in the loose ground have been covered. Stairs have replaced a current steep slope that leads to an exit. Handrails have been added, wherever possible, to insure maximum independent mobility. High reflective tape lines the steep stairs at Dhalli, to allow those with low visibility to climb up and down the stairs with ease.



3M Diamond Grade Reflective Tape

Low visibility markings for stairs

Before

After

The Classrooms were rearranged for easy evacuation

Before

After

Lessons Learned & Future Plans

From the experiences at Dhalli School valuable information was learned about students with disabilities: the different methods of communication and adaptation of the training material. SEEDS can take an initiative in giving students with disabilities their rights. Basic disability awareness can be given to all the schools in SESIS and all future programs alike. For example, along with structural mitigation recommendations, accessible design suggestions can be given. Creating an awareness of sensitivity towards people with disabilities can help make an environment and system disability friendly. Thus, during a disaster and post-disaster situation, casualties and injuries can be minimized. SEEDS has taken the first step with Dhalli School and will continue to promote inclusion in its future endeavors.

SCHOOL SAFETY ACTIVITIES

Introduction

For a school to be prepared for future disasters, it is important to keep sustained efforts in providing risk education to students. The school can encourage students and teachers to take up a variety of activities in the name of School Safety Club.

When the School Disaster Management plan has been prepared, it should be shared with the teachers and students. It would be useful if teachers spend one period every week to explain the contents of the School Disaster Management Plan including the types of dangers, problems outside and inside the school and how the school management is trying to solve the problems.

The School Safety Club may take up the following activities for spreading awareness of disasters and disaster risk reduction.

- Organise drawing/painting competitions
- Organise wall paintings
- Organise debates
- Organise dramas/street plays
- Organise invited lectures by experts
- Create school safety corners
- Organise “Safety Week” programmes on topics like “road safety”, “earthquake safety”, etc.
- Maintain library of disaster awareness materials

School Safety Club activities have been implemented in all 20 SESIS schools. They included drama shows on earthquake safety, painting competitions and the creation of school safety corners.

Drama Show On Earthquake Safety

A local theatre group along with SESIS members prepared the script of the “Quake Safety Show”.

It combined disaster awareess messages with funny characters.

Summary:

After an earthquake two persons from Shimla experied and met Yam Raj (God of Death). The young men asks for explanations to their God, “why did we not survive the earthquake?.

Yam Raj, gives them a second chance and both of them reborn as school children.
While going to the school, the children learn earthquake safety measures and they share it with their families and friends.

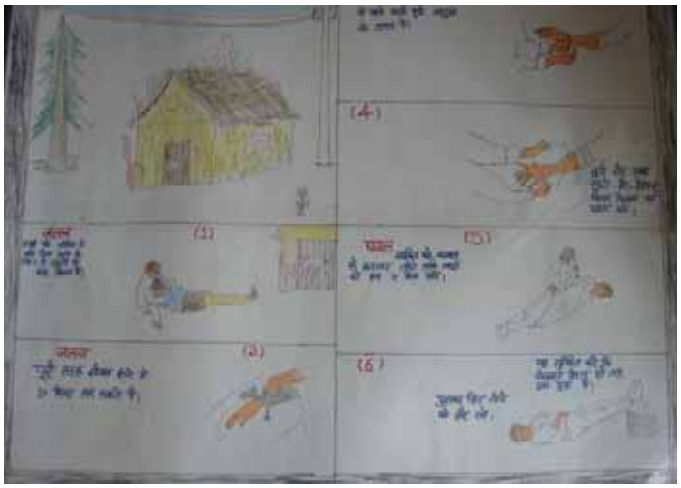
Finally, Yam Raj, visits the school children again and tells them that they got a second chance and hopes he won’t see them again after a future earthquake.

The Show was conducted in all 20 SESIS schools, who welcomed the initiative and enjoyed the show.

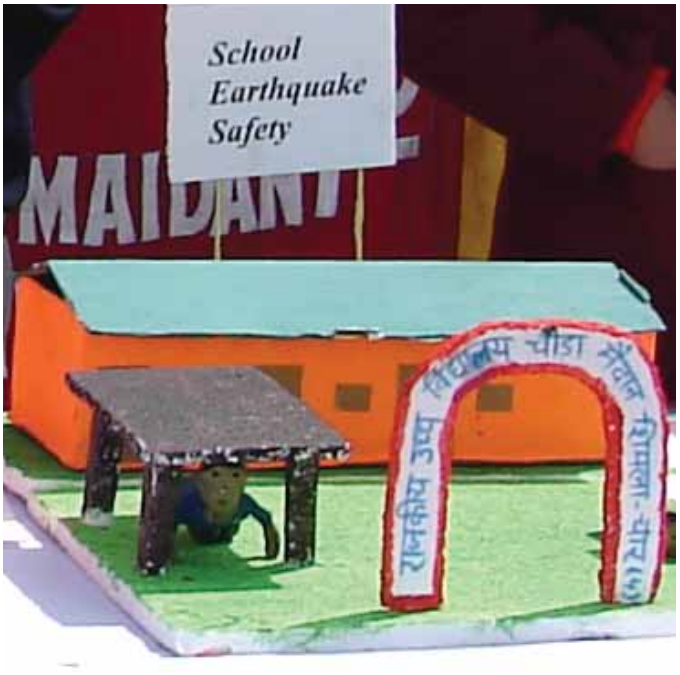
The school safety club day combined Drama show a with painting competitions. Instead of individual competitions, groups of students were formed. efore putting their imagination into paper, they discussed among themselves about the message they will like to show through their painintg. It became not only a paining competition but also a debate among the students about the key messages that should be shared with other schools.

Outputs of the competitions

ainting competition

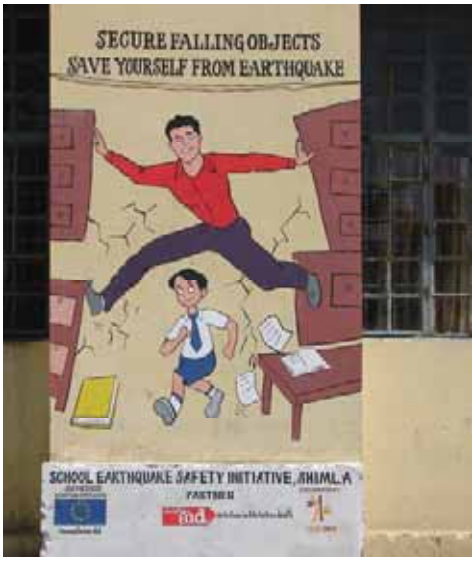


School Model Competition



Wall Paintings

In selected schools, earthquke safety measures were painted in school walls.



School Safety Corner

A white board and notice board were provided and fixed in each school. Students took the responsibility of decorate the boards with all disaster preparedness information. Some of them display the drill pictures and names of the task forces registered in the School Disaster Mnagement Plans, Other schools have drawn the structure of the school disaster management committee. Pictures and information from past earthquakes have been put in display along with emergency telephone numbers.

Task forces have been appointed to maintain and update the boards through out the academic year.

TE C E ST I I O
DIS STE IS ED CTIO

Dates 2 2 October 200
imachal radesh Institute of ublic dministration,
airlawns, Shimla

Proceedings of the Training

Objective

The purpose of the training was to provide comprehensive knowledge and skills to enhance the capabilities of teachers on disaster risk reduction. These trained teachers will be capable of providing training to other teachers in the state in the future. The teachers will provide disaster risk reduction messages to the students and through students the messages will reach the parents and eventually the community at large.

The learning objectives of the course were:

- Define the concepts of disaster management.
- Understand causes, effects and management measures of various hazards that affect Himachal Pradesh.
- Assess the hazards, vulnerabilities, and capacity in the school and in the community.
- Prepare disaster management plan for school.
- Demonstrate skills for pre hospital care, light search and rescue methods, and fire safety.

Learning Methods

Learning took place through structured interactive lectures, group discussions, simulations, and practical demonstration exercises.

Participants

Participants of the training course were principals and teachers from schools in Shimla District where SEEDS School Safety programme is being implemented. Most of the participants were identified by the SEEDS team, based on the interest shown by the principals and teachers during the school safety programme. Some participants were from the school for handicapped children. In all, 47 participants attended the training.

47 participant across 20 schools participated in the training programme on disaster risk reduction.

Resource Persons

The training programme was designed by Dr. R. Kuberan, Senior Advisor, SEEDS. Local logistical arrangements were made by SEEDS Project Office in Shimla, headed by Paula Silva. Resource persons were identified from government departments in Shimla.

The following experts delivered various lectures in the course:

- Dr. R. K. Sood, Joint Member Secretary, HP State Council for Science, technology and Environment & Chief Scientific Officer to the Government of Himachal Pradesh
- Dr. Kamal Handa, Assistant Professor (Rural Development), Himachal Pradesh Institute of Public Administration
- Dr. R. Kuberan, Senior Advisor, SEEDS
- H. R. Dandi, Geologist, Department of Industries, Himachal Pradesh
- B. D. Suyal, Conservator of Forests (Policy & Law), Himachal Pradesh
- S.S Thapa, Chief Fire Officer, Himachal Pradesh
- Bhupal Chauhan, Company Commander, Home Guards (HQ)
- Prasanth N. K. Menon, Consultant, SEEDS

Mr. Prasanth N. K. Menon assisted Dr. Kuberan in conducting the training.

Content

The course content included the following:

- Disaster Management – Basic Concepts
- Video – Tilly Smith
- Earthquake – Causes, effects and Response Measures
- Flash flood – Causes, effects and Mitigation Strategy Simulation Exercise: Participatory Earthquake Risk Management – Part I, II, III
- Video – Emergency Evacuation Mock Drill
- Landslides – Causes, effects and Management Strategy for Himachal Pradesh
- Avalanche – Causes, effects and Management Strategy for Himachal Pradesh
- Forest Fire – Causes, effects and Management Strategy for Himachal Pradesh
- Managing Man made disasters (Road and Industrial accidents)
- Visit to Fire Training Centre, Baldeha
- Search & Light Rescue Methods
- Basics of first aid

Training Programme

Day 1: 26 October 2006

The training programme was inaugurated by Mr. Ajay Mittal, IAS, Director, Himachal Pradesh Institute of Public Administration. In the inaugural address, Mr. Ajay Mittal pointed out that Himachal Pradesh is highly vulnerable due to its geographic location. He expressed hope that the teachers will understand and teach their students the various measures to be taken to reduce disaster risks, and make sure the risk reduction messages will eventually reach the community. Other dignitaries who spoke were Mrs. Prem Negi, Secretary General, Himachal Pradesh State Council for Child Welfare, and Mr. Dinkar Burathoki, Joint Director, Higher Education. Paula Silva welcomed all participants and Dr. Kuberan presented an overview of the course.

After the inaugural session, introduction of participants was done by making them into pairs; one introducing the other partner. This formed an ice-breaking exercise. Expectations and fears of the participants were taken by making them into six groups and each group providing their expectations and fears after discussing among them. Prasanth assisted Kuberan in the above activities as well as for conducting the entire training course.

The following presentations were made during the day:

- Disaster Management – Basic Concepts & Video of Tilly Smith by R. Kuberan
- Earthquake – Causes, effects and Response Measures by Dr. R. K. Sood, Joint Member Secretary, HP State Council for Science, technology and Environment & Chief Scientific Officer to the Government of Himachal Pradesh
- Flash flood – Causes, effects and Mitigation Strategy by Dr. Kamal Handa, Assistant Professor (Rural Development), Himachal Pradesh Institute of Public Administration
- Simulation Exercise: Participatory Earthquake Risk Management – Part I by R. Kuberan

Day 2: 27 October 2006

The proceedings of the day was as follows:

- Video – Emergency Evacuation Mock Drill
- Landslides – Causes, effects and Management Strategy for Himachal Pradesh & Avalanche – Causes, effects and Management Strategy for Himachal Pradesh by H. R. Dandi, Geologist, Department of Industries, Himachal Pradesh
- Forest Fire – Causes, effects and Management Strategy for Himachal Pradesh by B. D. Suyal. Conservator of Forests (Policy & Law), Himachal Pradesh
- Managing Man made disasters (Road and Industrial accidents) by S.S Thapa, Chief Fire Officer, Himachal Pradesh
- Visit to Fire Training Centre, Baldeha
- Search & Light Rescue Methods by Bhupal Chauhan, Company Commander, Home Guards (HQ)
- Simulation Exercise: Participatory Earthquake Risk Management – Part II by R. Kuberan
- Cultural Programme by Swar Sangam Kala Manch, Shimla

Day 3: 28 October 2006

The proceedings of the day was as follows:

- Basics of first aid by Bhupal Chauhan, Company Commander, Home Guards (HQ)
- Triage by Prasanth N K Menon
- Simulation Exercise: Participatory Earthquake Risk Management – Part III by R. Kuberan
- Video – Technical Search & Rescue by Prasanth
- Comments on Simulation Exercise & School Disaster Management Planning by Kuberan
- Course evaluation by participants
- Closing session & certificate distribution by Kuberan, Prasanth & Paula

Course Evaluation

Course evaluation by participants is vital to monitor the quality of the training programme. Without feedback form the participants it is impossible to refine and improve the course. The last session of the training programme was designed to get feedback from the participants. The participants were asked to evaluate the content as well as the instructors in a prescribed evaluation form.

TEACHER'S WORKSHOP ON SCHOOL SAFETY

Proceedings of the training

Objective

The purpose of the training was to provide comprehensive knowledge and skills to enhance the capabilities of teachers on disaster risk reduction. These trained teachers will be capable of teaching to the students of their respective schools on disaster risk reduction by using the IEC material provided to them. Through students the messages will reach the parents and eventually the community at large.

The learning objectives of the course were:

- Define the basic concepts of disaster management.
- Understand causes, effects and management measures of various hazards that affect Himachal Pradesh.
- Assess the hazards, vulnerabilities, and capacity at the school and the community levels
- Assess non structural risks and implement non structural mitigation activities.
- Prepare disaster management plan for the school

Participants

Participants of the training course were the principal and one teacher from each school in Shimla District. The participants were identified and appointed by the Education Department of Himachal Pradesh. Overall, five hundred fourty four teachers participated in the training.

544 teachers and school principals from each school in Shimla District participated in the workshop. The participants were identified and appointed by the Education Department of Himachal Pradesh.

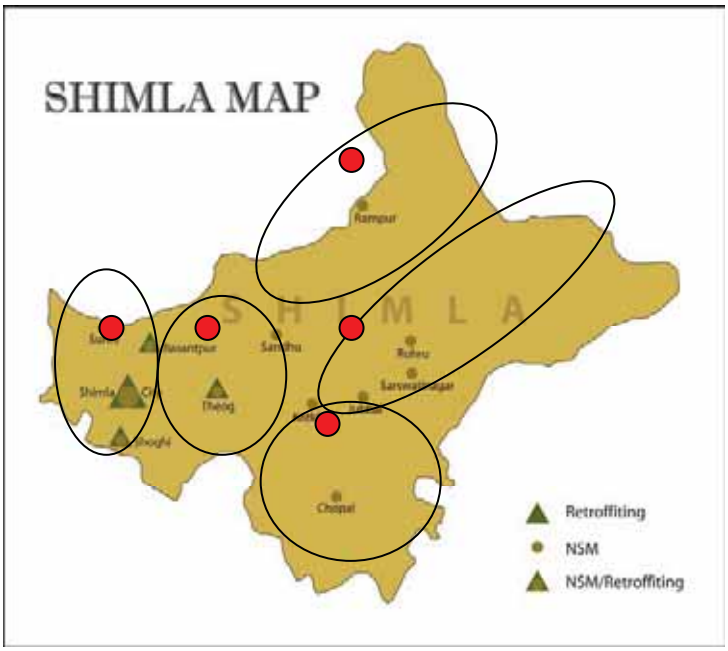
The Venues

Infrastructure and Logistical arrangements were provided by the District Administration of Shimla District.

One-day trainings were organized in five regional towns - Rorhu, Chopal, Rampur, Theog, and Shimla.

Participating teachers from all schools in a region traveled to the regional towns to attend the training.

Two trainings at each regional town were organized in order to cover the maximum number of schools in a region.



Resource Persons

The training programme was designed by SEEDS. Local logistical arrangements were made by SEEDS Project Office in Shimla in close collaboration with the District Administration and the Education Department. Teachers, identified by SEEDS, trained during the teachers training conducted in October 2006 collaborated as Resource persons.

PUBLIC SYMPOSIUM COMMEMORATING THE GREAT KANGRA EARTHQUAKE, 1905

102 years after…

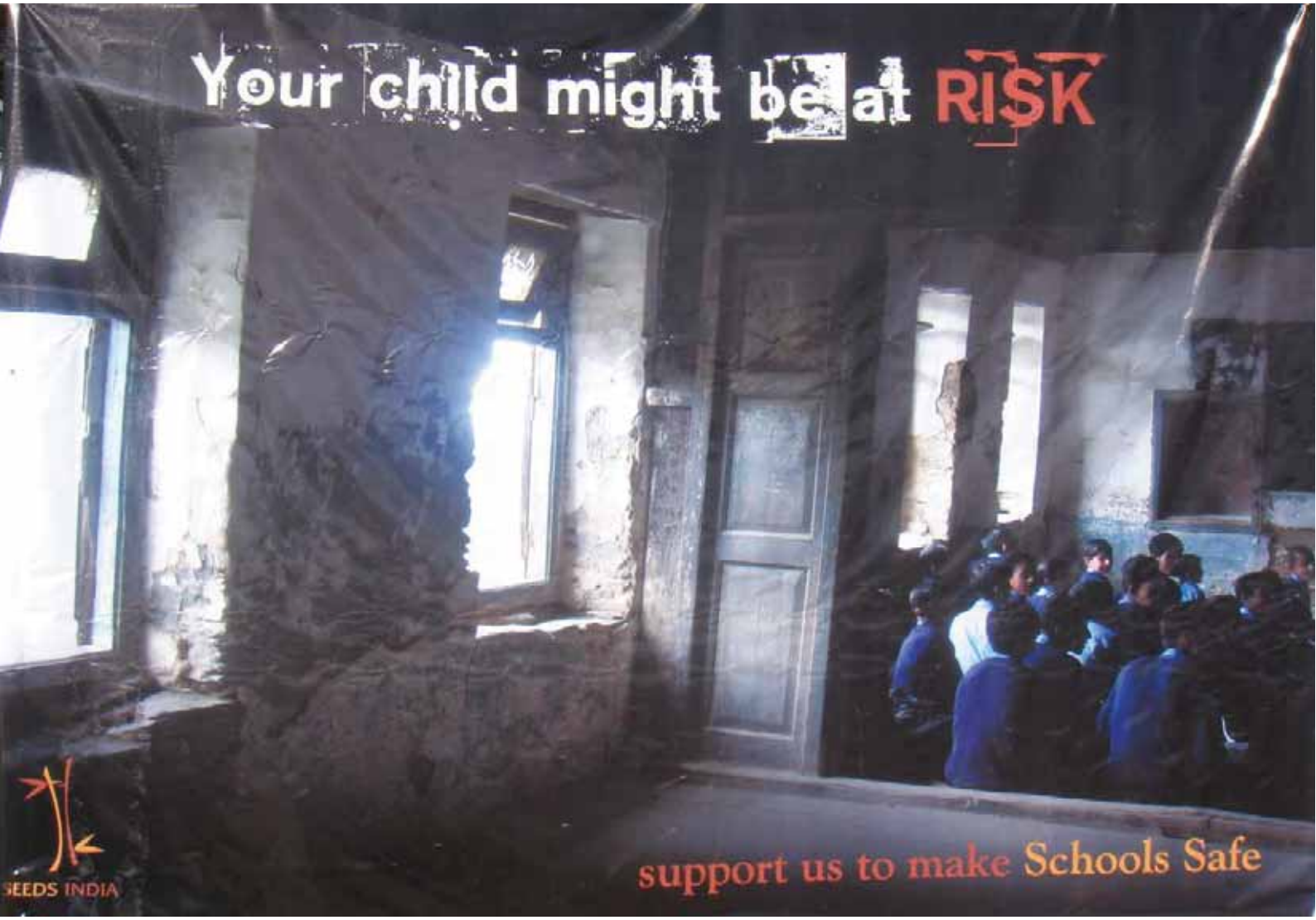
Public symposium commemorating
the Great Kangra Earthquake of

4 April 1905

The Ridge, Shimla
April 4, 2007

The Night Before..

The team has been at work. The banners are up at the Ridge. The Church and Mahatma Gandhi have a watchful eye on what's going on.



Banners with simple messages

Photo exhibition of work done through SESIS (School Earthquake Safety Initiative, Shimla)

An hour to go.

Mihir is giving final touches to the NSM (Non Structural Mitigation) models

The Fire Department puts up its stall. There are banners and displays, and lots of information flyers.

But why so many different fire extinguishers and so many different nozzles??!

Manu gives final touches to his speech, and practices it…

SCHOOL EARTHQUAKE SAFETY INITIATIVE, SHIMLA

Bishnu has set up a UNCRD corner. Aruna helps school children set up their stalls. Paula, Shivangi and Mihir set up the SEEDS stall.

Chander coordinates the volunteers for crowd management. Simriti helps the invited organizations set up their stalls. Amit is at the registration desk, registering the children as they arrive, and giving them caps and water bottles. Nepta is all over the place making preparations for the drills.

The children start arriving with their models and displays. They register and collect their caps and water bottles.

Bishnu Pandey, earthquake engineer from the United Nations Centre for Regional Development, Japan, queries children on their models. In return he receives a thorough lesson ranging from plate techtonics and seismic zonation to retrofitting and non structural mitigation. He is visibly impressed. This level of awareness and confidence did not exist when he had visited Shimla two years ago.

Pradeep, District Public Relations Officer, has a last minute chat with the teachers regarding the drill to be conducted at the Ridge.

It is almost time. The Band is playing.

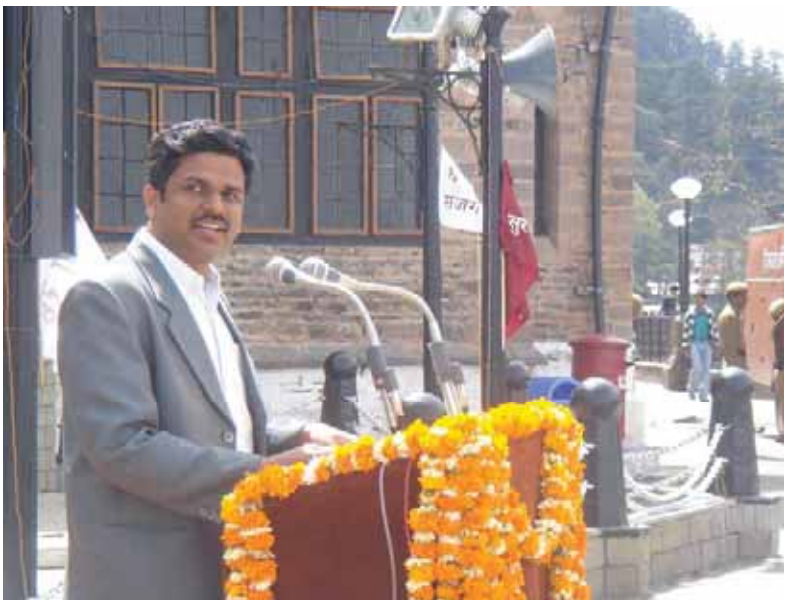
People have started gathering. The first comers grab seats on the stone lining along the fence. There are flags all round… `Don't be scared; be prepared'.

SCHOOL EARTHQUAKE SAFETY INITIATIVE, SHIMLA

Most children have arrived and taken up their seats in a very organized fashion. Some more schools are just arriving. All these are schools that did not participate in the project, but have since expressed their desire to do something similar. The project schools will be putting up the displays. Lets see what they have done..

There are full preparations for informative demonstrations on disaster preparedness…. and there are also arrangements for some fun!

Everyone is in their seats. The place is a sea of earthquake safety caps! Time to roll..



A warm welcome from the District Administration. Manu addresses the children, urging them to pay homage to the victims of the Kangra earthquake by pledging to make a safer Himachal.

The audience listens with rapt attention!

SCHOOL EARTHQUAKE SAFETY INITIATIVE, SHIMLA

It is suddenly action time. A siren goes off… indicating an earthquake strike. The children and teachers immediately `duck cover and hold'. The SESIS schools are showing other schools what they know about earthquake preparedness.

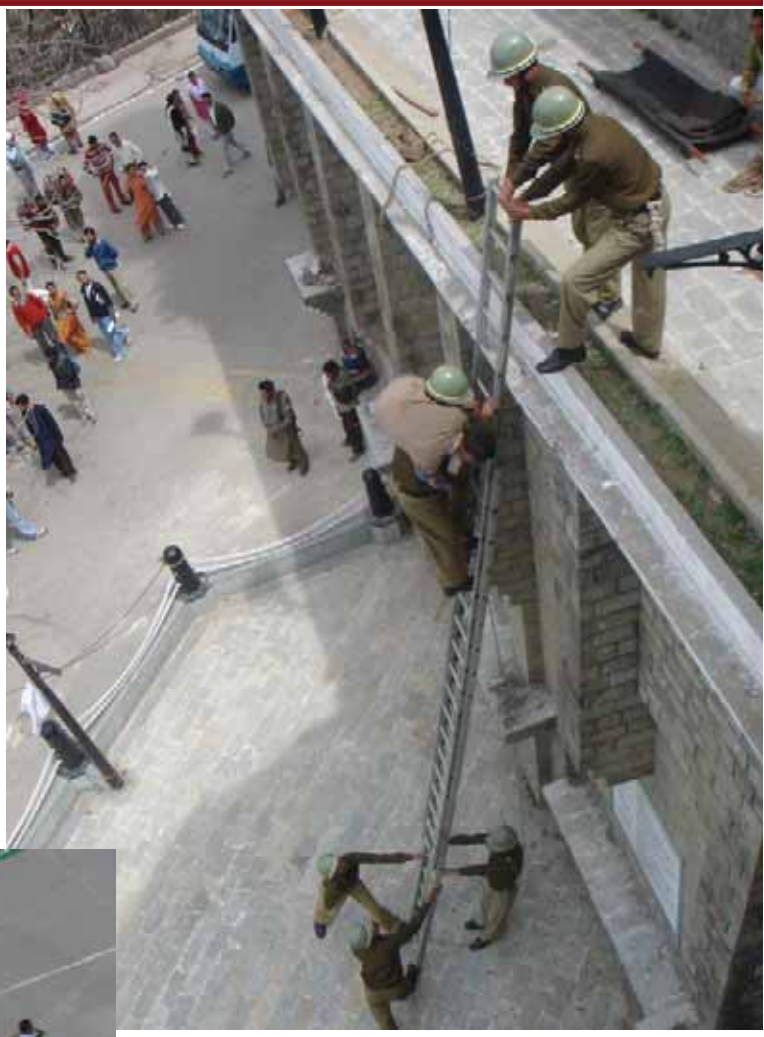
After the shaking stops, everyone evacuates from the place. All but some. There are casualties!

The teachers and task force volunteers do a quick headcount. They now know how many are missing and from which sections.

Trained SAR (Search And Rescue) volunteers search the casualties out, and carry them on quickly assembled stretchers.

The First Aid Task Force know their job. Each casualty is attended to in accordance with the nature of injury.

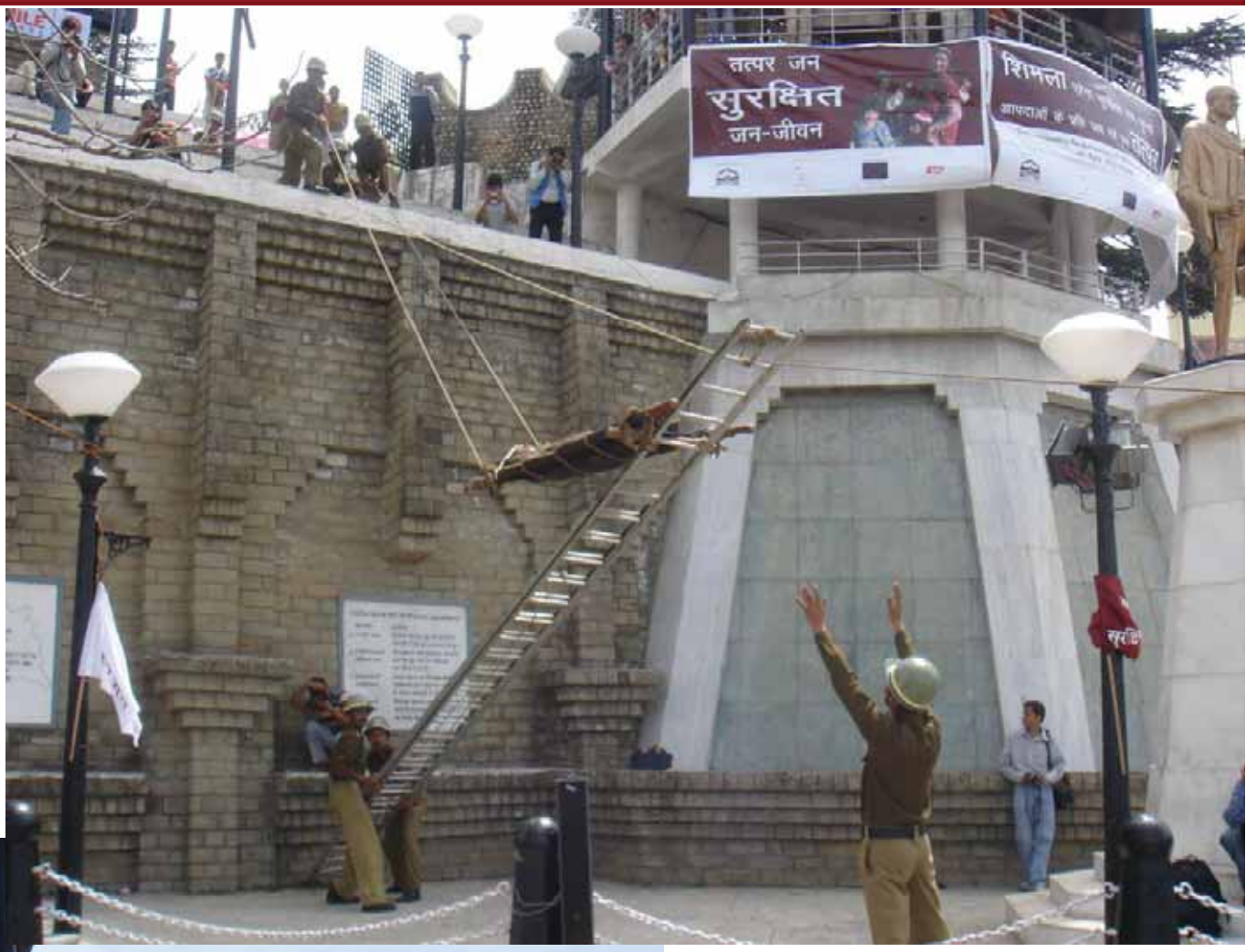
Things are under control. The medical teams will take over from here.



The Civil Defence and Home Guards take the stage next. Commandant Bhopal Singh Chauhan gives a live commentary as his highly skilled boys demonstrated well practiced acts of search, rescue and first aid.

They show the awestruck children how they carry out the following acts:

- Fireman's lift
- Chair knot
- Different kinds of lift methods depending on the kind of injury
- Different kinds of first aid methods



Different rescue methods are used, depending on the kind of injury. For spinal or thigh injury, the ladder hinge, or the two point suspension is used, wherein the body of the casualty is kept straight.

The rescue operations end once the team is sure that there are no more casualties trapped in the simulated high-rise building.

Yam hain hum; Hum hain Yam!

Yamraj, the God of Death, comes next, and with the local street theatre troupe puts an enthralling show for the kids. There are peals of laughter, but all the while the message of earthquake preparedness is going home.

SCHOOL EARTHQUAKE SAFETY INITIATIVE, SHIMLA

The Shimla Ridge has a really festive feel. People are climbing onto things and are everywhere to get a better view of whats going on.

Passers by stop for a few minutes to see the show, ask a few inquisitive questions, and walk on. Thousands walking from and to Lakkar Bazaar have stopped and looked and gone in these couple of hours. Some have decided to stay put!

The Fire Department comes on next. Now they tell you why there are so many different types of fire extinguishers. That is because there are different types of fires: A (solid based – wood, paper, clothes), B (inflammable liquid based), and C (gas and electricity based. So you have different extinguishers:

for type A fires – water based, triggered by carbon dioxide cartridge

for type B fires – mechanical foam based

for B and C types of fires – Carbon dioxide based, or DCP (Dry Chemical Powder) based

for all kinds of fires – ABC powder (pressure type) based.

Similarly, they demonstrate the use of various types of nozzles, called `branches' that are used with the fire tender:

- Short branch: solid jet, reaches farthest
- London hand control branch: jet spray and hollow stream, that also protects the firefighters

- Diffuser branch: hollow jet, spray and curtain
- Revolving head branch: sends spray in different directions and revolves – best suited for basement fires

Finally the monitor branch is turned on. This branch is fixed on top of the fire tender. Towards the end of the demonstration, the friendly fireman turns the nozzle towards the children sitting in the sun. There are squeals and the kids jump up as the spray hits them. Oh what fun!

The show ends with a Tibetan dance show by students from the school for Tibetan Refugees. Amazing music floats across the ridge. The young kid playing the flute is truly amazing!

SCHOOL EARTHQUAKE SAFETY INITIATIVE, SHIMLA

The focus now shifts to the area where the exhibition has been put up.

A volunteer from the National Institute of Amateur Radio, Hyderabad, teams up with students to put up a display of HAM Radio. This is a very useful tool in emergencies. Visitors to the stall use the HAM Radio to chat with other HAMs who are on air. Voices crackle across thousands of miles, and the live demonstration is very exciting for those who directly participate in it.

School children are ready with their models. Today they are going to tell the people of Shimla how unsafe Shimla is, and how easy it is to reduce the risk. There are various solutions on display. Eager students are available to explain them and to attend to any queries you may have.

It is not just about learning. It is also about serving others and being useful to society. Don't miss the sense of volunteerism in this young group.

The Department of Science and Technology has put up an impressive stall on application of technologies. They have displays, computer demonstrations, satellite images, and an exhibition.

The Fire Department's stall is all set to answer the queries that will start pouring in after their spectacular demonstration.

SCHOOL EARTHQUAKE SAFETY INITIATIVE, SHIMLA

SESIS project school children show their models and explain the principles of earthquake safety to children from other schools. Peer to Peer!

Nepta handles queries at the SEEDS stall.

Navneet from MFH (Mountain Forum Himalayas) is busy giving awareness material to visitors that throng the MFH stall. MFH is a network of grassroot NGOs across Himachal Pradesh and Uttarakhand. The network is convened by CASA, a prominent national NGO.

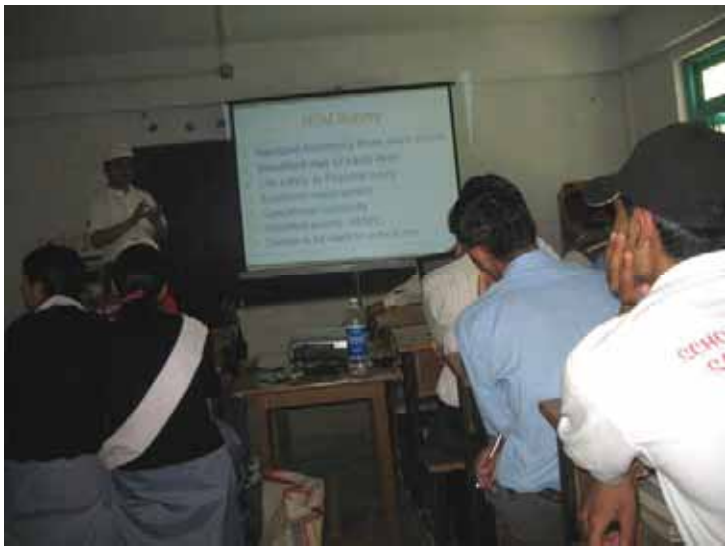
The show is over. It is over for today. The show must go on.

Before you leave, do collect your snack pack, and munch on as you leave.

But don't forget that Shimla still stands on hollow foundations.

There's miles to go before we sleep…

NON-STRUCTURAL MITIGATION
ORIENTATION, TRAINING AND IMPLEMENTATION



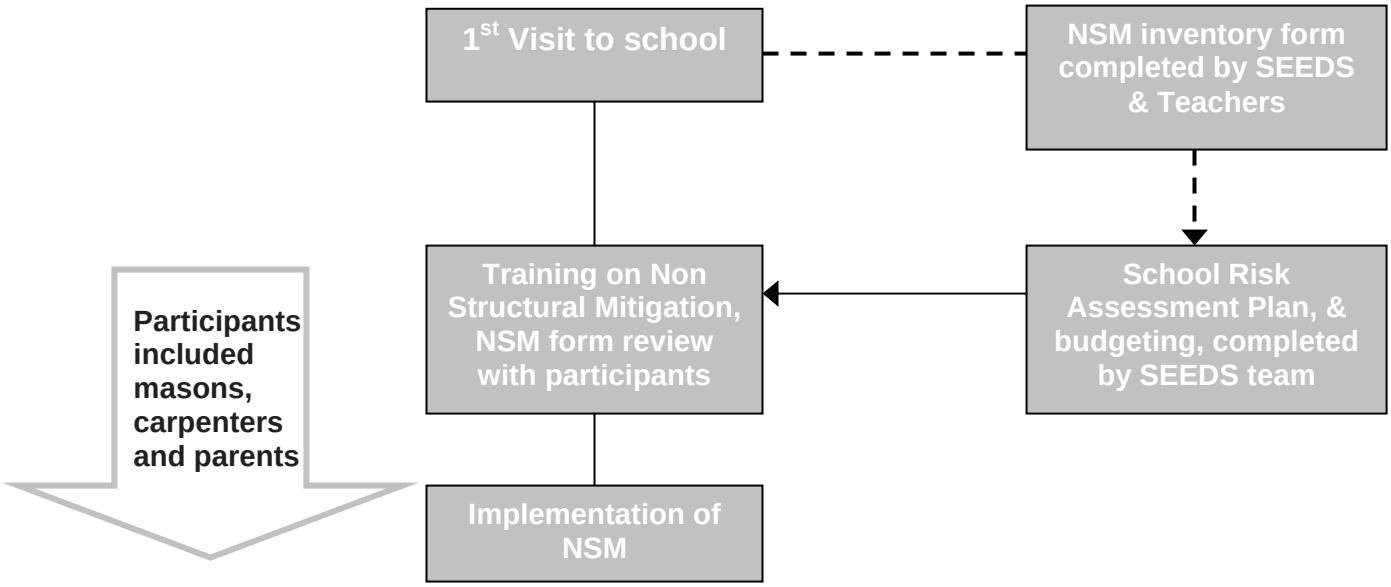
Non structural Mitigation
1. Inventory form of Falling Hazards/ building contents

The project team carried out comprehensive inventory forms, including non structural elements and components, in 11 schools of Shimla District. The exercise was conducted along with the teachers and students of each school.

In these communities, most people are connected in one way or another with the school, either as suppliers, labourers, students or families of students. This means that the schools are ideally placed to act as a resource and training centers for informing the local population about non structural mitigation.

Seven small scale workshops were conducted in order to spread the message among a larger number of people and therefore to create a bigger impact on the community.

The trainings combine theoretical knowledge and practice: with the completion of the inventory form, the participants collaborated during the implementation of non structural corrections decided during the training.



Non Structural Inventory form

Name of School :

Item (Full Description)	Risk Type			Priority H/M/L or 1,2,3	Weight (including contents) in KG	Reloc-ate	Device		
	Life Safety	Economic Replacement cost estimate	Operational Continuity				Type	Size	No

Device Type

1 L Brackets	2 Straps and Clips	3 Mechanical Latches	4 Magnetic Latches
5 Shelf Mats	6 Chain	7 Hook	8 Shelf Restraints
9 Storage Coverings	10 Wax	11 Padding	12 Window Covering or film
13 Acrylic mount /mono filament	14 Fire Suppression Equipment	15 Door opening outwards	16 Emergency lighting
17 Others			

Non Structural Risks that were found during the survey that took place in all the 20 schools of District Shimla.

Almirah's and overhanging shelves with heavy objects often pose high risks. Such insecure elements were often seen in most adminstrative blocks of the schools

Eg. As higlighted in the photograph, a typical school Principal's room with improper and unsecured arraangements of cabinets and other objects.

In the staff room, cupboards have been placed along the walls of the room in order to keep all the school documentation.

Such arrangements are very common and can block exits , impede movement and cause injuries duing earthquake or mild tremors.

Cartons and book cases are often placed on top of the cabinets due to lack of storage space.

Such ad-hoc storage pose high risks in classrooms and libraries. Smooth evacuation is often impeded by such unsecured objects.

Cupboards must be placed away from the main exit as during tremors they can fall and close the only exit to the room.

Eg .In this case a boys dormitory of 0 students , had a single exit and and the entire exit corridor had steel cabinets on the way.

During Earthquakes, exits have key importance in order to ensure safe and fast evacuation from buildings. In Dhalli Deaf and lind School, stairs do not have any kind of protection such as railings. Students could easily fall down and get hurt even during a minor tremor

Overhanging objects like tube lights, pictures, and boards could hurt teachers/principal , students during tremors. In most cases such elements were unsecured.

Overhanging photoframes, shields, are often found in the rooms. These items, are mostly placed with the help fragile nails.

The Training

Training workshops took place in Theog, Sandhu, Rampur, Rorhu, Saraswati Nagar, and Chopal. School teachers and students play a major role in the mobilization of participants: parents, masons and carpenters. SEEDS team contacted also local government officials to participate in the trainings. The events were highly attractive for the participants and also for the local media.

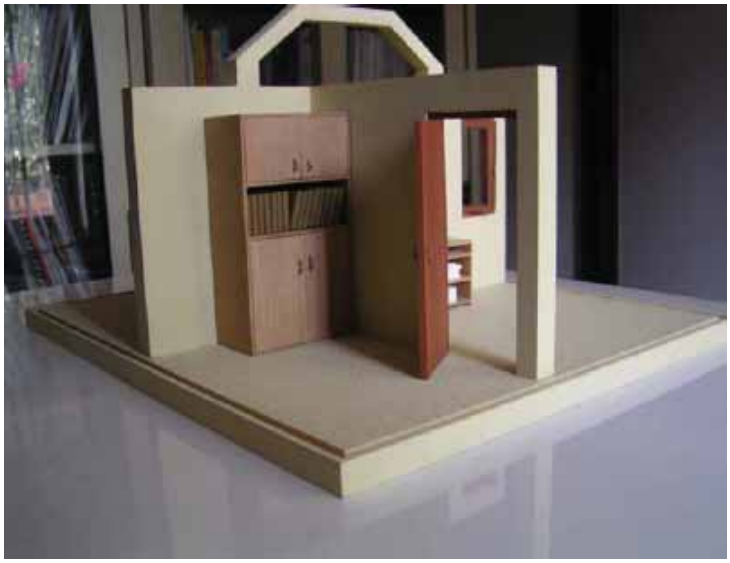
The content of the trainings was as follows:

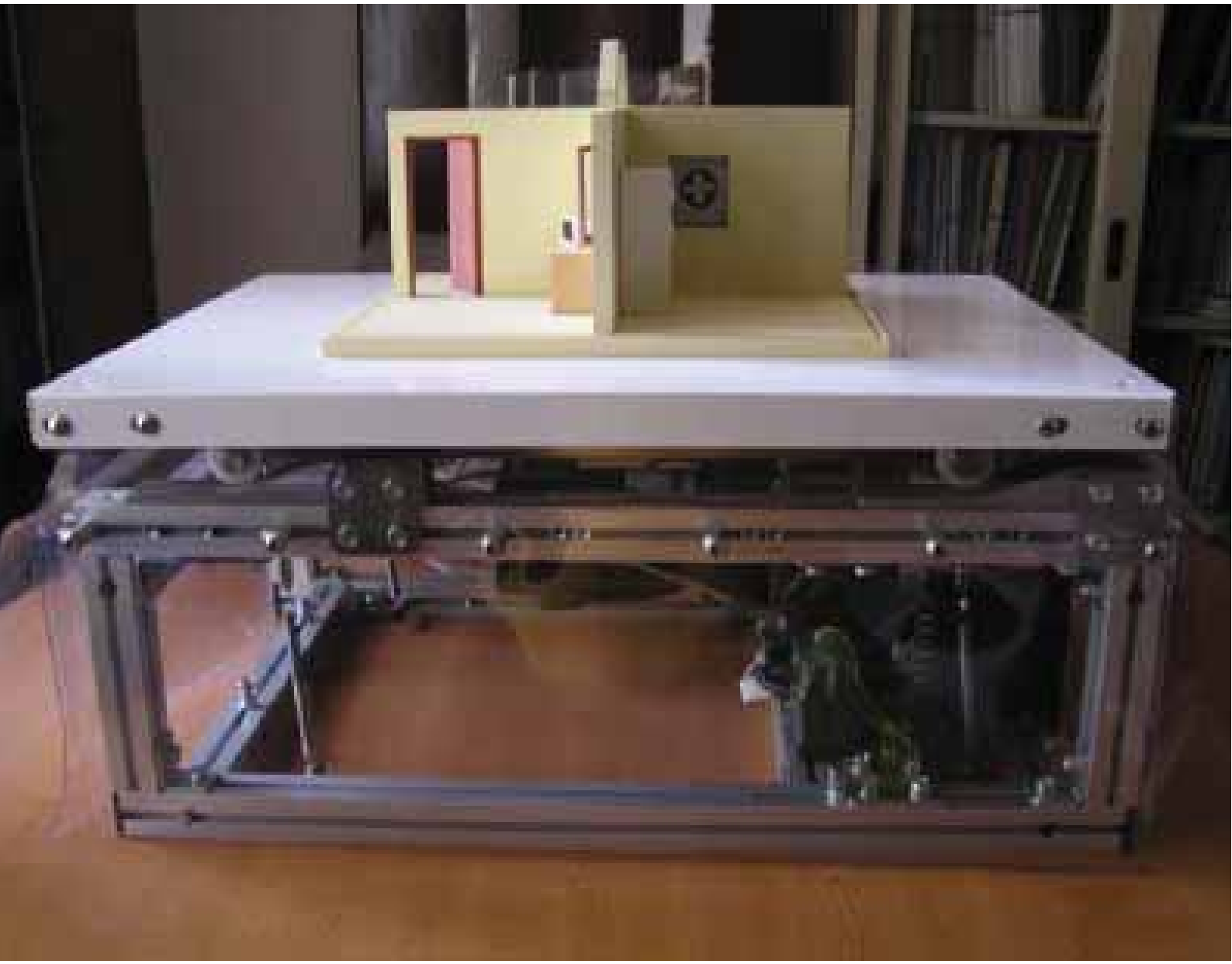
- India / Himachal Pradesh vulnerability
- Causes and effects of Earthquakes
- Earthquake preparedness measures: do's & don'ts
- Non Structural Mitigation – shake table demonstration, animated films

The participants are requested to identify the non structural elements and components of the school and their own houses. The School NSM inventory form completed by SEEDS and the school community is handed over to them and panel discussions are opened.

The masons and carpenters trained implement themselves the measures decided during the training under SEEDS team and school authorities' supervision

Shake Table Model





Items used for implementation of Non Structural Mitigation

L- Brackets

Screws

Chain

Hooks

Strap

Hook type Dash Fastners

Wall Plug

Dash Fastners

NSM IMPLEMENTATION

L-Brackets have been fixed to the cupboards in order to make the cupboards secure from falling down in case of even minor tremors, the L-brackets help to hold the cupboards.

As there is lack of space in the school so the cupboards could not be place somewhere else, so they have been fixed with L-brackets, which will ensure that they do not fall during an earthquake.

Hand railings placed on the stairs Some repair work also done on the stairs as earlier they were broken.

Shields secured with chains. Earlier shields were placed on the walls with the help of a nail, but now the chain will help to prevent the shield from falling down and hitting some one sitting on the chair.

A strap has been placed on top of the TV, and the two ends of the strap have been fixed to the table with the help of screws, the strap will prevent the TV from falling down and breaking.

The photo frames have been fixed with the help of metal hooks which will help them from having a strong hold and not fall down, earlier it was just placed on the wall with the help

Providing stoppers on doors for easy evacuation

Providing additional staircase for easy evacuation

Changing doors - openings outwards for easy evacuation

Providing additional support to a foot-bridge for saving it from collapse due to potential slope failure

Reconstructed steps with uniform rise and tread for easy evacuation of children

WORKSHOP ON
NON STRUCTURAL MITIGATION

Date: 26th November, 2006
Central School for Tibetans,
Chotta Shimla, Shimla

Proceedings of the Training

Objective

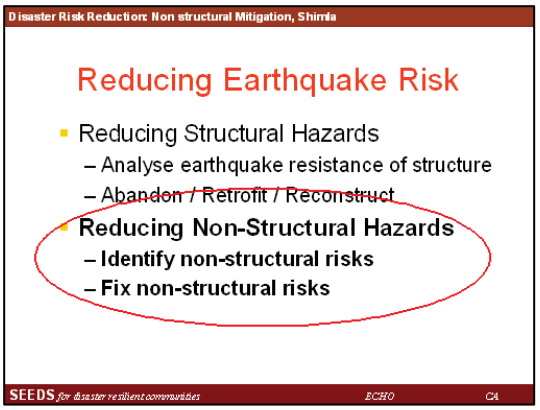
The purpose of the training was to provide comprehensive knowledge to the local community and to enhance their capabilities on disaster risk reduction. These trained participants will be capable of ensuring earthquake safety in their own houses and community.

The learning objectives of the course were:

- Define the concepts of disaster management.
- Understand causes, effects and management measures of earthquakes.
- Assess the hazards, vulnerabilities, and capacity in the school and in the community.
- Enhance local capacity on conducting non structural inventory forms.
- Implementation of non structural mitigation activities.

Learning Methods

Learning took place through structured interactive lectures, group discussions, and practical demonstrations.



Participants

The workshop took place in the Central School for Tibetans, which participated in the School Earthquake safety programme during the month of August.

Participants of the training were the local community living in the surroundings of the school building. In all, **58** participants attended the training including housewives, masons, carpenters and parents.

Resource Persons

The training programme was designed by SEEDS. Local logistical arrangements were made by SEEDS Project Office in Shimla, headed by Paula Silva.

The following SEEDS members delivered various lectures in the course:

- Paula Silva, Senior Programme officer and SESIS coordinator.
- Rach Pal Nepta, Assistant project officer and trainer of task forces.
- Yashwant Kumar, assistant project officer, non structural mitigation.

- Mr. Kumar, Principal of Tibetan School, assisted SEEDS in organizing the workshop.

Content

The course content included the following:

- India/Himachal Pradesh/Shimla District vulnerability profile
- Causes, effects and management measures of earthquakes
- Non Structural Mitigation: reducing earthquake risk– Shake Table demonstration.

Training Programme

26th November 2006

The training programme was inaugurated by Mrs. Sangeeta Sharma and Mrs. Nisha Gupta, Counsellors of Municipal Corporation, Chotta Shimla.. In the inaugural address, both counsellors pointed out their concern about the lack of preparedness of Shimla District to face any kind of Disaster. They expressed hope that the participants will understand and put in practice the knowledge gained with SEEDS training.

Paula Silva welcomed all participants and presented an overview of School Earthquake Safety Initiative, programme.

After the inaugural session, Paula Silva welcomed all participants and presented an overview of School Earthquake Safety Initiative, programme.

The proceedings of the day were as follows:

- India / Himachal Pradesh / Shimla District vulnerability to Earthquakes - by Rach Pal Nepta, assistant project officer and trainer of task forces for disaster operations, SEEDS
- Disaster Risk Reduction: non structural mitigation – by Yashwant Takur, engineer assistant project officer, SEEDS
- Groups exercise, non structural inventory form of 5 school rooms – coordinated by Simriti Metha, Project Officer, SEEDS.
- Panel Discussions
- Course evaluation by participants
- Closing session – by Paula Silva and Rach Pal Nepta.

Course Evaluation

Course evaluation by participants is vital to monitor the quality of the training programme. Without feedback form the participants it is impossible to refine and improve the course. The last session of the training programme was designed to get feedback from the participants. The participants were asked to evaluate the content as well as the instructors in a prescribed evaluation form.

STRUCTURAL RETROFITTING

GOVT. HIGH SCHOOL CHAURA MAIDAN

Construction of concrete retaining wall for slope protection

GOVT. SENIOR SECONDARY SCHOOL, SHOGUI

Introducing seismic bands & strengthening of openings and corners of the building with steel reinforcement.

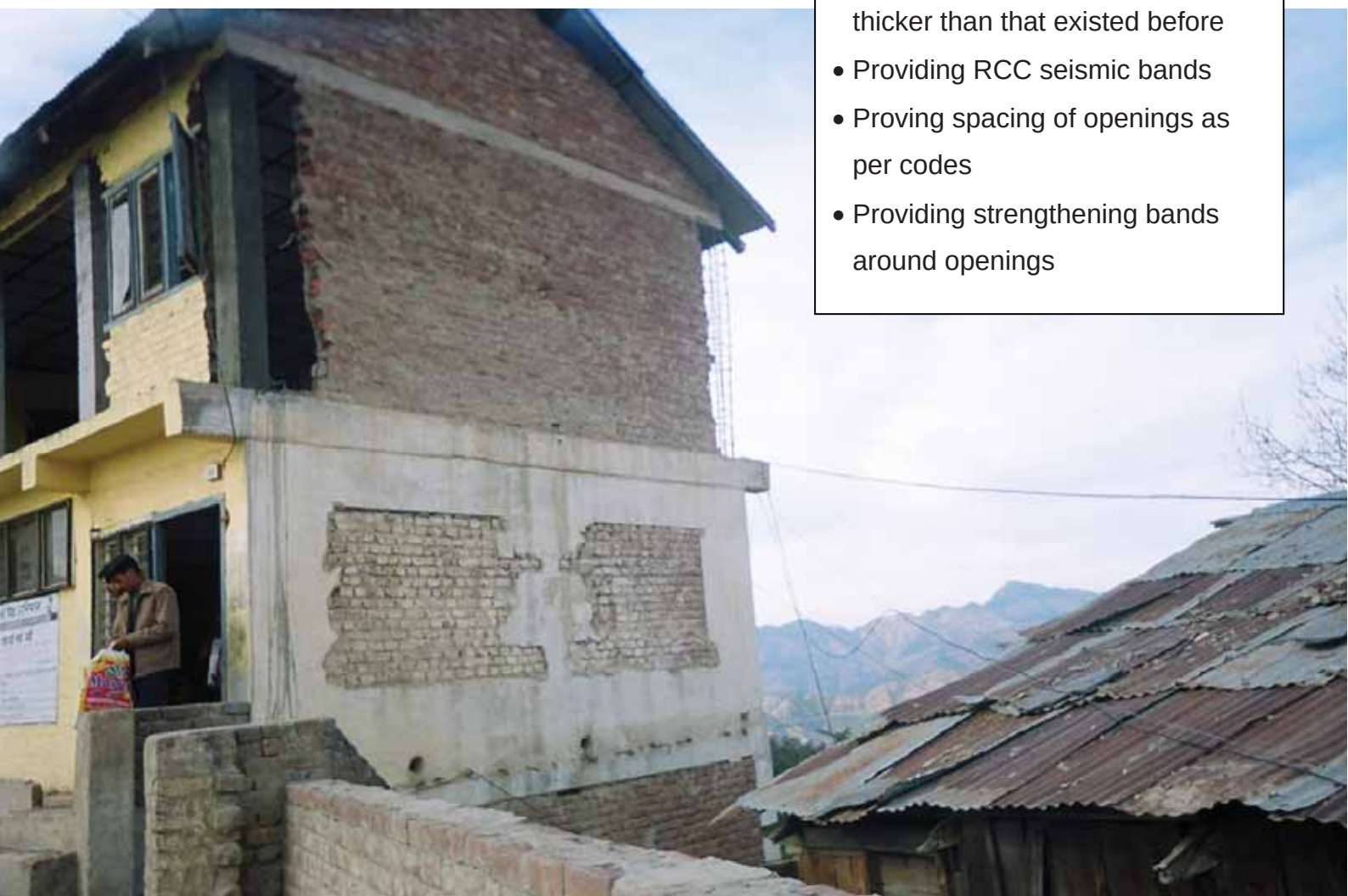
GOVT. SENIOR SECONDARY SCHOOL, BASANATPUR

Introducing seismic bands &, strengthening of openings and corners of the building with steel reinforcement.

GOVT. SENIOR SECONDARY SCHOOL, THEOG

Mitigation measures adopted:

- Adding reinforced concrete columns at the first floor
- Making walls in the first floor thicker than that existed before
- Providing RCC seismic bands
- Proving spacing of openings as per codes
- Providing strengthening bands around openings



GOVT. SENIOR SECONDARY SCHOOL, CHOTTA SHIMLA

Introducing seismic bands &, strengthening of openings and corners of the building with steel reinforcement.

MASONS TRAINING ON EARTHQUAKE RESISTANT CONSTRUCTION

15th March 2007: Senior Secondary School, Chotta Shimla
28th March 2007: Senior Secondary School, Theog
10th April 2007: High School, Chaura Maidan
19th April 2007: High School, Basantpur

Proceedings of the trainings

Objective

The purpose of the training was to provide comprehensive knowledge and to enhance the local capacity of the masons on earthquake resistant construction.

The learning objectives of the course were:

- To increase the level of awareness on earthquake safety.
- To understand the importance of earthquake resistant construction.
- To learn about retrofitting techniques.

Participants

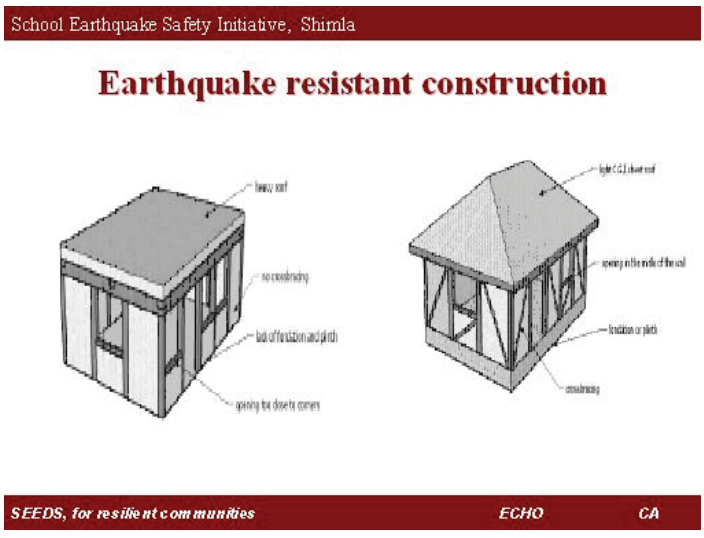
The workshops took place in four SESIS project schools were retrofitting activities were being implemented. In all, 148 masons from Shimla attended the programmes.

Resource Persons

The training programme was designed by SEEDS. Local logistical arrangements were made by SEEDS Project Office in Shimla.

The following SEEDS members delivered lectures during the courses

- Mihir Joshi, Programme Officer (SMR)
- Chander Prakash, Project Manager
- Rach Pal Nepta, Assistant Project Officer



Content

The course content included the following

- Basic Disaster awareness
- Vulnerability of India / Himachal Pradesh / Shimla
- Effects on earthquake on structures
- Basics of Earthquake Resistant construction
- Retrofitting activities on 5 school buildings of Shimla city.

148 masons participated in the training on earthquake resistant structures. The trainings were conducted on-site (schools in which retrofitting was implemented) to provide practical understanding.

The Training Programmes

The lectures were conducted along with interactive discussions among the participants.

The masons shown keen interest on the lectures given and expressed their hope of participating on further trainings.

During the closing session SEEDS members, distributed kits to the participants. It contained basic tools in order to ensure quality on their work.

Mr. Hira Singh,
Participant of Masons Training

"Before I came to the workshop I never thought that the houses I was constructing could collapse and therefore kill the families living there. After the training I felt that maybe in a future I will be guilty if it happens".

"Once the training was over I was surprised that some people came and asked what I had learnt. Even, some of them asked for my advice because they were building their own houses. It was the first time that someone was asking for my opinion. I explained them what I learnt about building earthquake resistant houses but I also told them that if the already had a house they should also do something about it. "

"Now I feel I am more capable of doing a good job, of doing a safe house. I am also aware that my own house is not safe, but now I know what to do about it".

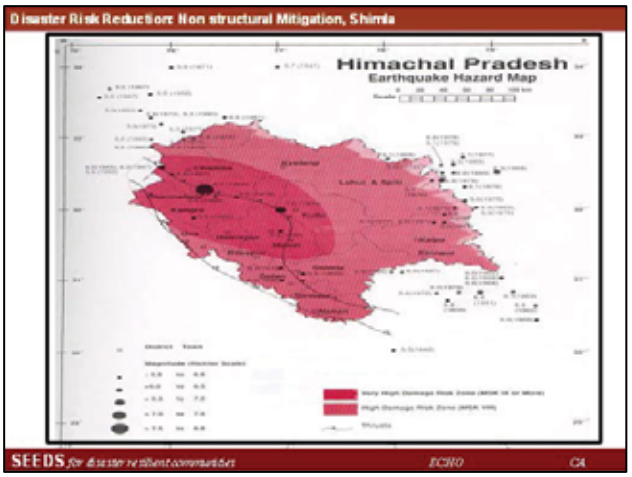
REGIONAL WORKSHOP ON SAFE CONSTRUCTION PRACTICES

8th December, 2006
Himachal Pradesh Institute of Public Administration,
Fairlawns, Shimla

Proceedings of the Training

Goal

The goal of this training was to promote a "culture of safe construction practices" among Government engineers in the Shimla District of Himachal Pradesh State.



Objectives

The purpose of the training was to provide comprehensive knowledge to enhance the capabilities of the engineers on disaster risk reduction. These trained engineers will be capable of ensuring earthquake resistant construction in public buildings, including schools.

Learning Methods

Learning took place through structured interactive lectures, group discussions, and practical demonstrations.

Participants

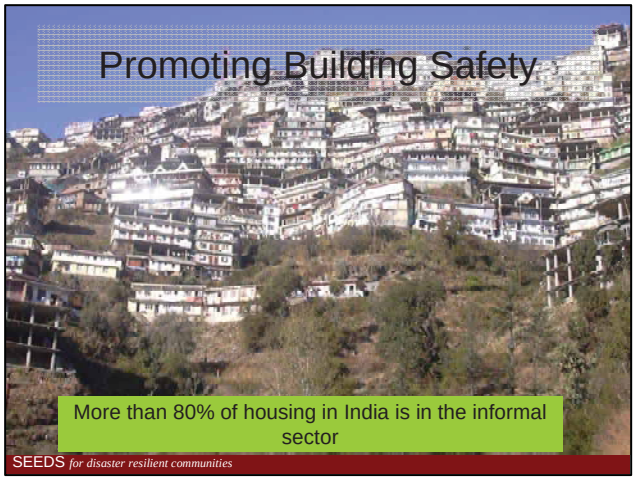
Participants of the training course were Government engineers from Saerv Siksha Abhiwyan and Public Works Department, from overall Himachal Pradesh. Most of the participants were identified by Mr. Subash Negi, Principal Secretary of Public Works Department. In all, 24 participants attended the training.

Resource Persons

The training programme was designed by Mr. Amit Bose, Director, Design and Development Forum, Delhi and Senior Advisor on Structural and non Structural Mitigation, SEEDS. Local logistical arrangements were made by SEEDS Project Office in Shimla, headed by Paula Silva.

The following experts delivered various lectures in the course:

- Dr. R. K. Sood, Joint Member Secretary, HP State Council for Science, technology and Environment & Chief Scientific Officer to the Government of Himachal Pradesh
- Professor Rajesh Sharma, Dept of Civil Engineering, N.I.T. Hamirpur
- Amit Bose, Director, Design and Development Forum, Delhi. Senior advisor, SEEDS.



SEEDS Shimla team assisted Mr. Amit Bose in conducting the training.

Content

The course content included the following:

- Engineering Seismology and Seismicity of the region
- Earthquake Resistant Buildings and Relevant I.S.Codes
- Architectural and Planning Aspects of Earthquake Safe Habitats
- Retrofitting of School Buildings in Shimla

The schedule of the training programme is given in Annexure-A.

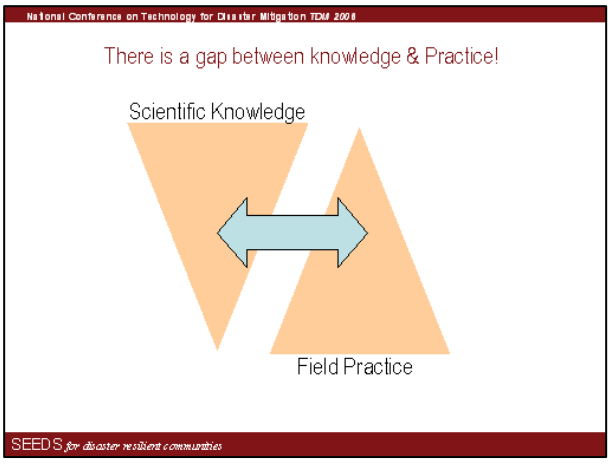
Training Programme

8th December 2006

The training programme was inaugurated by Paula Silva, Sr.Programme Officer & SESIS coordinator. In the inaugural address, Ms. Paula Silva pointed out that Himachal Pradesh is highly vulnerable due to its geographic location. She expressed hope that the government engineers will understand and will put in practice the various measures to be taken to reduce disaster risks and make public buildings earthquake resistant. Paula Silva welcomed all participants and presented an overview of School Earthquake Safety Initiative, programme.

After the inaugural session, introduction of participants was done.

The proceedings of the day were as follows:



- Engineering Seismology and Seismicity of the region - by Dr. R. K. Sood, Joint Member Secretary, HP State Council for Science, technology and Environment & Chief Scientific Officer to the Government of Himachal Pradesh
- Earthquake Resistant Buildings and Relevant I.S.Codes – by Amit Bose, Director, Design and Development Forum, Delhi. Senior advisor, SEEDS.
- Architectural and Planning Aspects of Earthquake Safe Habitats - by Amit Bose, Director, Design and Development Forum, Delhi. Senior advisor, SEEDS.
- Retrofitting of School Buildings in Shimla – by Prof. Sharma, Dept of Civil Engineering, N.I.T. Hamirpur
- Panel Discussions
- Course evaluation by participants
- Closing session & certificate distribution by Paula, Simriti and Rach Pal Nepta

Course Evaluation

Course evaluation by participants is vital to monitor the quality of the training programme. Without feedback form the participants it is impossible to refine and improve the course. The last session of the training programme was designed to get feedback from the participants. The average of the participants' assessments is given in Annexure-B.

TRAINING FEEDBACK AND EVALUATION BY PARTICIPANTS

Course evaluation by participants is vital to monitor the quality of the training programme. Without feedback form the participants it is impossible to refine and improve the course.

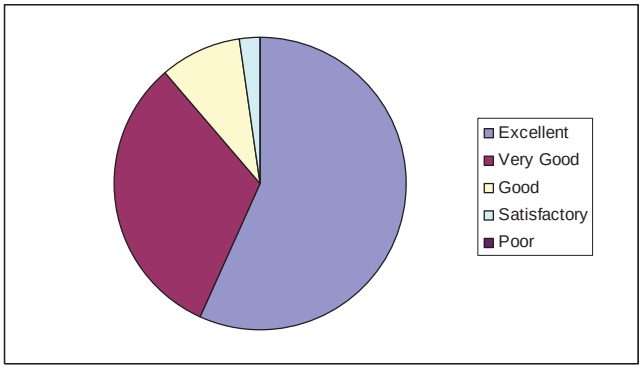
Results and data's analysis of different trainings conducted under SESIS programme are provided below:

School Safety Three Day Programme

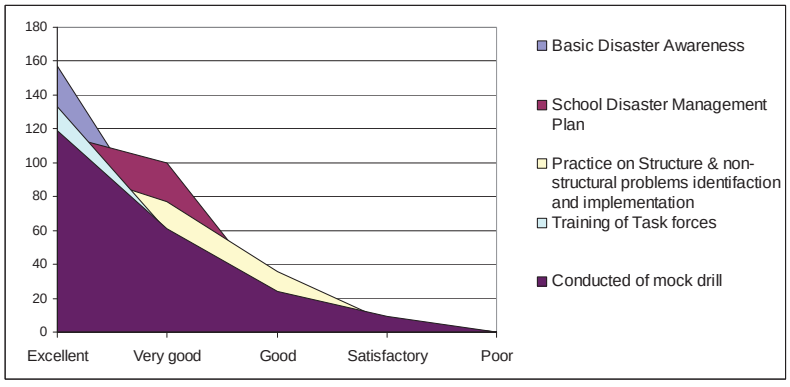
With the aim of reducing the risk of life-loss of school children due to earthquakes, the SESIS team developed a three day "School Safety Programme", where teachers and students learnt about all the topics related to Disaster Management. Overall, 11,208 teachers and students from 20 schools of Shimla District, participated in the programme.

The School Disaster Management Committees formed in 20 schools, who participated through out the 3 day programme, were asked to evaluate the content in a prescribed evaluation form. Overall, 234 teachers evaluated the training programme.

Fifty six percent of the evaluators considered the trainings to be excellent.
The reasons given for their rating were the material and tools used, being very simple and easy to understand and to use by themselves after the training.



The remaining forty four percent rated it as very good, good and Satisfactory. The participants considered the programme (three day programme) to be too short and the need of a strong follow up in activities such as the nock Drill were highlighted.



When the participants were asked to evaluate the content of the training, Basic Disaster Awareness along with the training to the task forces were the most appreciated.
The participants considered both to be the most important activities in order to reduce the risk of life loss during an earthquake. At the same time they considered both exercise the most educational and interesting for the students and for teachers.

"*My students and I, are part of the Fire Safety task force of our school".*

"I feel that what has changed the most after being trained is the relationship with my students. Now I'm aware that during I disaster not only I can save their lives but also they can safe mine!. We are part of the same team, equally important to each other, and all of us share the same responsibility: keeping our school safe".

"I would have liked that the training could have been longer. In three days we have learnt the basics of fire safety, but we would like to know more about it."

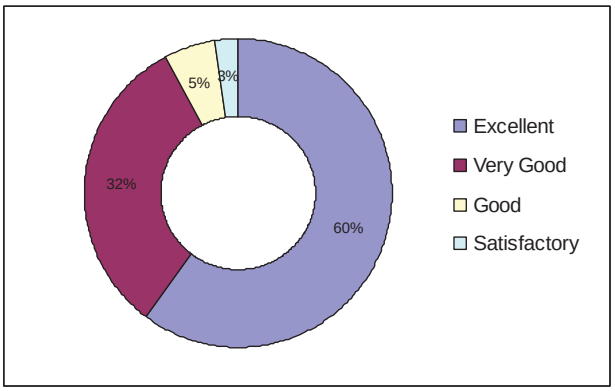
"I'm very grateful for the training I have received" Now I feel more confident about myself when I think that a disaster can happen and I also feel more confident because I know that my students will be there for me and for their colleagues also".
Mr.

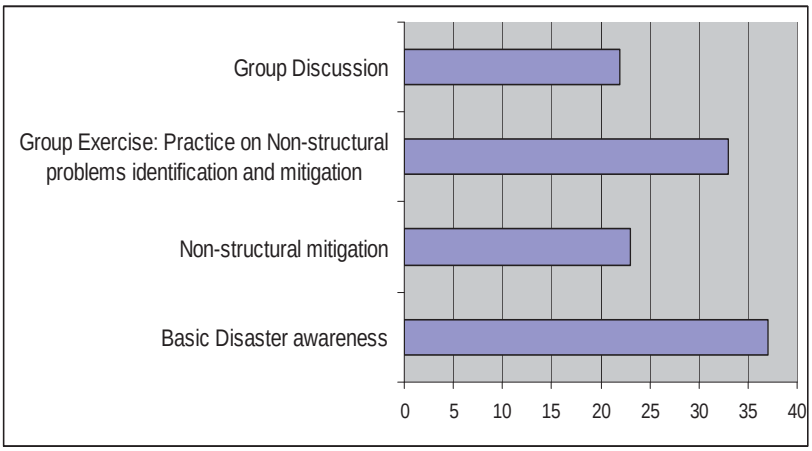
Non Structural Mitigation

On 26th November 2006, a non structural mitigation workshop was conducted in Shimla city with a total of 58 participants. The event, organized in the Central School for Tibetans (SESIS project school), involved the local community living next to the school mentioned. Among the participants, masons, carpenters, housewives, students of other schools, and members from the parents association.

Sixty percent of the evaluators considered the trainings to be excellent.

The reasons given for their rating were the practicality of the training given. Tools used such a shake tables and videos of real earthquakes from different parts of the globe were well appreciated by the participants.





In order to improve the content of the trainings, participants were asked to prioratised the learning gained as per their preferences.

Basic Disaster Awarenes and Groups discussions were prefered by the participants. Realising about the vulnerability profile of the State and share the viwes with other participants were the exercises which the participants enjoyed the most.

"To be honest, I had never imagined that a cupboard or even a simple trophy could be so dangerous".

"After the training we secured to the wall non structural elements of our school and now I am planning to do it also in my own house but"

"I have participated in school drills, teachers' training and I have also participated in SEEDS trainings as a resource persons. It has been the first time in my life that I have delivered lectures in front of govt. officials and to so many teachers from Shimla District.
But even more, I was shocked when some colleagues from other schools requested me to visit their school and advice them on how to implement NSM".

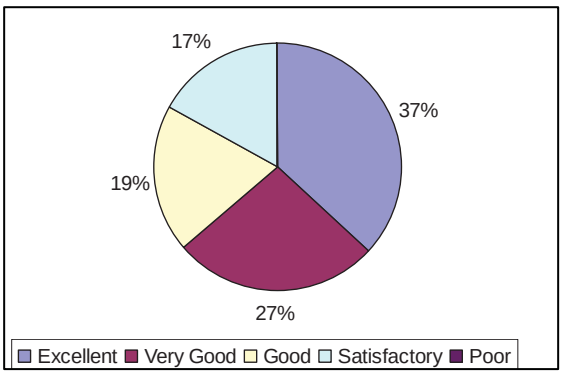
"I am thankful to SEEDS for this year of training. Now it's our responsibility to spread the message to as many people as possible".

Masons Training

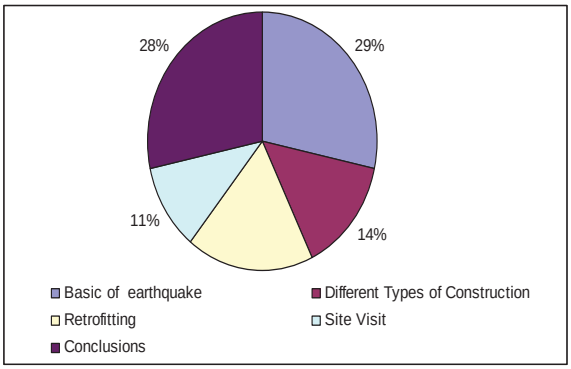
With the objective of providing comprehensive knowledge and to enhance the capacity of the local masons on earthquake resistant construction and retrofitting techniques, four hands-on trainings for masons were conducted during the month of March and April 2007. The trainings were conducted in the schools were the retrofitting activities were being implemented. Along with the training tool kits where distributed to the participants, in order to ensure and facilitate quality in their work.

In all 148 masons were trained on earthquake resistant construction.
The Participants were asked to evaluate the training in a prescribe evaluation form.

Where participants where asked to evaluate the training programme, thirty seven percent agreed that the quality of the programme was excellent. The participants considered the training to be important for enhancing their skills and therefore to increase the probability of finding a job. However, the participants agreed that the training could be improved by being more practical. The traning's duration (1 day) was considered not to be enough in order to put their knowledge into practice.



In order to improve the content of the trainings, participants were asked to prioratised the learning gained as per their preferences.
Basic disaster awareness and retrofitting training activities were the most appreciated by the participants.



"I participated in the masons training in Kasumpti school. When they show us the building I could not understand what they where doing. They showed us the retrofitting work they were doing and explained to us how important was to make buildings earthquake resistant in Shimla.

I did not know that an earthquake can happen in my city and the houses that we build can kill people.

"To be honest, people do not appreciate our work and they think that everybody can do it. After the training I have improved my skills and I feel that my possibilities of getting job are higher. However one day training is not enough. I would like to participate in more activities like this and to become good mason"

"But to be honest, in the construction sector, we just follow what the contractor says. We also need to train them and make them understand that lives are more important than money. If I have understood this I feel that anybody can. I would like that all the people in Shimla who are in this business could be aware about it."

"After the training I have shared my views with many people and I will keep doing it since the entire city becomes aware and starts doing something about it".

LOCAL MEDIA COVERAGE

जागरूकता : शिमला में लक्कड़ बाजार स्थित राजकीय कन्या वरिष्ठ विद्यालय में भूकंप आने के दौरान आपदा प्रबंधन का प्रदर्शन करते संस्था के सदस्य।

छात्राओं ने सीखे भूकंप से बचाव के नुस्खे

अमर उजाला ब्यूरो

'सीड्स' संस्था ने लगाया स्कूल अर्थक्वेक सेफ्टी कैंप

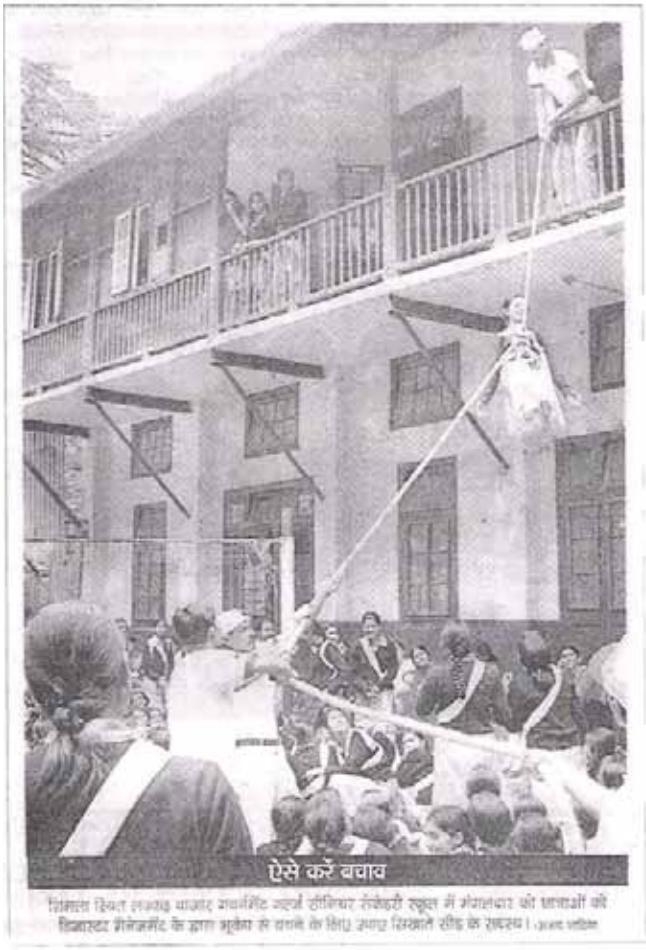
बीस स्कूलों में ऐसे कैंप लगाना ही संस्था का लक्ष्य

सिखाया, कैसे करें आपात स्थिति में खुद का बचाव

शिमला। राजकीय वरिष्ठ माध्यमिक विद्यालय लक्कड़ बाजार में मंगलवार को स्वयंसेवी संस्था सीड्स के सौजन्य से स्कूल अर्थक्वेक सेफ्टी जागरूकता कैंप का आयोजन किया गया। यूरोपियन कमीशन और क्रिश्चियन एड संस्था के सहयोग से आयोजित इस कार्यक्रम में छात्राओं व शिक्षकों को संस्था के प्रतिनिधियों ने भूकंप आने के कारणों और उससे बचने के उपायों के बारे में विस्तृत जानकारी दी।

विशेषरूप से भूकंप के समय स्कूल में लगने वाली आग और उसे बुझाने के तकनीक और भूकंप से हुए घायलों को कैसे सिखाया जाए के गुर सिखाए गए। इस कार्यक्रम में बतौर मुख्यवक्ता शामिल हुए अग्निशमन विभाग के अधिकारी गोपाल चौहान ने बच्चों को बताया कि भूकंप आने पर घबराना नहीं चाहिए बल्कि अपने व दूसरे लोगों के बचाव बारे सोचना चाहिए। घरों में फर्स्ट एड बॉक्स अवश्य रखना चाहिए ताकि किसी भी आपात स्थिति में हम उनसे अपना व दूसरों का बचाव कर सके। चौहान ने 1905 में जिला कांगड़ा में आए भूकंप से होने वाली तबाही पर भी प्रकाश डाला।

कार्यक्रम में सीड्स के निदेशक अंशु शर्मा ने अर्थ क्वेक मशीन द्वारा भी भूकंप से होने वाले नुकसान के बारे बताया। उन्होंने कहा कि यदि हम सही ढंग से बचाव कार्यों को अंजाम दें तो जन-धन की अधिक हानि से बचा जा सकता है। सीड्स के शिमला में प्रोजेक्ट मैनेजर चन्द्रप्रकाश व सदस्य समृति चौहान ने बताया कि इससे पहले उनकी संस्था ने राजकीय वरिष्ठ माध्यमिक विद्यालय कुसुम्पटी में बच्चों व शिक्षकों को भूकंप के बारे जागरूक किया था। उन्होंने बताया कि उनकी संस्था का लक्ष्य है स्कूल अर्थ क्वेक सेफ्टी कार्यक्रम 20 स्कूलों में आयोजित किया जाए। इस अवसर पर स्कूल के प्रधानाचार्य एम.एस.चंदेल ने सीड्स संस्था के पदाधिकारियों को दोबारा ऐसे कैंप आयोजित का जागरूक करने को कहा जिसपर सीड्स संस्था ने सहमति जताई। इस मौके पर यूरोपियन कमीशन के एशिया रिजन की निदेशक इंदिरा फुलीनोव और क्रिश्चियन एड संस्था से मिस्टर गार्डन शामिल हुए।



ऐसे करें बचाव

शिमला स्थित लक्कड़ बाजार गवर्नमेंट सीनियर सेकेंडरी स्कूल में मंगलवार को छात्राओं को डिजास्टर मैनेजमेंट के द्वारा भूकंप से बचने के लिए उपाए सिखाते सीड्स के सदस्य।

Amar Ujala 13 June

Students of Government Girls Senior Secondary School,Lakkadbazar got tips on the how to survive a natural disaster.SEEDS India with support from European Commission and Christian Aid is spreading awareness on disaster preparedness and mitigation in the schools of Shimla.

सीड्ज इंडिया ने बताए भूकंप से बचाव के तरीके

पावला ने रोहड़ू के स्कूलों में जाकर कराया बच्चों को अवगत

रोहड़ू। सीड्ज इंडिया की तरफ से आई स्पैन की पावला सिल्वा उपमंडल के स्कूलों में बच्चों को भूकंप से बचने के तरीके सिखा रही है। पावला सीड्ज इंडिया में सीनियर प्रोग्राम आफिसर हैं। पावला सिल्वा ने बताया कि सीड्ज इंडिया का आफिस दिल्ली में है और इसको धन यूरोपियन काउंसिल से आता है। उन्होंने कहा कि शिमला जिला में करीब 20 स्कूलों को भूकंप से बचने के तरीके व भूकंप के समय आग लगने से कैसे बचा जा सकता है। उन्होंने कहा कि हिमाचल एक भूकंप वाला क्षेत्र है। इस इलाके में ज्यादातर भूकंप आने की संभावना रहती है। पावला ने कहा कि रोहड़ू उपमंडल में वह पांच स्कूलों में भूकंप के बारे में अवगत करवाएगी। उन्होंने कहा कि उनकी टीम बच्चों को भूकंप से बचने के प्रक्टिकल रूप में अवगत करवाएगी। इसके लिए सबसे पहले वरिष्ठ माध्यमिक स्कूल सरस्वतीनगर से शुरुआत करेगी। इसकी टीम सबसे पहले बच्चों को यह बताएगी कि जब भूकंप आता है, तो किस तरह से स्कूल को खाली किया जाता है। उनकी टीम यह भी बताएगी कि जहां भूकंप आता है, वहां समान जैसे अलमारी, पंखा आदि किस तरह से रखे जाते हैं।

पावला सिलवा

Amar Ujala 18 May

Under the project 'School Earthquake Safety Initiative' SEEDS India is spreading awareness on disaster preparedness and mitigation in the schools of Shimla.

राजधानी के स्कूलों में सिखाए जा रहे भूकंप से निपटने के उपाय

नगर संवाददाता ✦ शिमला

राजधानी के स्कूल अब भूकंप से आने वाले आपदाओं से निपटने के लिए स्कूल सुरक्षा पहल कार्यक्रम के अंतर्गत विभिन्न उपाय सीखेंगे। इसके लिए स्कूल अर्थक्वेक सेफ्टी इनीशिएटिव, शिमला सीड्ज संस्था अपना महत्वपूर्ण योगदान दे रही है। इसी कड़ी के चलते स्कूल भूकंप आपदा प्रबंधन कार्यशाला का आयोजन राजकीय वरिष्ठ माध्यमिक पाठशाला छोटा शिमला में सीड्ज संस्था ने तीन दिन तक किया। कार्यशाला में पहले दिन विद्यालय के अध्यापक वर्ग को भूकंप एवं विद्यालय में भूकंप से होने वाली क्षति से निपटने के लिए उचित प्रशिक्षण दिया गया। विद्यालय में एक आपदा प्रबंधन समिति का गठन किया गया। वहीं कार्यशाला के दूसरे दिन विद्यालय में विभिन्न दलों का गठन किया गया, जो आपदा आने पर दुर्घटना से निपटने के लिए किस प्रकार प्राथमिक चिकित्सा देना, फंसे हुए छात्रों को ढूंढना तथा आग लगने पर उसे बुझाने का कदम करेंगे। गौर हो कि इन सभी दलों को सीड्ज संस्था के गुजरात के कार्यकर्ताओं ने प्रशिक्षण दिया।

सीड्ज संस्था ने आयोजित की तीन दिवसीय कार्यशाला

विद्यालय के बच्चों को दृश्य एवं श्रव्य माध्यमों से भूकंप के विषय में जानकारी दी गई। भूकंप के आने के पश्चात क्या-क्या उपाय करने चाहिए, पर भी प्रशिक्षण एवं जानकारी प्रदान की गई। कार्यशाला के तीसरे दिन विद्यालय में एक मूर्छाभ्यास कराया गया। इसमें विद्यालय के सभी बच्चों ने भाग लिया तथा विभिन्न गठित दलों ने बचाव एवं राहत, प्राथमिक चिकित्सा इत्यादि कार्यों का निपुणता से निष्पादन किया। उल्लेखनीय है कि स्कूल सुरक्षा पहल के अंतर्गत सुरक्षित भवन एवं क्षमता निर्माण एवं सुधार के कई पहलुओं को सामने रखा गया है। इसमें सुरक्षित विद्यालय भवनों का निर्माण सुनिश्चित किया जाएगा। इस कार्यक्रम के तहत भवनों की दृढ़ता का आकलन किया जाएगा। आकलन के लिए भवन निर्माण में प्रयुक्त सामग्रियों का परीक्षण एवं संपूर्ण-भवन का सर्वेक्षण किया जाएगा। गैर संरचनात्मक तत्वों से बचाव के तौर-तरीके अपनाए जाएंगे। यह दीगर है कि स्कूलों में आपदा प्रबंधन की योजना एक महत्वपूर्ण विधि है जो प्रत्येक स्कूल को आपदा की स्थिति से निपटने के लिए तैयार रखता है। सीड्ज संस्था इस प्रकार के कार्यक्रमों का आयोजन राजधानी के 20 स्कूलों में आने वाले एक वर्ष में यूरोपियन कमीशन की सहायता से करेगी।

शिमला: भूकंपरोधी पंख को दिखाते स्कूली छात्र

Dainik Bhaskar 27 Aug

SEEDS India help students survive an earthquake. A SEEDS team lead by Paula, spread awareness among the school children of Rohru. The project is funded by European Commission .

सीड्स इंडिया ने दी भूकंप से बचने की जानकारी

तीन दिवसीय शिविर का आयोजन, प्रत्येक स्कूल से बनाई जाएंगी टीमें

भास्कर न्यूज-

नेरवा, 26 जुलाई: यूरोपियन कमीशन ह्यूमैनेटेरियन विभाग की सहायता से क्रिश्चन एड के तत्वावधान में सीड्ज इंडिया के सहयोग से राजकीय वरिष्ठ माध्यमिक पाठशाला चौपाल में तीन दिवसीय शिविर का आयोजन किया गया। जिसमें उपस्थित छात्रों व अन्य कर्मचारियों को भूकंप के बारे में विस्तृत जानकारी दी गई। सनद रहे कि प्रदेश हिमालय की उच्च पर्वत श्रृंखलाओं में स्थित है। पर्वत श्रृंखलाओं के मध्य में स्थित के कारण इस प्रदेश में अनेकों छोटे-बड़े भूकंप आए हैं।

लोगों को इसके बारे में जानकारी व बचाव के तरीके सुझाने के लिए सीड्ज इंडिया ने तीन दिवसीय शिविर का आयोजन किया। सीड्ज इंडिया के सदस्यों ने कहा कि भूकंप के दौरान अधिकतम जानमाल की हानि भवन के गैर संरचनात्मक तत्वों के गिरने के कारण होती है। यह क्षति साधारण एवं सस्ते उपायों से कम की जा सकती है। इसके अलावा इन्होंने जानकारी दी कि स्कूलों में आपदा प्रबंधन की योजना एक महत्वपूर्ण गतिविधि है जो प्रत्येक स्कूल को आपदा की स्थिति से निपटने के लिए तैयार रखता है व स्कूलों में आपदा के समय किस प्रकार अपना बचाव करना, किस प्रकार बाहर आना, फंसे हुए लोगों को कैसे बाहर निकालना एवं प्राथमिक चिकित्सा विषयों पर जानकारी एवं प्रशिक्षण देना शामिल है।

सीड्ज परियोजना अधिकारी स्मृति मेहता ने बताया कि सीड्ज इंडिया की ओर से भूकंप की जानकारी देने के लिए जिला शिमला के 20 स्कूलों का चयन किया गया। जिसमें राजकीय वरिष्ठ माध्यमिक पाठशाला चौपाल भी शामिल है।

उन्होंने कहा कि सीड्ज इंडिया इससे पहले सीनियर सेकेंडरी स्कूल छोटा शिमला, गर्ल्ज स्कूल लक्कड़ बाजार, डीएवी स्कूल टियोग, हाई स्कूल संधू में भी भूकंप की जानकारी देने के लिए तीन दिवसीय शिविर का आयोजन कर चुके है।

क्षेत्र में भूकंप एवं इससे उत्पन्न होने वाली क्षति से बचाव के विषय में जानकारी एवं प्रशिक्षण देने के लिए जिसे एर्थक्वेक सेफ्टी इनीशियेटिव रखा गया है। परियोजना अधिकारी स्मृति मेहता ने कहा कि कार्यक्रम के तहत प्रत्येक स्कूल में 50 विद्यार्थियों एवं 10 अध्यापकों की टीमें तैयार की जाएगी जो आपदा के समय प्रबंधन एवं बचाव में विशेष भूमिका निभाएगी।

SEEDS India imparts knowledge to the schoolchildren of Chopal to survive an earthquake. SEEDS carried out a three day programme in the school.The school was a part of the 20 schools SEEDS is covering under the initiative.

प्रदेश भूकंप की दृष्टि से अति संवेदनशील : सीडस

भूकंप आपदा प्रबंधन पर भारत में कार्य कर रही एक मात्र अंतर्राष्ट्रीय समाज सेवी संगठन सीडस इण्डिया का कहना है कि हिमाचल प्रदेश भूकंप की दृष्टि से अति संवेदनशील है।

भास्कर न्यूज. रोहड़ू

अंतर्राष्ट्रीय समाज सेवी संगठन सीडस इंडिया की शाखा स्कूल एवं वेक सेफ्टी एनशिएटिव शिमला ने आपदा प्रबंधन एवं सुरक्षा विषय पर रामलीला मैदान में तीन दिवसीय जागरूकता शिविर लगाया। शिविर में स्कूली बच्चों को भूकंप एवं प्राकृतिक आपदाओं के दौरान राहत एवं बचाव कार्य करने का प्रशिक्षण दिया गया। शिविर के समापन अवसर पर एसडीएम रोहड़ू अमरजीत सिंह व डीएसपी प्रेम ठाकुर ने भी प्रशिक्षित बच्चों के हैरतअंगेज करतब देखे।

भूकंप आपदा प्रबंधन पर भारत में कार्य कर रही एक मात्र अंतर्राष्ट्रीय समाज सेवी संगठन सीडस इण्डिया का कहना है कि हिमाचल प्रदेश भूकंप की दृष्टि से अति संवेदनशील है। संगठन की मुख्य कार्यकर्ता सीमा की पावला सिल्वा ने लोगों को भूकंप जैसी प्राकृतिक आपदाओं से निपटने के लिए मानसिक व तकनीकी रूप से तैयार रहने का सुझाव दिया है। पावला ने एक अत्याधुनिक मॉडल के जरिए रोहड़ू विकास खण्ड के पांच स्कूलों के बच्चों व स्थानीय लोगों को भूकंप के बारे में विस्तृत जानकारी दी। उन्होंने रस्सी के सहारे घायल व्यक्ति को भवन से बाहर निकालने व आग पर काबू पाने का प्रशिक्षण दिया।

According to SEEDS India the state of Himachal Pradesh is vulnerable to earthquakes.With financial support from Christian Aid and European Commision Humanitarian Department SEEDS India is preparing school children against earthquakes.

छात्रों ने ली आपदा प्रबंधन की जानकारी

भास्कर न्यूज. शिमला

डीएवी सेंटनरी पब्लिक स्कूल चौपाल द्वारा सीड्स इंडिया के सौजन्य से तीन दिवसीय आपदा प्रबंधन शिविर का आयोजन किया गया। इसमें स्कूल के स्टूडेंट्स व अभिभावकों ने बढ़-चढ़कर भाग लिया। यह जानकारी देते हुए स्कूल के प्रिंसिपल वीके जसवाल ने बताया कि शिविर में भूकंप के समय की स्थिति, कारणों एवं उससे होने वाली जान-माल की हानि व बचाव के उपायों को कंप्यूटर और फिल्म के माध्यम से प्रस्तुत किया गया। प्रबंधक समिति के उपाध्यक्ष जगमोहन मधाईक भी मौजूद थे। वी.के. जसवाल ने बच्चों द्वारा प्रयोग किए गए अग्निशमन यंत्र की जानकारी दी।

DAINIK BHASKAR 13TH October 2006

SEEDS India conducted a three-day program in D.A.V Public School Chopal. The students and the staff of the school wee trained during the 3-day program. The principal Mr. V.K Jaswal said that during the training SEEEDS explained the various damages that can happen during the earthquake and after the earthquake with the help of power point presentation and the

North East West South 5

APRIL 1, 2007

The Sunday EXPRESS

VIKAS KAHOL
SHIMLA

Playing safe

Students in Himachal mug up techniques of surviving a quake

Duck under your desks," rings out a command as a classroom in Shimla. The children oblige dutifully. Not quite what a teacher would expect the students to do in school, but it's a commendable measure, considering that it's a safety drill to prepare against earthquakes, a unique initiative in the country launched in some schools in and around Shimla.

"We can't avert earthquakes but can prepare ourselves to mitigate the loss following a disaster," says Niharika, a class V student at the Government Senior Secondary School, Chhota Shimla. "This is just a part of the School Earthquake Safety Initiative Shimla (SESIS)," informs the other students.

The programme, launched by the Sustainable Environment and Ecological Development Society (SEEDS), an NGO, is complemented by the government's directive that all new school buildings will be quake resistant. "There's a need for spreading awareness about safety measures and the government has already moved to make school buildings quake resistant," says S.C. Negi, principal secretary, PWD, Himachal.

Himachal witnessed its worst quake in April 1905 in Kangra, which killed nearly 20,000 people, and Shimla is considered one of the most vulnerable towns. "But even a hundred years down the line a lot of lessons are yet to be learnt," says Paula Silva, senior programme officer, SEEDS.

The project, undertaken by the Humanitarian Aid Department of the European Commission, has already sensitised school-children and the local community, and is now working on changing the schools' structural designs. SEEDS sought government help, conducted a survey in various government schools in the district in association with the engineers of NIT, Hamirpur, and foreign experts, and then worked out a plan to make them quake resistant. "Now, we are executing it by involving local masons and residents in five schools," says Silva.

They are being helped by people who have worked in quake-affected areas of Bhuj and Kashmir. Manohhai B. Yadav, being one of them. A mason from Gujarat, Yadav says he has also been to the Andaman islands after the tsunami.

"Quakes refuse to operate on human standard time and even the simplest of questions remain unanswered, but we can prepare to deal with an emergency," says Bihar Joshi, programme officer, structural mitigation, SEEDS. "Himachal is vulnerable to earthquakes, landslides, avalanches and forest fires. It is crucial to communicate risks, create awareness and build capacities in pre-paredness and mitigation," he adds.

SEEDS is also helped by government agencies like the department of education, department of science and technology and the public works department. "With their help, we have demonstrated non-structural mitigation in 20 schools. We will also carry out the School Disaster Management Plan in every school in town and then move on to other schools in the state," says Silva.

Children participate in a safety drill (left); masons learn the modalities of structural changes

MAJOR QUAKES IN AND AROUND HIMACHAL

KANGRA
April 4, 1905 (7.8 on the Richter scale)

BIHAR
February 28, 1906 (6.4)

CHAMBA-GHARWHAL
June 17, 1962 (6)

UTTARKASHI-UTTAR PRADESH
June 17, 1995 (6)

Teachers take lessons in methods to ensure safety of children in schools

EXPRESS NEWS SERVICE
SHIMLA, OCTOBER 26

TEACHERS from 20 schools in Shimla district today took lessons as a prelude to a massive exercise to ensure safety of the schoolchildren in case of any natural disaster. Today's interactive programme, which is a part of School Earthquake Safety Initiative Shimla (SESIS), aimed at sensitising teachers about the risks and measures to mitigate disasters. These teachers would form the core groups in schools to make students and community aware about the natural calamities.

The programme started off with the interactive sessions on the earthquake and other disasters. A UN ISDR film made after Tsunami was also shown to the participants. The purpose of showing the film to teachers was to make them aware that they could help reduce the risk of damage by educating the students, as happened in the case of Andrew Kearney, a Geography teacher. Andrew's lessons on tsunami helped a British school girl Tilly Smith alert and save about 100 people who were celebrating Christmas at Maikhao Beach in Phuket, southern Thailand in December, 2005.

Teachers taking lessons at an orientation programme organised by SEEDS India at Himachal Institute of Public Administration (HIPA), near Shimla on Thursday. *Express photo Lalit Kumar*

The girl observed that the beach was getting smaller and smaller. Tilly told the parents that she had studied the phenomenon at school. She talked about tectonic plates and an earthquake under the sea. She got more and more hysterical. In the end she was screaming at all the people to get off the beach.

R Kuberan, Senior Project Officer, SEEDS India, said that the lessons in safety were important and the teachers must learn and disseminate them.

After the workshop, SEEDS in association with the engineers of NIT, Hamirpur, and some foreign experts would carry out structural strengthening at five government schools in Shimla district. Then they would demonstrate non-structural mitigation in 20 schools, and then move on to all schools in Shimla district to education and train the students and teachers on structural strengthening. Finally, the schools would carry out their School Disaster Management Plan.

More or the Web
www.hindustantimes.com

HTREG

A ray of hope for disabled kids

NGO to develop model for disaster management techniques

Archana Phull
Shimla, October 26

FOR THE first time in the country, visually-challenged and speech and hearing-impaired children at Dhalli school here will have a memorable experience in their lives, as an NGO, Sustainable Environment and Ecological Development Society (SEEDS), would develop a model for disaster management techniques for them.

Here for a workshop of teachers drawn from over 20 schools in Shimla district, senior advisor with the NGO M.R. Kuberan reveals, "Actually, we had never thought about this earlier. Dhalli school was not there in the 20 schools picked up by us in Shimla. We worked in Gujarat schools on a mass scale earlier, but the idea to include special children in the programme, who may be most vulnerable in case of a disaster, came to us from HP state government only. It's going to be a tough venture as there is no literature available on any such effort throughout the world."

But, we are determined to develop a model of disaster management techniques to train such students with the help of teachers at the Dhalli School complex.

"The HP State Council for Child Welfare has promised to collaborate with us on the project," said Kuberan, adding that, the model would be of great help to such children throughout the country.

Three teachers from the Dhalli school complex, including principal Vinay, are here for the workshop though SEEDS has plans to have separate sittings with them to chalk out the whole experiment.

SEEDS, Kuberan stated, had already conducted trainings and drills (mock exercises) in the government schools, picked up under the school Earthquake Safety Initiative in Shimla district, and prepared their disaster management plans.

"The next step is to further train the teachers and then go in for seismic strengthening of five school buildings, for which the National Institute of Technology engineers are preparing a design.

"SEEDS will later go in for non-structural mitigation measures in the school buildings, wherein we normally go in for fixation of certain items like almirahs and other big items in the house to lend them stability. This also reduces risk in case of disaster," he said.

Kuberan further maintained that the 20 schools so developed would serve as a model for the government to follow in other parts of the state.

Meanwhile, SEEDS will also train the students in three private schools, including one in Chopal, in disaster management with the authorities showing keen interest.

Laudable effort

SEEDS HAS done some major work in Gujarat schools on the subject with funding from the government there, as it is also developing textbooks on disaster reduction and disaster management from class VII onwards with the approval of Gujarat government. "We have also trained 600-700 masons in Gujarat construction management with earthquake risk in mind, which is our expertise," said Kuberan. SEEDS had constructed temporary shelters for earthquake victims in Poonch area of Kashmir.

Similar offer to HP

THE AGENCY proposes to contact the state government to prepare similar textbooks on disaster management for HP schools also. "We have come to know that the HP government is in the process of introducing this subject in schools, and we would offer our expertise for that, based on funding," he said.

हिपा में डिजास्टर रिस्क रिडक्शन कार्यशाला शुरू

आयोजन

तीन दिवसीय कार्यशाला का आयोजन स्वयं सेवी संस्था सीड्स द्वारा किया जा रहा है।

डिजास्टर रिस्क पर अध्यापकों ने किए विचार सांझा

विज्ञानिकों ने दी भूकंप के कारणों व इसके प्रभावों की जानकारी।

भास्कर न्यूज, शिमला

अचानक आई आपदाओं से स्कूली बच्चे व शिक्षक किस तरह निपटे ? डिजास्टर रिस्क को कैसे कम किया जा सकता है, इस विषय को लेकर हिमाचल प्रदेश प्रशासनिक प्रशिक्षण संस्थान में तीन दिवसीय कार्यशाला का आयोजन किया जा रहा है। स्कूल अर्थ क्वेक सेफ्टी इन्शीएटिव शिमला प्रोजेक्ट के तहत लगाई जा रही इस कार्यशाला का आयोजन स्वयं सेवी संस्था सीड्स द्वारा किया जा रहा है। बीरवार को शुरू हुई इस कार्यशाला का आयोजन हिपा के निदेशक अजय मित्तल द्वारा किया गया। इस मौके पर हिमाचल प्रदेश स्टेट कांउसिल फॉर चिल्ड्रन वैल्फेयर की महासचिव प्रेम नेगी व हायर एजुकेशन के ज्वाइंट डायरेक्टर दिनकर खुडाथोकी भी उपस्थित रहे। इस मौके पर सरस्वती विद्या मन्दिर की छात्राओं द्वारा सरस्वती वंदना पेश की गई जिसे मुख्य अतिथि ने खूब सराहा। कार्यशाला में भाग लेने पहुंचे जिला शिमला के विभिन्न स्कूलों के अध्यापकों ने दिन भर डिजास्टर रिस्क रिडक्शन पर अपने विचार सांझा किए और डिजास्टर मैनेजमेंट बेसिक कंसेप्ट को समझा। पहले दिन हुई इस कार्यशाला में सांइस एण्ड टेक्नोलॉजी के वैज्ञानिक आर.के. गुप्ता ने भूकंप के कारणों व इससे होने वाले प्रभावों सम्बन्धी जानकारियों पर प्रकाश डाला। इसके बाद हिपा में कार्यरत रूरल डिवलेपमेंट के प्रोफेसर डॉ. कमल किशोर फरैश फलड पर उपस्थित शिक्षकों को जानकारी दी। सरस्वती नगर स्कूल से आए प्रिंसिपल अनल सिंह के अनुसार डिजास्टर मैनेजमेंट का ज्ञान अभी प्रदेश के स्कूलों में नहीं है लेकिन इस कार्यशाला से मिलने वाले अनुभवों व सीखे गए कार्यों को वे अवश्य अपने स्कूल में लागू करेंगे। कार्यशाला में रामपुर, रोहड़ू, चौपाल, शिमला, ठियोग व जुब्बल आदि विभिन्न स्कूलों के टीचर्स भाग ले रहे हैं। सीड्स द्वारा आयोजित इस कार्यशाला में सीड्स इंडिया के सीनियर एडवाईजर कुबेरन, सीड्स के ट्रेनर प्रशांत व सीनियर प्रोग्राम ऑफिसर पौला, स्टीवा सहित अन्य संस्था के कार्यकर्ता भी उपस्थित रहे। तीन दिनों तक चलने वाली इस कार्यशाला में लैंड स्लाइड, एवलांचे, फॉरेस्ट फायर, रोड व इंडस्ट्रियल एक्सीडेंट, स्कूल डिजास्टर मैनेजमेंट प्लान व मॉक ड्रिल आदि विषयों पर भी चर्चा की जाएगी।

शिमला में शिक्षकों के लिए आपदा प्रबंधन की पाठशाला शुरू

हमारे प्रतिनिधि, शिमला : आपदा से निपटने के लिए शिक्षकों की पाठशाला वीरवार से शुरू हो गई। प्रदेश के विभिन्न स्कूलों के 60 अध्यापकों को तीन तक शिमला में आपदा प्रबंधन की कक्षाओं में बैठकर इसके नुकसान को कम करने का पाठ पढ़ाया जा रहा है। हिमाचल प्रदेश लोक प्रशासन संस्थान में डिजास्टर रिस्क रिडक्शन पर प्रशिक्षण कार्यक्रम का आयोजन किया जा रहा है। 'सीडस' नाम की संस्था इस प्रशिक्षण कार्यक्रम का आयोजन कर रही है। 26 अक्टूबर को प्रशिक्षण कार्यक्रम का शुभारम्भ हिप्पा के निदेशक अजय मित्तल ने किया। कार्यशाला में शिक्षा विभाग के संयुक्त निदेशक दिनकर बुड़ाथोकी व चाइल्ड वेल्फेयर महासचिव प्रेम नेगी भी उपस्थित हुई। सीडस शिमला में स्कूल अर्थक्विक सेफ्टी इनीशिएटिव प्रोग्राम चला रहा है। कार्यक्रम शिमला जिला के 20 स्कूलों में चलाया जा रहा है। जिसमें छात्रों को भूकम्प आने से होने वाले नुकसान को कम करने के गुर सिखाए जा रहे हैं। यह कार्यक्रम यूरोपियन कमीशन से प्रायोजित है। इसमें अध्यापकों को प्रशिक्षित किया जाएगा। प्रशिक्षण कार्यक्रम में विभिन्न स्कूलों के 60 अध्यापक भाग लेंगे। जिन्हें भूकम्प, भूस्खलन, बाढ़, बादल फटना, आग के अलावा औद्योगिक दुर्घटनाओं जैसे आपदाओं से निपटने के लिए प्रशिक्षित किया जाएगा। कार्यक्रम के दौरान अध्यापकों को स्कूल डिजास्टर मेनेजमेंट प्लान के बारे में खासतौर पर प्रशिक्षित किया जाएगा।

AMAR UJALA 29th October 2006

Teacher's Workshop on Disaster Risk Reduction

SEEDS organized a workshop on 26th October it was a three day Workshop on Disaster Risk Reduction at HIPA (Himachal Institute Of Public Administration) Fairlawn's Shimla. The director of HIPA Mr. Ajay Mittal inaugurated the workshop; the other dignitaries that were present for the inauguration were Mr. Dinkar Buratoki Joint Director Higher Education, Mrs. Prem Negi General Sectary for Child Welfare H.P. and 60 teachers from 20 schools around district Shimla.

During the workshop all the teachers will be given in depth knowledge about all types of Disaster's but the most important part of the workshop will be the School Disaster Management Plan which all the school teachers will be told how to use it and implement it in the near future in there schools.

Seminar on 'Earthquake safety'

TRIBUNE NEWS SERVICE

SHIMLA, APRIL 2

A public symposium on 'Earthquake safety' would be organised here on April 4 to commemorate the 1905 Kangra earthquake, which caused large-scale devastation in the area.

Disclosing this today, the deputy commissioner, Tarun Kapoor, said the symposium was being organised in collaboration with an NGO, SEEDS India, to create awareness among the general public especially school children regarding safety measures.

He said more than 500 school children besides the general public would participate in the symposium. "Civil Defence and Home Guard personnel will give a demonstration on fire safety, civil defence and search rescue operation. The school children will also demonstrate earthquake safety measures.

The Indian EXPRESS

CHANDIGARH | TUESDAY | APRIL 3 2007

Students demonstrate techniques of survival

EXPRESS NEWS SERVICE

SHIMLA, APRIL 4

CHILDREN from various government and public schools in Shimla district demonstrated the skills of survival in case of an earthquake during a public symposium organised by the district administration in collaboration with Seeds India, here today. The students had undergone a one-year-long programme launched by Seeds India in collaboration with the European Union on earthquake safety and public awareness. Today's programme at Shimla was held to commemorate 102 years of the Kangra earthquake.

The students also focused on making a resolve to make Himachal Pradesh safe from future earthquakes. The schoolchildren demonstrated how to protect themselves in the event of an earthquake, how to evacuate from unsafe buildings, how to rescue injured friends and administer first aid to the injured. They also displayed various safety measures to be adopted in the event of natural disaster, they learnt under School Earthquake Safety Initiative, Shimla (SESIS). Seeds India also implemented model building safety works as well as training of the teachers, students and other persons in the schools across the district.

Himachal Home Guards, Civil Defence and Fire Brigade teams also demonstrated professional search and rescue techniques, including rescuing injured persons trapped in high-rise buildings.

Manu Gupta, Executive Director, Seeds India, said that SUSIS programme had got good support from the administration, schools and local public and the implementation of model building safety works as well as training of teachers, students and some local residents had been successful. Sharabh Negi, Additional Deputy Commissioner, and R K Sood, Joint Member Secretary, State Council for Science and technology, were also present.

Seminar held on quake safety

TRIBUNE NEWS SERVICE

SHIMLA, APRIL 4

A public symposium was organised at the Ridge here today to commemorate the devastating earthquake, which rocked the state exactly 102 years ago, on the same day.

A large number of local school children and residents participating in the event underlined the need to take preventive steps and remain prepared to face such situations.

The event focused on making a resolve to make Himachal Pradesh safe from future earthquakes. Schoolchildren demonstrated as how to protect themselves in the event of an earthquake, evacuate from unsafe buildings, rescue injured friends and administer first aid.

They also demonstrated various safety measures to be adopted in the event of a natural disaster learnt over the past year under the school earthquake safety initiative, Shimla (SESIS).

Himachal home guards, civil defence and fire brigade teams also exhibited professional search and rescue acts such as rescue of causalities trapped in high-rise buildings and tackling fire incidents of various kinds.

Fire-fighters demonstrate their skills at the Ridge during a symposium on earthquake safety commemorating the anniversary of the Kangra earthquake, 1905, organised at Shimla on Wednesday. A Tribune photograph

16 शिमला भास्कर

बच्चों को बताए भूकंप से बचने के तरीके

पोस्टर्स से दी जानकारी

गैर सरकारी संस्था सीड इंडिया और प्रशासन की ओर से भूकंप सुरक्षा पर आयोजित वार्तालाप में भाग लेते बच्चे।

DAINIK BHASKAR 5th April 2007

DAINIK JAGRAN 5th April 2007
AMARUJALA 5th April 2007

SEEDS organized a public symposium on 4th April 2007 at the Ridge Shimla commemorating the 102 years of Kangra earthquake in collaboration with the District Administration Shimla.

Mr. Tarun Kapoor DC (District Commissioner) Shimla, in his speech said that the program started by SEEDS in schools around district Shimla was altogether was a great start from the point of view of earthquake safety and school safety.

There was a demonstration by Civil Defense on search and rescue and fire drill by the fire department.

SEEDS organized an exhibition where the Fire Department, Science and Technology, Wadia Institute Dehradoon, and six schools had put up stalls in which they had made some models explaining the venerability of Shimla and about School Safety.

दैनिक जागरण

रिज पर बंटे आपदा राहत के गुर

भूकंप का 102वां साल

रोमांच के चक्कर में रिज पर खूब भीगे बच्चे

रिज पर भगदड़ !

जान पर खेलकर बताए जान बचाने के तरीके

Catch 'em young: Teaching quake drills in schools to meet disasters

VIKAS KAIRON
SHIMLA, OCTOBER 26

IN a first of its kind initiative in the country, the schoolchildren in Shimla have been taking some 'different' lessons. They are being taught how to duck under the desks, and learn how to shield themselves from falling objects in case a big earthquake strikes. 'This is just one part of School Earthquake Safety Initiative Shimla (SESSI),' the students grin adding the entire drill is necessary as Shimla is one of the towns considered most vulnerable to earthquakes.

The massive exercise to address earthquake risks and determine means to reduce them is being carried out as a pilot project in Shimla under the sponsorship of European Commission through its Humanitarian Aid Department. Various government agencies, including the Department of Education, Department of Science and Technology, Geological Survey of India, Snow and Avalanche Study Establishment (SASE) and Army Training Corps (ARTRAC) have also extended support to the project.

Girls at one of the schools demonstrating rescue techniques, in Shimla, on Tuesday. *Express photo*

The action plan has them all: SEEDS in association with the engineers of NIT, Hamirpur, and some foreign experts will carry out structural strengthening at five government schools in Shimla district. Then they would demonstrate non-structural mitigation in 20 schools and then move on to all other schools in Shimla district to educate and train the students and teachers on structural strengthening. Finally, the schools will carry out their School Disaster Management Plan.

"The fundamental problem with earthquakes is that they refuse to operate on human standard time. Some of the simplest questions about earthquakes are still unanswered. We do not know how do they trigger? But, we can always remain prepared to deal with any emergency situation following an earthquake or natural disaster," says Paula Silva, Senior Programme Officer, Sustainable Environment and Ecological Development Society (SEEDS), an NGO executing the programme in Shimla district. Himachal had witnessed a devastating earthquake in April, 1905. Over one hundred years down the lane, a lot of lessons are yet to be learnt, she says.

"Himachal is vulnerable to earthquakes, landslides, avalanches and forest fires. The intensity and frequency of natural disasters certainly is comprehensive approach aimed at greater community resilience to face disasters. It is equally crucial to communicate risks, create awareness and build capacities in preparedness and mitigation," says Paula.

According to her, schools are an integral part of our social construct. Any exercise aimed at educating the society should start from the educational institutes. The School Safety Initiative, pioneered by SEEDS, essentially targets at promoting a culture of disaster safety in schools. The initiative is a part of a larger agenda of creating a disaster resilient community, envisioned by SEEDS India.

Shimla unprepared

SEEDS India has carried out a research on the preparedness of Shimla to fight earthquake related emergency for last years. "The outcome is equally frightening. The state capital is very vulnerable to earthquakes because of its geographical location and haphazard and unsafe urban construction adds to the risk of devastation. None of the school structures and the offices of the key emergency response agencies in Shimla district were found to be earthquake resistant. Thirty seven schools, including the privately-run institutions in Shimla are most vulnerable. "We cannot change the city, but, measures and help them to take some precautions to save lives. We analyse all soil porosity in a building, its all objects, including movable or unmovable objects in the building structure. In all the selected schools in Shimla we have already carried out a week long exercise to disseminate knowledge about the safety measures," says B.S Megha, Assistant Project Manager, SEEDS.

शिमला : सीइज संस्था द्वारा चौड़ा मैदान स्कूल में भूकंप रोधी मकान बनाने के बारे में आयोजित कार्यशाला में जानकारी देते संस्था के अधिकारी। ...संवाद

DAINIK JAGRAN 11th April 2007
Masons Workshop

A workshop was organized by SEEDS for the local masons during the workshop the masons were given the knowledge about retrofitting and how to make buildings earthquake safe and also explaining them the venerability of Shimla and Himachal Pradesh from the point of view of an earthquake. A practical demonstration was also given to the masons during the workshop.

Mr. Narviender a local mason who was very happy to attend this work shop and he explained that in the past no such workshop had been organized for the masons, it was for the first time that they were being trained on retrofitting, no engineer or any government official or a contractor ever had told them about these facts, he also said that the masons that were attending this workshop were one of the first ones to be trained in retrofitting and safe construction.

छात्रों को सिखाए जाएंगे आपदा प्रबंधन के गुर

जागरण संवाददाता, शिमला : हिमाचल के स्कूलों में छात्रों को पाठ्यक्रम के साथ-साथ अब आपदा प्रबंधन के गुर सिखाए जाएंगे। सरकार ने यह पहल सीड्स स्पेशल डेवलपमेंट अथॉरिटी नामक संस्था के साथ शुरू कर दी है। इस काम को दो चरणों में किया जा रहा है। प्रथम चरण में स्कूली भवनों को भूकंप रोधी बनाने के लिए रेटरो फिटिंग की जाएगी, जबकि दूसरे चरण में अध्यापक छात्रों को आपदा प्रबंध के गुर सिखाएंगे। इस काम के लिए हर स्कूल के सत्तर फीसदी अध्यापकों को चाकाचबंद संस्था की टीम प्रशिक्षण देगी।

संस्था द्वारा इसकी शुरुआत राजधानी से की गई है। यहां अभी पांच सरकारी स्कूलों में यह काम शुरू किया है। इस काम के लिए अलग से संस्था द्वारा फ्रन्टाइटेड नेशनल काउंसिल फॉर रिजनल डेवलपमेंट संगठन से आर्थिक मदद ली जा रही है। मंगलवार को संस्था के प्रोजैक्ट ऑफिसर चंद्र कुमार द्वारा मिडल स्कूल चौड़ा मैदान में कार्यशाला आयोजित की। इस दौरान यहां मौजूद मिस्त्री व ठेकेदारों को भूकंप रोधी भवन बनाने के लिए रेटरो फिटिंग करने के गुर सिखाए गए। संस्था फिलहाल शिमला जिला के करीबन साढ़े सात सौ स्कूलों का सर्वे करेगी।

उधर, संस्था के प्रोजेक्ट ऑफिसर चंद्र कुमार ने बताया कि संस्था विद्यालयों का सर्वे करेगी। जिसे कि साढ़े सात सौ स्कूलों में संस्था मदद करेगी।

- सीड्स स्पेशल डेवलपमेंट अथॉरिटी संस्था से मिलकर कार्य को अंजाम देगी सरकार

सीडस इंडिया ने सिखाए आपदा प्रबंधन के गुर

हेल्पर और कारपेंटरों ने सीखी नई तकनीक

शिमला। स्कूलों को भूकंपरोधी बनाने के अभियान में जुटी स्वयंसेवी संस्था 'सीड्स' ने मंगलवार को चौड़ा मैदान स्थित सरकारी स्कूल में कार्यशाला का आयोजन किया। इस कार्यशाला में राजमिस्त्री, हेल्परों और कारपेंटरों को रेटरो फिटिंग के बारे में विस्तार से बताया गया। कार्यशाला में लगभग 30 कारीगरों ने भाग लिया और भवन को भूकंपरोधी बनाने के तकनीकी पहलुओं से अवगत हुए।

सीड्स के प्रोग्राम ऑफिसर चंद्रप्रकाश ने कार्यशाला में रेटरो फिटिंग की जानकारी दी और उन्हें इस बारे में प्रशिक्षित भी किया। खुले मैदान में ईंटों, सरियों, रेत और सीमेंट जैसी निर्माण सामग्री के साथ कार्यशाला में भाग लेने वालों को जानकारी दी गई। प्रशिक्षण ले रहे कारीगरों को सीड्स की ओर से औजार भी दिए गए। पिछले 20 वर्षों से राजमिस्त्री का काम कर रहे नरविंद्र ने बताया कि यहां आकर कई महत्वपूर्ण बातों का पता चला है, जो आज तक भवन निर्माण के समय न तो किसी इंजीनियर ने बताई थी और न ही किसी जेई ने। रेटरो फिटिंग की जानकारी लेने वाले यह लोग प्रदेश के ऐसे पहले मिस्त्री बन गए हैं, जो भवनों को भूकंपरोधी बनाने में अपना योगदान देंगे। इसके अलावा संस्था से जुड़ी मीनाक्षी शर्मा ने कारीगरों को प्रदेश की भौगोलिक स्थिति से अवगत कराया और बताया कि कैसे भूकंप के समय पृथ्वी के नीचे हलचल होने से कच्चे मकानों के कारण जानमाल का नुकसान होता है। इसके अलावा संस्था के एक अन्य प्रोग्राम ऑफिसर आरपी नेप्टा ने भी कार्यशाला में भूकंप के बारे में जानकारी दी। आरपी नेप्टा ने बताया कि इस तरह की एक और कार्यशाला बसंतपुर स्कूल में भी लगाई जाएगी। इसके बाद संस्था डिविजन स्तर पर स्कूल के दो-दो अध्यापकों को आपदा प्रबंधन के गुर सिखाएगी। उन्होंने बताया कि 21, 22 अप्रैल को चौपाल और 23, 24 अप्रैल को रोहड़ू में आपदा प्रबंधन के बारे में अध्यापकों को जागरूक किया जाएगा।

सुधार

भूकंपरोधी मकान बनाने के गुर बताए गए

DAINIK BHASKAR 9th May 2007
AMARUJALA 9th May 2007

TEACHERS WORKSHOP ON SCHOOL SAFETY

SEEDS organized Teacher's Workshop on 8th and 9th May at the D.C office Shimla in which about 160 teachers participated from various schools of Shimla city, in his speech the Deputy Commissioner of Shimla Mr. Tarun Kapoor mentioned that

कार्यशाला में भूकंप से निपटने के तरीके बताए

■ कार्यशाला में भूकंप से बचाव की जानकारी देती वक्ता।

भास्कर न्यूज. शिमला

गैर सरकारी संस्था सीड्ज इंडिया ने बचत भवन में आपदा प्रबंधन पर दो दिवसीय कार्यशाला का आयोजन किया। कार्यशाला के प्रथम चरण में शिमला के विभिन्न स्कूलों के करीब सौ शिक्षकों ने भाग लिया।

कार्यशाला की अध्यक्षता करते हुए डीसी तरुण कपूर ने कहा कि प्राकृतिक आपदाओं में विशेषकर भूकंप से निपटने के लिए जानकारी होना जरुरी है। उन्होंने बताया कि हिमाचल प्रदेश के कुछ इलाकों में कांगड़ा भूकंप जोन में आते है। शिमला के अधिकांश इलाके काफी संवेदनशील है। उन्होंने कहा कि भूकंप से सर्वाधिक नुक्सान स्कूलों में होता है। उन्होंने स्कूलों के शिक्षकों से अपील है कि कार्यशाला में दी जाने वाली आपदा संबंधि. जानकारी व प्रशिक्षण बारे में स्कूली बच्चों को अवगत करवाया जाना जरुरी है।

■ शिमला में भूकंप से बचाव विषय पर कार्यशाला में भाग लेते अध्यापक।

उन्होंने सीड्ज इंडिया द्वारा इस क्षेत्र में किए जा रहे कार्य की सरहाना की। संस्था की वरिष्ठ कार्यक्रम अधिकारी मिस पोला सिल्वा ने बताया कि उनकी संस्था. शिमला में अब तक लगभग 11 हजार दौ सौ 48 शिक्षकों व बच्चों को प्रशिक्षित कर चुकी है। उन्होंने कहा कि निकट भविष्य में जिला के ठियोग, रामपुर और रोहड़ू के स्कूलों में भी आपदा प्रबंधन पर जागरुकता शिविरों का आयोजन किया जाएगा।

'आपदाओं से निपटने की जानकारी जरूरी'

अमर उजाला ब्यूरो

शिमला। एक स्वैच्छिक संस्था ने मंगलवार को बचत भवन में आपदा प्रबंधन पर दोदिवसीय कार्यशाला का आयोजन किया, जिसमें प्रथम चरण में जिला शिमला के विभिन्न माध्यमिक और उच्च पाठशालाओं के करीब 100 अध्यापकों ने भाग लिया। कार्यशाला की अध्यक्षता करते हुए उपायुक्त शिमला तरुण कपूर ने कहा कि प्राकृतिक आपदाओं विशेषकर भूकंप आदि से निपटने की जानकारी आम जनता को होना बहुत जरूरी है ताकि आपदा आने पर कम से कम नुकसान हो सके। उन्होंने कहा कि हिमाचल प्रदेश के कुछ क्षेत्र जिसमें कांगड़ा भूकम्प के ज़ोन-पांच में आते हैं जबकि शिमला संवेदनशील भूकंप जोन है। कपूर ने कहा कि भूकंप से सर्वाधिक नुकसान स्कूलों में

कार्यक्रम

आपदा प्रबंधन पर दो दिवसीय कार्यशाला आयोजित

होता है जहां बड़ी संख्या में बच्चे एक जगह पर होते हैं।

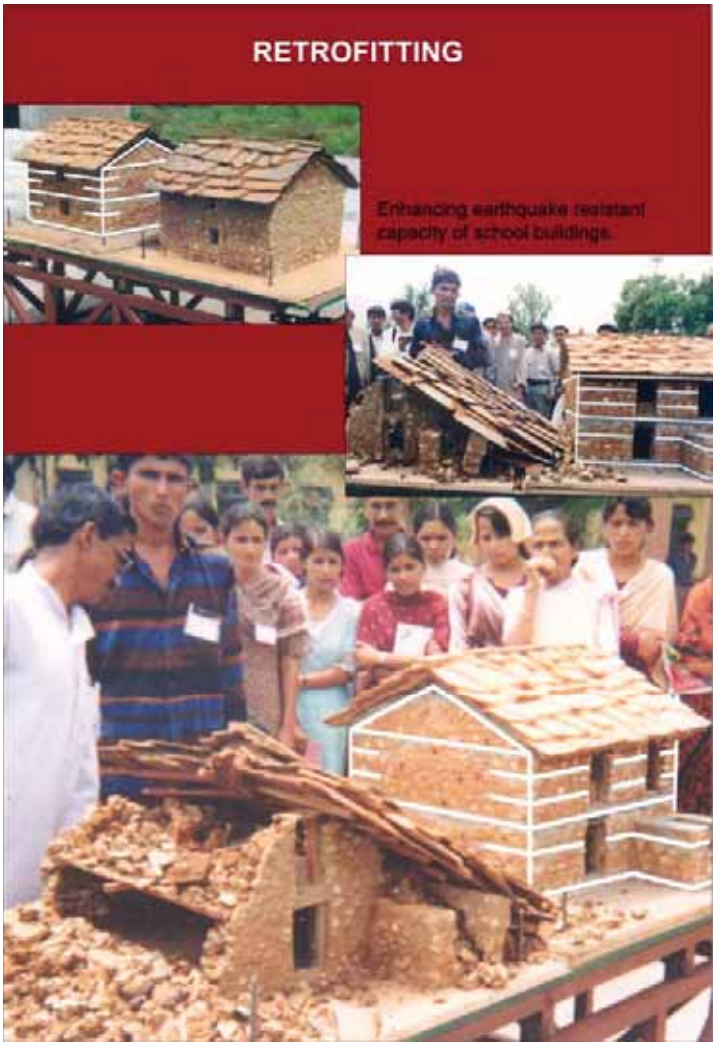
उन्होंने अध्यापकों से अपील की कि वे कार्यशाला में दी जा रही आपदा संबंधी जानकारी और प्रशिक्षण से स्कूली बच्चों को अवगत करवाएं। उन्होंने कहा कि आज से लगभग 102 वर्ष पहले कांगड़ा में आए भूकंप का जिक्र भी किया, जिसमें 20 हजार लोगों की जान गई थी। उन्होंने कार्यशाला आयोजन करने वाली संस्था द्वारा इस दिशा में किए जा रहे प्रयासों की सराहना की। संस्था की वरिष्ठ कार्यक्रम अधिकारी मिस पॉला सिलवा ने बताया कि उनकी संस्था हिमाचल प्रदेश सरकार के सहयोग से वर्ष 2006 से हिमाचल प्रदेश के स्कूलों में अध्यापकों और स्कूली बच्चों को आपदाप्रबंधन संबंधी प्रशिक्षण प्रदान कर रही है। अभी तक शिमला जिले में 11248 अध्यापकों और बच्चों को प्रशिक्षण दिया जा चुका है ताकि वे आगे स्कूली बच्चों को इसके बारे जानकारी प्रदान कर सके।

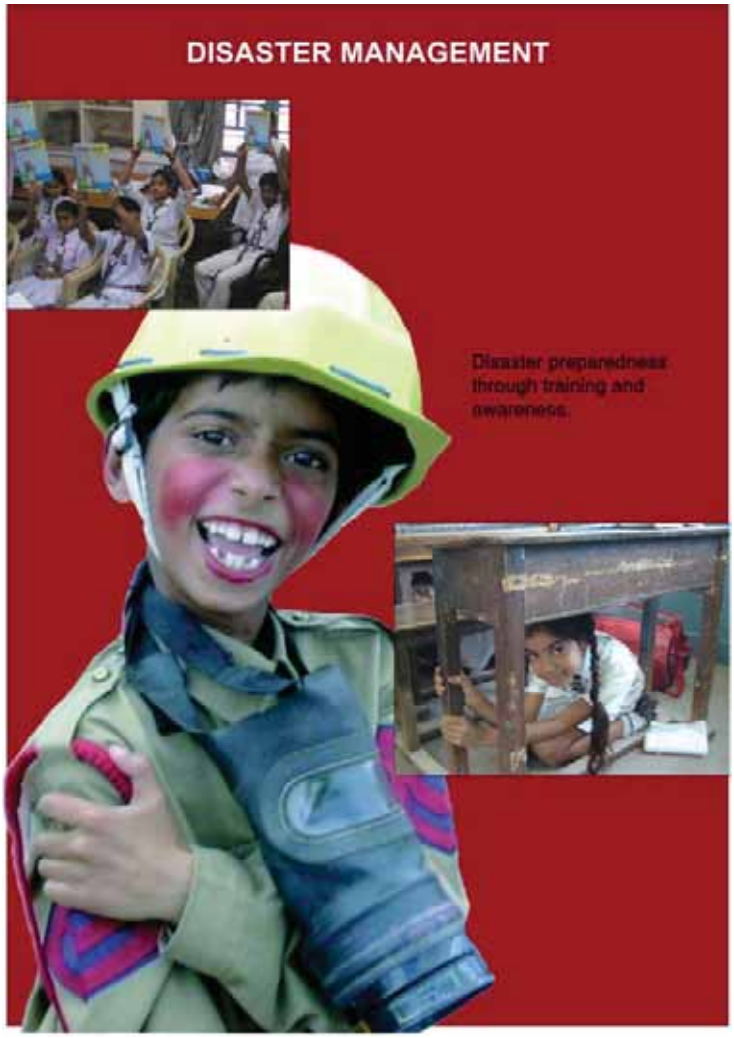
उन्होंने बताया कि भविष्य में जिले के ठियोग, रामपुर तथा रोहड़ू के विभिन्न स्कूलों में आपदा प्रबंधन पर जागरुकता शिविर लगाए जाएंगे। इस मौके पर संस्था की सदस्य अनुपमा नेगी, समृति मेहता, राधिका वर्मा, रछपाल नेप्टा और जेम्स आदि ने भी उपस्थित शिक्षकों को संबोधित किया।

PROJECT PROMOTION AND VISIBILITY

Display Panels

Display Panels





Caps, Tshirts, Pen and Stickers

SCHOOL EARTHQUAKE SAFETY INITIATIVE, SHIMLA

SEEDS INDIA

EUROPEAN COMMISSION
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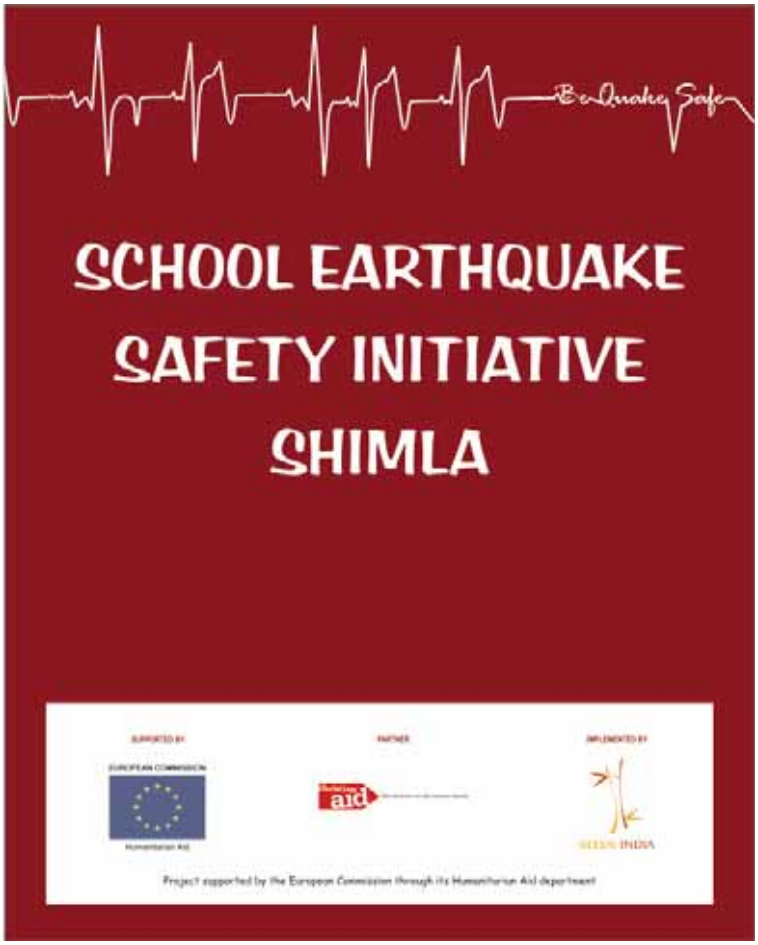
SAFETY INITIATIVE
SHIMLA

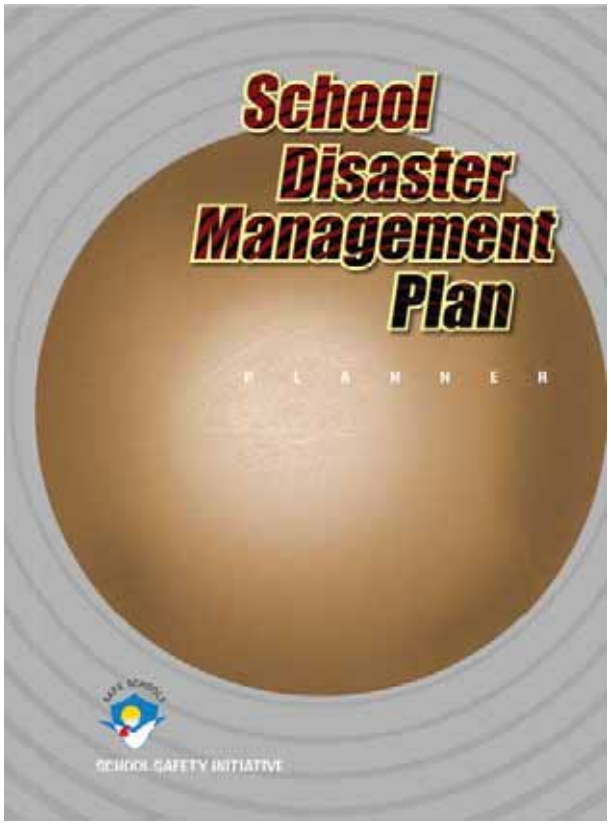

SCHOOL EARTHQUAKE
SAFETY INITIATIVE
SHIMLA
aid

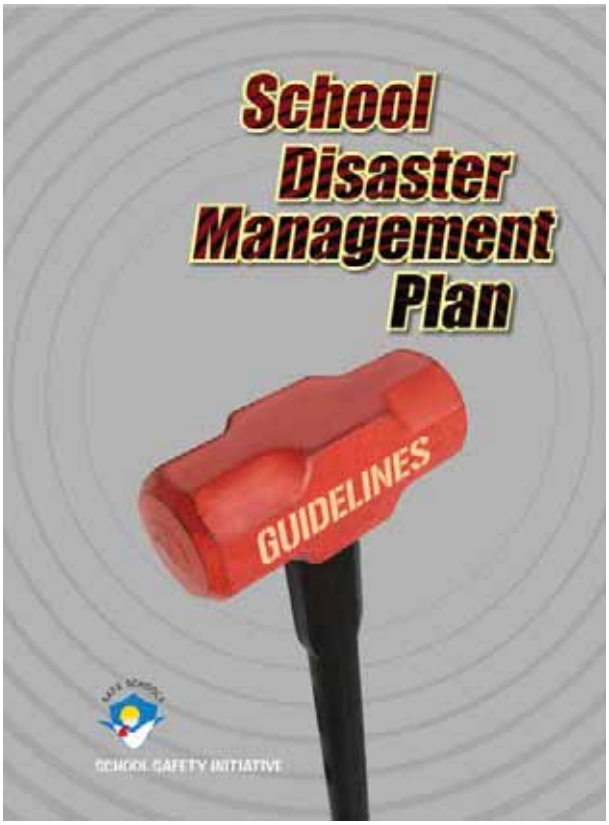
School Boards

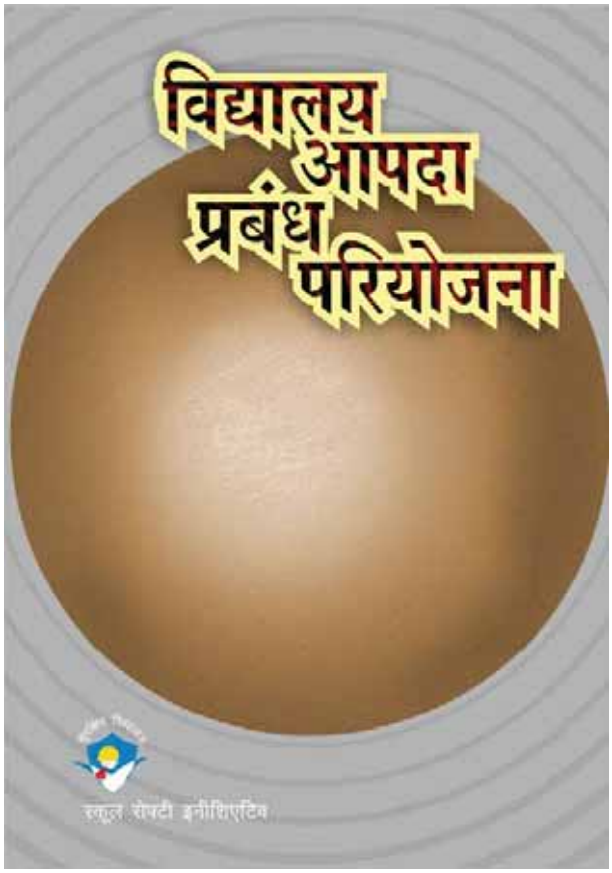
EDUCATION & TRAINING MATERIAL

Awareness Posters

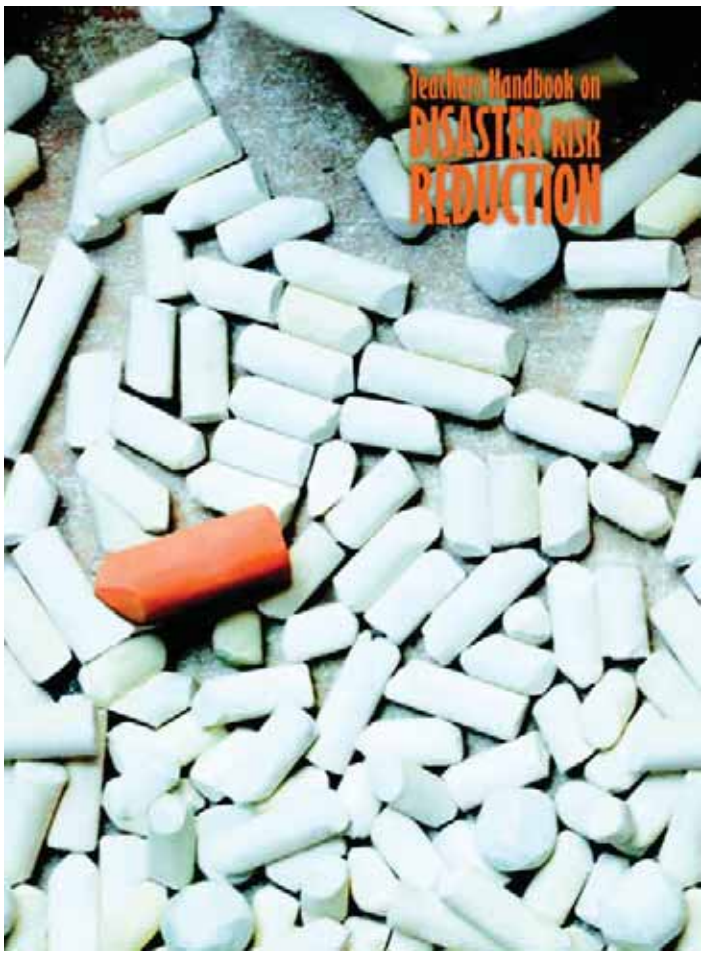
School Disaster Management Plan







Teacher's Training Handbook

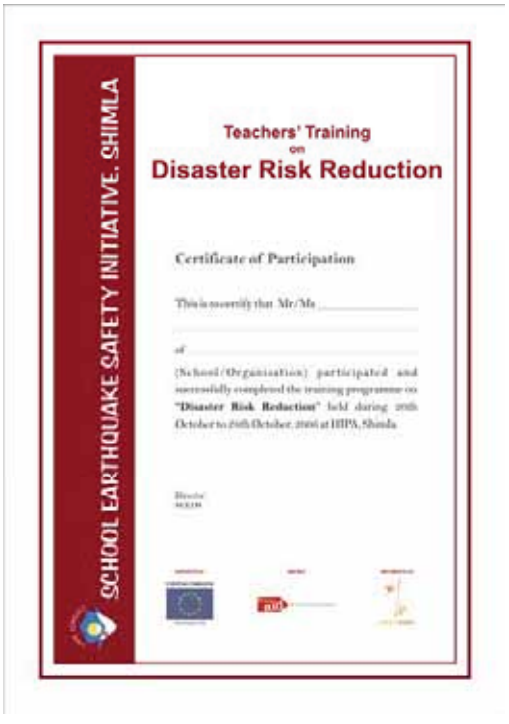


Workshop Collaterals

Momento

Name Tag

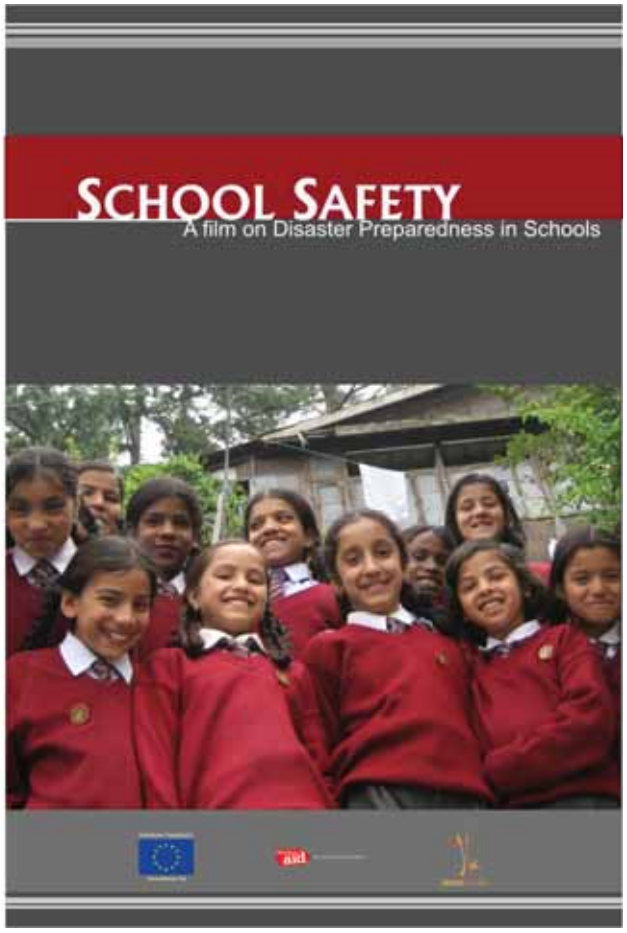
Certificate



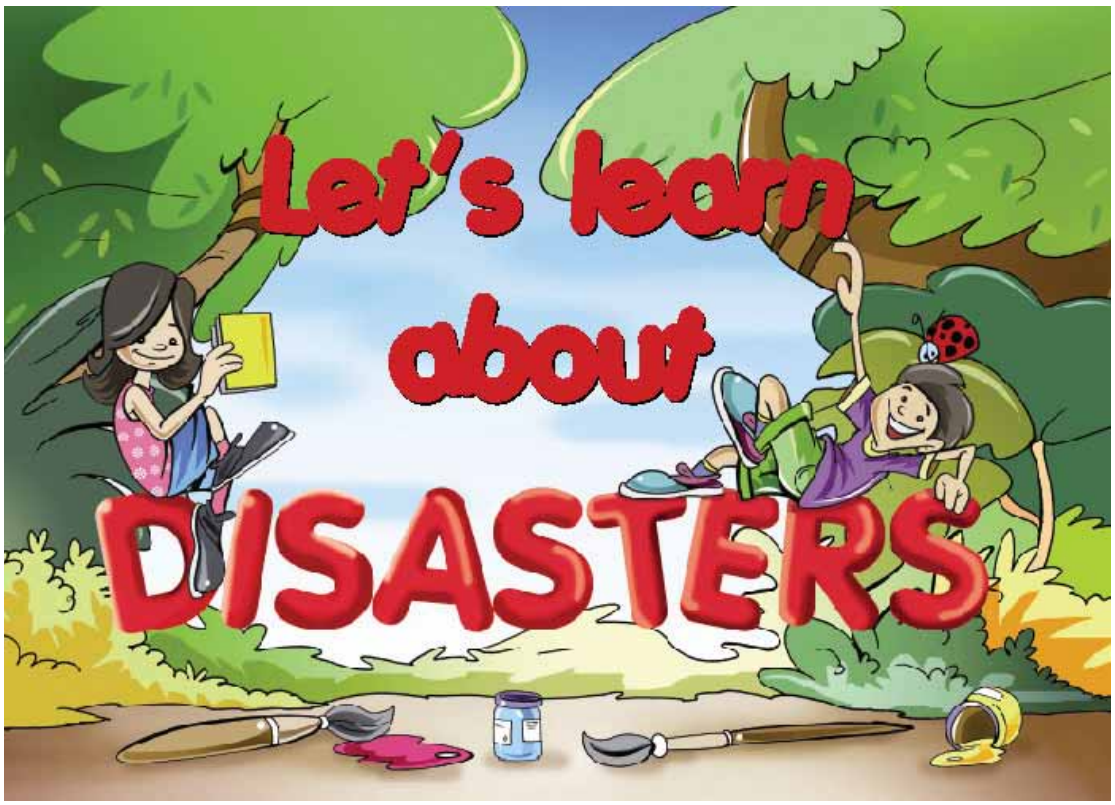
Banner

Directional Boards

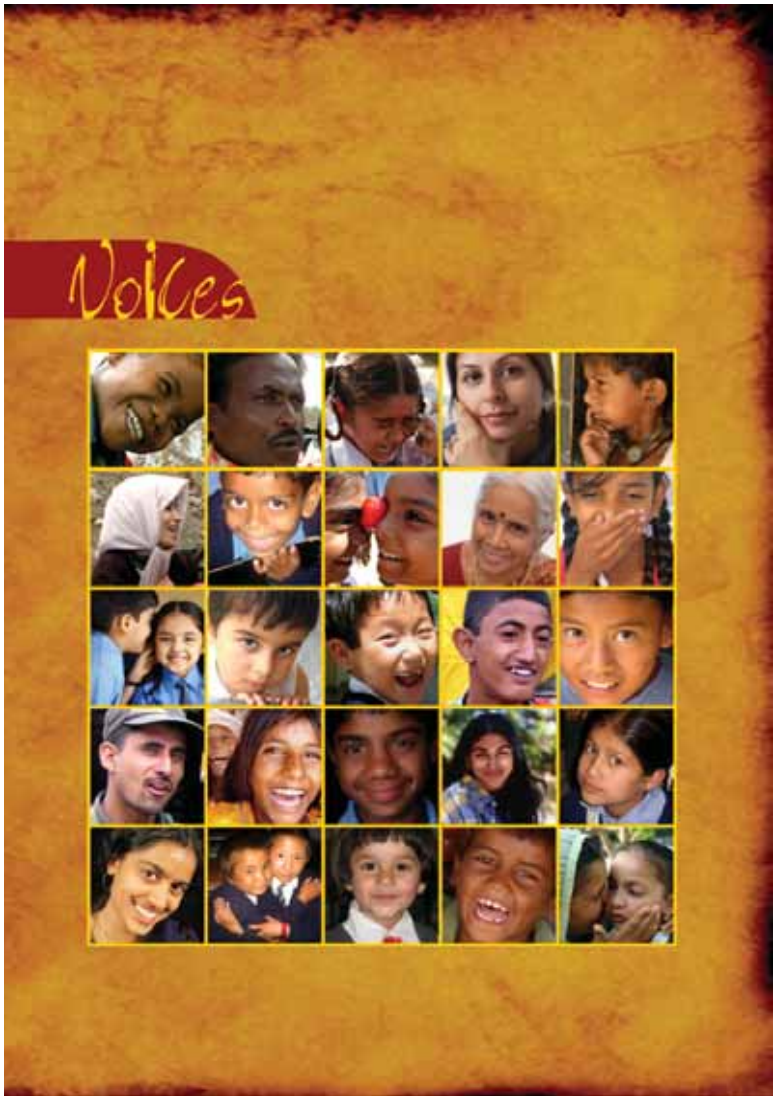
School Safety Film



Children Activity Book



VOICES -Case Studies



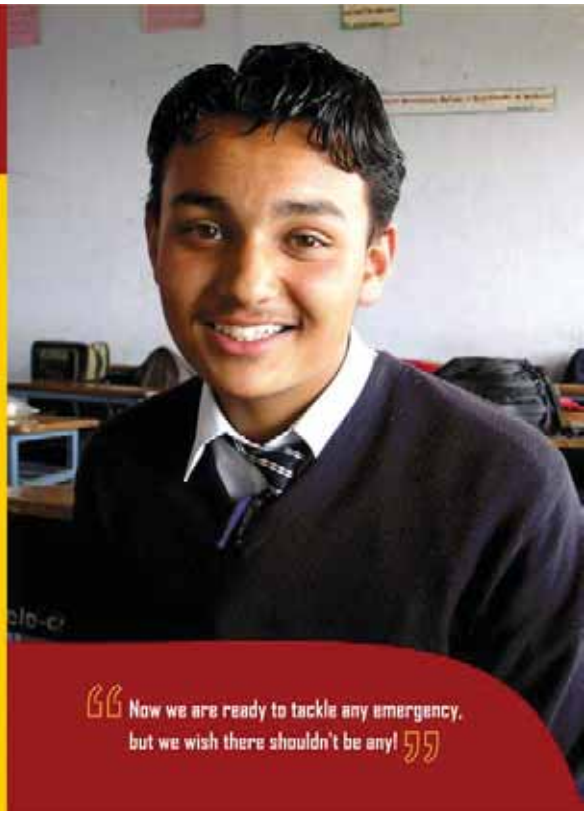
i feel confident

Shudodhan Singh Thakur
Student

The School Earthquake Safety Initiative at Shimla has helped the students learn how to mitigate earthquake related emergencies. The students have been made aware of the fact that precaution and the presence of mind can always help save lives.

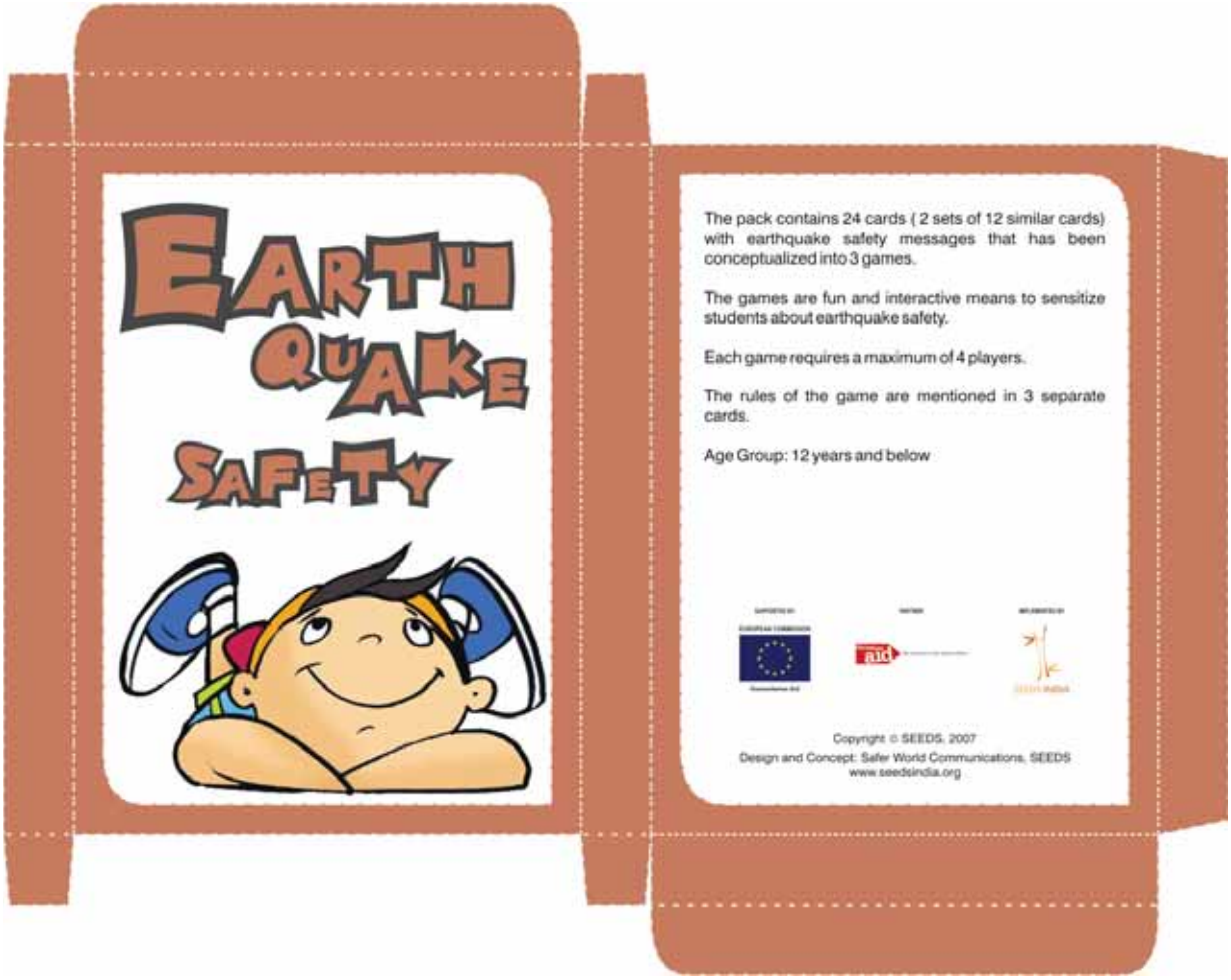
Shudodhan, a student of 10th standard at Central School for Tibetans, says, "During the program I learned what to do in case there is an earthquake or if a fire breaks out. I also learned the basics of saving lives. Now I know that fire can break out after an earthquake. The instructors also told us that we should kneel down and crawl to safety since poisonous gases are lighter than air and they do not collect at the ground level."

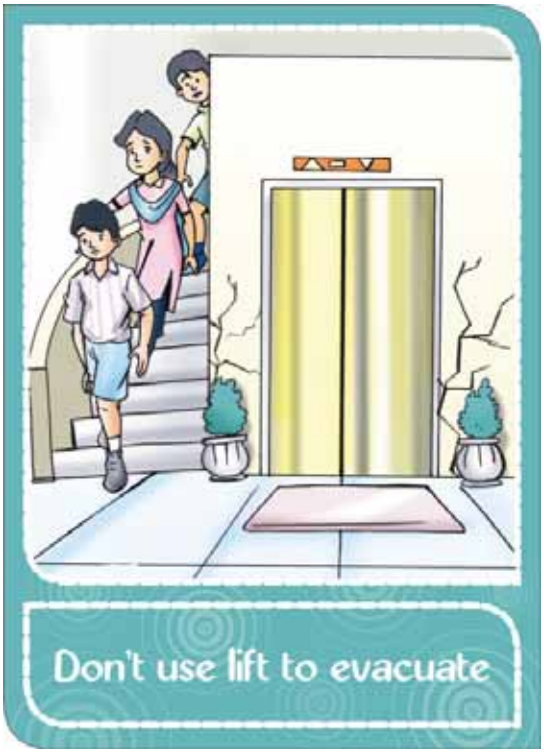
According to him, the most exciting part of the entire programme was to learn how to rescue others during an emergency. "Combating emergencies involves team work. Together we can save our lives and rescue those who have not learned the techniques for survival." Shudodhan states, targeting students for the entire exercise is a good approach since children have a better inclination to learn new skills and put them to common practice.



"Now we are ready to tackle any emergency, but we wish there shouldn't be any!"

Earthquake Safety Card ame





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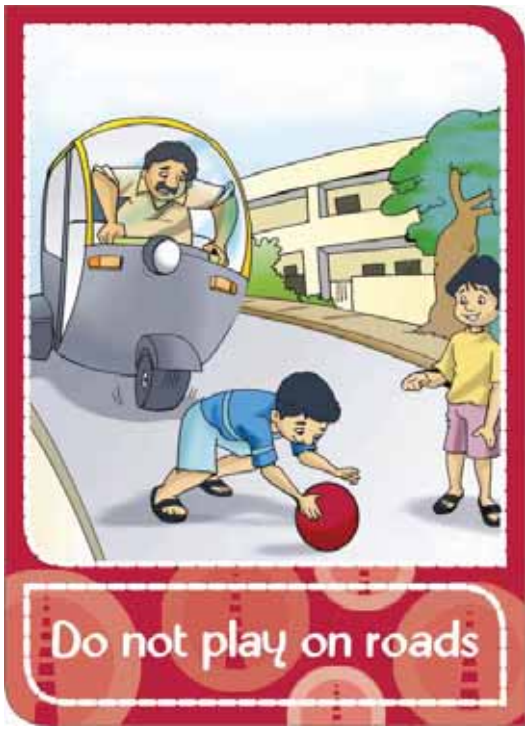

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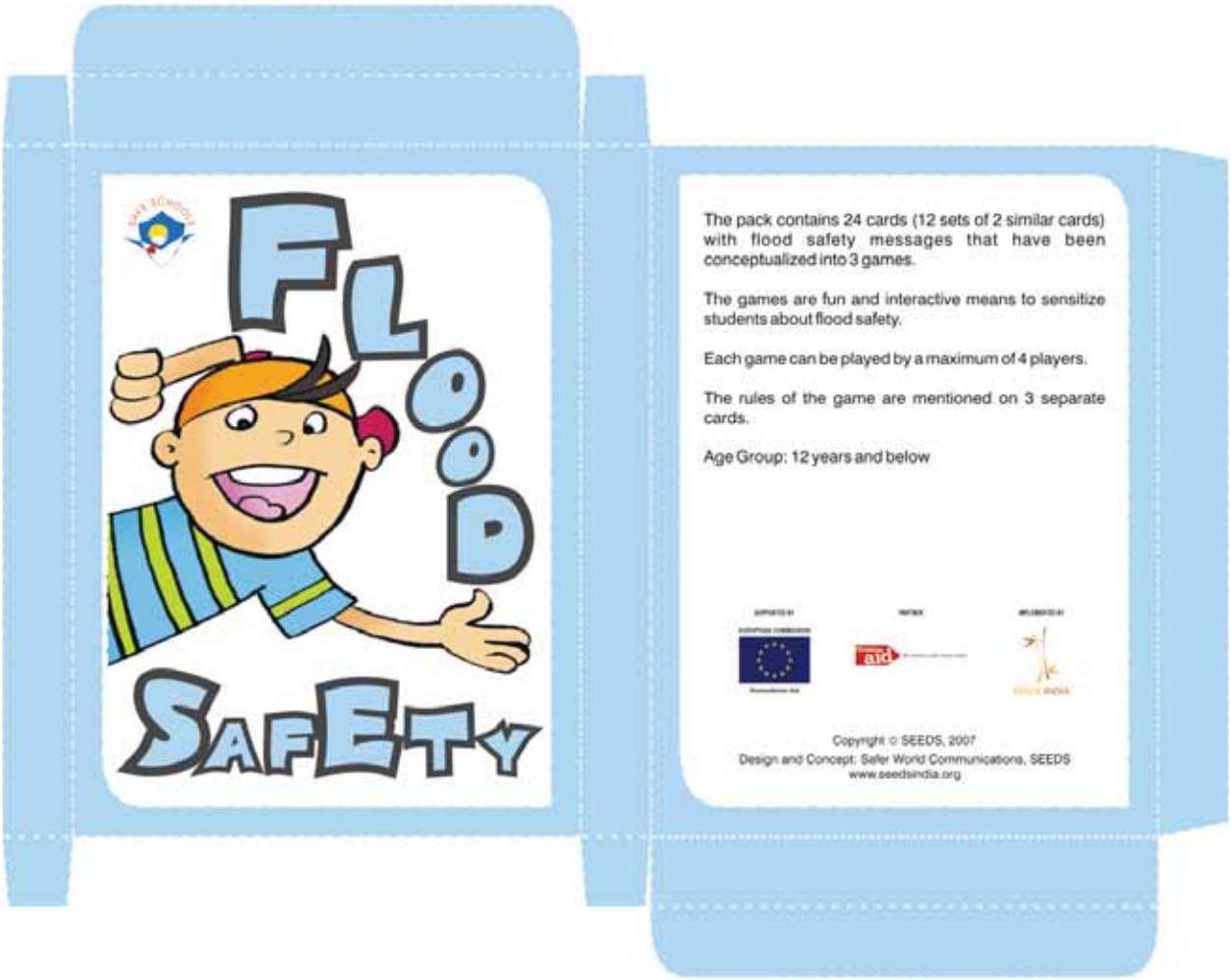

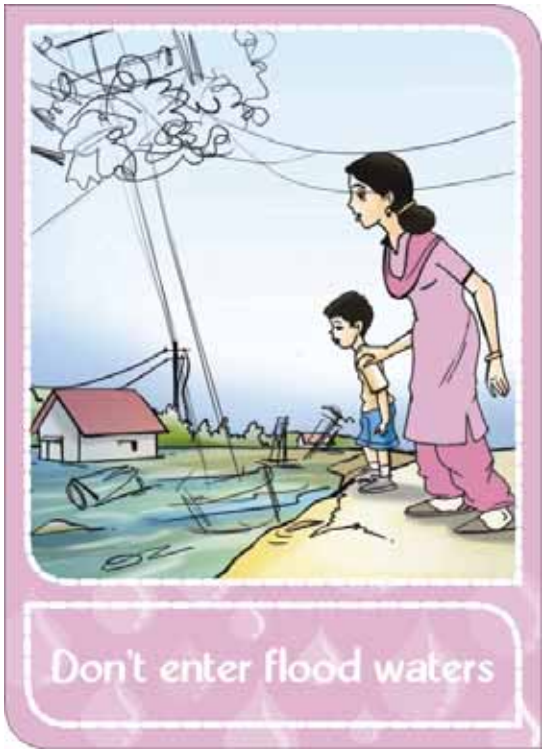

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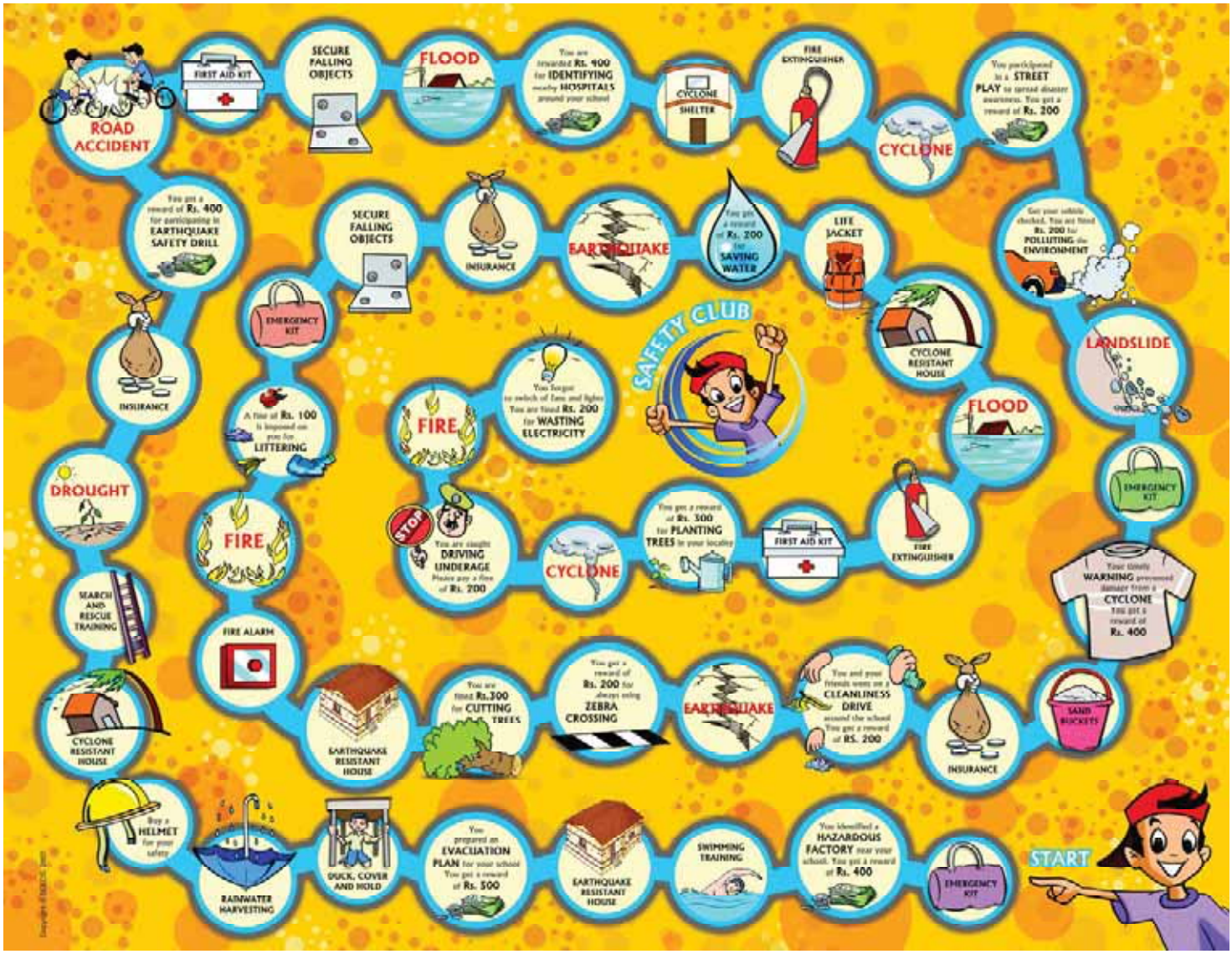

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ABOUT THE GAME

Children in particular are among the most vulnerable group during any disaster. Yet, children need not be mere recipients of emergency aid or risk reduction support. They can be leaders and agents of change for a culture of safety.

The Board Game in an interactive manner sensitizes children on the need to invest in good resources, skills and practices to prepare against disasters. It also helps them to learn how small steps like keeping a first aid kit or making an evacuation route can save precious lives during disasters.

Age Group: 12 years and above

HOW TO PLAY THE GAME ?

DISASTER RESOURCE CENTRE

A resource centre is an imaginary institution that helps you to learn about disasters, rewards you for good practices, buy resources and gain skills that helps you prepare for any disaster.

SAFETY CLUB

You become a member of the safety club only after you have learned about disasters. The resource centre helps you learn about disasters and also rewards you Rs. 500 on reaching the Safety Club first.

HOW TO BEGIN?

- Maximum of 4 players can play this game.
- Each player begins with an amount of Rs. 8000.
- The rest of the money and cards are kept with the disaster resource centre.
- Each player takes turn in throwing the dice and follows the instruction given in the card or in the circle.
- You don't get an additional chance if you throw a six.

IMPORTANT RULES TO BE KEPT IN MIND

RESOURCES THAT CAN BE USED ONLY ONCE

- Insurance, First Aid Kit and Emergency Kit can be used only once during any disaster.
- You need to give the card back to the resource centre, once you have used it.
- You can buy it again if you get a chance.
- Insurance, First Aid Kit and Emergency Kit are not applicable in case of drought and road accident.

RESOURCES/SKILLS THAT CAN BE USED MORE THAN ONCE

In each case, the card remains with you once you have purchased it and also used it to minimize loss (save money) in the respective disasters.

- Fire Extinguisher - Fire
- Sand Buckets - Fire
- Search and Rescue Training - Any disaster except Drought and Road Accidents
- Swimming Training - Flood
- Cyclone Resistant House - Cyclone
- Earthquake Resistant House - Earthquake
- Non-structural Mitigation - Earthquake
- Rainwater Harvesting - Drought

e.g. If Player 1 buys an earthquake resistant house, he/she can use it to save money each time he/she faces an earthquake.

RESOURCES THAT ARE COUNTED AT THE END

- Earthquake Resistant House - Rs. 600
- Cyclone Resistant House - Rs. 600
- Securing Falling Objects (NSM) - Rs. 200
- Rainwater Harvesting - Rs. 400

CONSULTATIVE FEES

Consultative fees are offered as an appreciation to the first player who promotes good technology like Earthquake Resistant House, Cyclone Resistant House and Rainwater Harvesting. (See the respective cards)

E.g. If Player 1 buys an earthquake resistant house first, other players who wants to buy earthquake resistant house has to pay Rs. 600 to the resource centre and an additional Rs. 500 to him/her.

WHO WINS THE GAME ?

- The player who is left with maximum amount of money wins the game.
- Money value of resources like Earthquake Resistant House, Cyclone Resistant House, Rainwater Harvesting and Securing Falling Objects (NSM) are also added to calculate the final amount.

e.g. If Player 1 is left with Rs. 3000 and also has Earthquake Resistant House and Rainwater Harvesting.

Total Amount = 3000+600+400= Rs. 4000

PLAY SAFE

Cards

RAINWATER HARVESTING

Rainwater Harvesting is way to capture rain water when it rains, store that water above ground or recharge the underground water and use it later.

- You need to pay **Rs.400** to the resource centre to implement rainwater harvesting.
- Rainwater harvesting helps you to save **Rs. 800** in a drought.
- You also earn **Rs.100** as consultative fees for anyone else willing to implement rainwater harvesting.

You encountered a loss of Rs. 1500/- due to a fire.

The following skills & resources can help to minimize your losses.

Insurance: You save Rs. 600/-
Fire Extinguisher: You save Rs. 400/-
Sand Buckets: You save Rs. 300/-
First Aid Kit : You save Rs. 200/-

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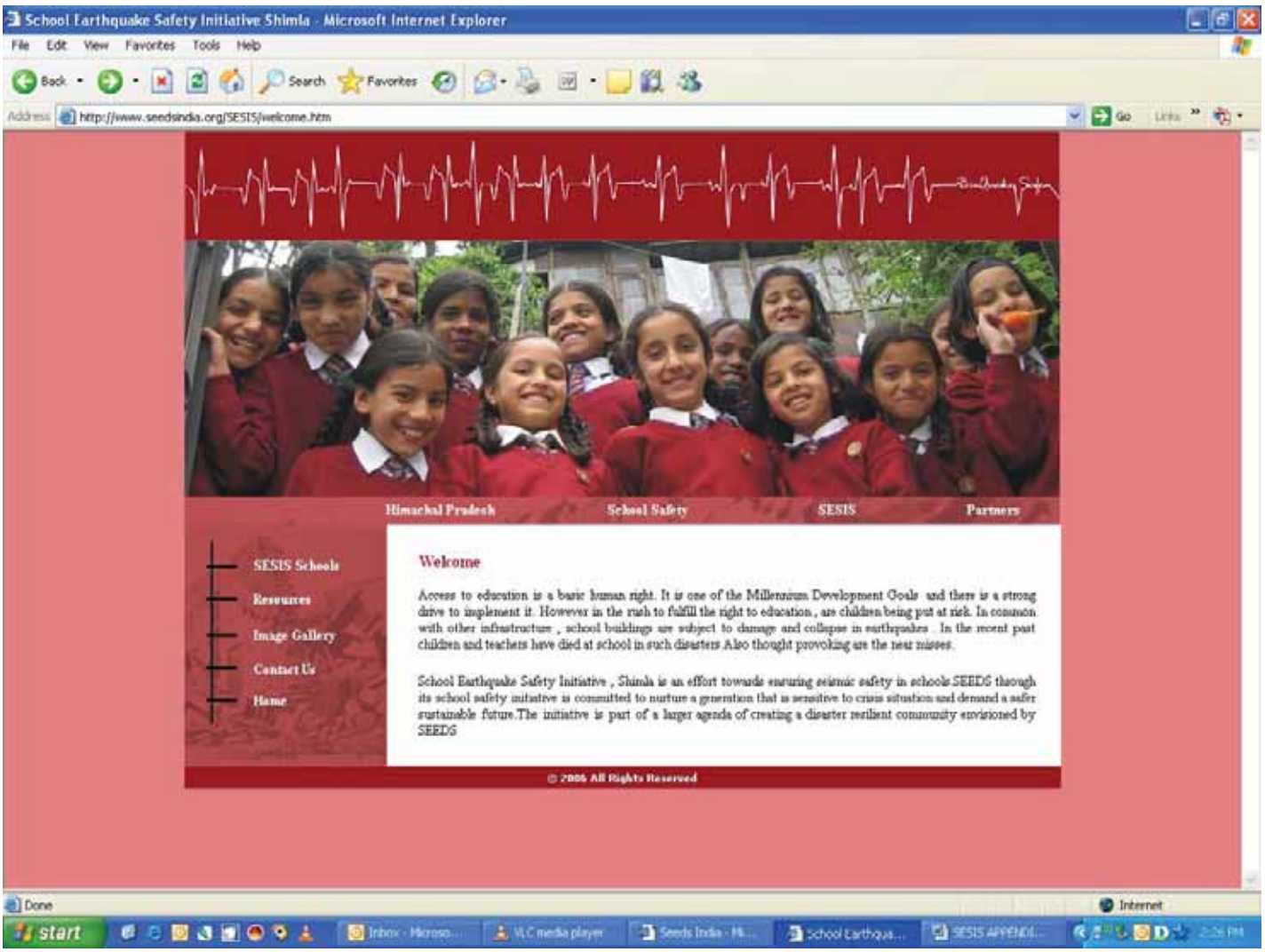
भूकम्प के समय ऊँची इमारतों से दूर रहे।
SCHOOL EARTHQUAKE SAFETY INITIATIVE,SHIMLA


SECURE FALLING OBJECTS
SAVE YOURSELF FROM EARTHQUAKE
SCHOOL EARTHQUAKE SAFETY INITIATIVE, SHIMLA
PARTNER

SESIS ebsite



GOVERNMENT AS PARTNERS

Tarun Kapoor
I.A.S.

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TO WHOM IT MAY CONCERN

This letter is in recognition of the School Earthquake Safety Initiative, Shimla, carried by SEEDS with support from European Commission Humanitarian Aid Division and Christian Aid in Shimla District during 2006-07. The project has worked intensively in twenty schools of Shimla District on Non Structural Mitigation and School Disaster Management Planning. Buildings in five of these schools have also been structurally retrofitted to make them earthquake resistant. The information on school safety along with teaching aids has been disseminated to about 750 schools across Shimla District. Public events, drills and training programmes for teachers and masons have also been organized, and have generated awareness and interested in earthquake safety in the region.

We are very happy with this work and find it very useful. We would be happy if this work is continued and expanded further.

Tarun Kapoor
(Tarun Kapoor)