

**Towards a safer
and Disaster resilient Assam**



ANNUAL REPORT

2010



**Assam State Disaster Management Authority
Government of Assam**



ABOUT ASDMA

As mandated by the Disaster management Act 2005, the government of Assam has adopted the Act with notification in the official gazette in the month of December 2006. The State Government has established the State Disaster management Authority chaired by the Honourable Chief Minister, Assam with Honourable Minister Revenue and Disaster management as its Vice chairperson.

Chairman



Shri Tarun Gogoi
Hon'ble Chief Minister of Assam

Vice Chairman



Dr. Bhumidhar Barman
Hon'ble Minister, Revenue & D.M.

Vision of ASDMA

To create 'A State Prepared' and build 'A Safer Assam'

Approach

ASDMA has taken several initiatives for bringing about a paradigm shift in disaster management approach: from the post disaster relief centric approach to pre disaster prevention, prevention and mitigation measures

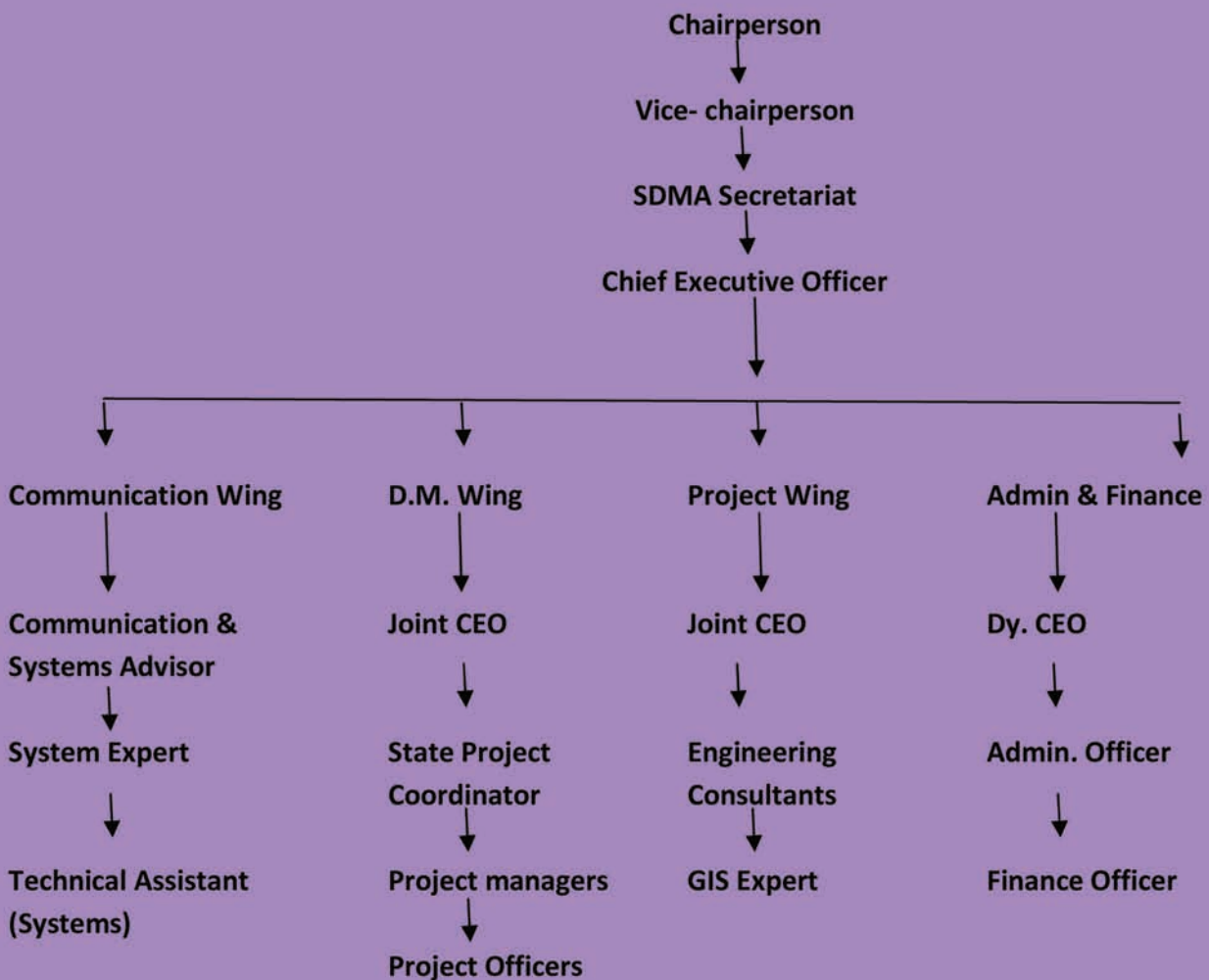




MANAGEMENT OF ASDMA

The State Executive Committee with the Chief Secretary, Assam as its Chairperson has been notified as per provision of the disaster Management Act to execute the mandate of State Authority. The state Government also provides the Stat Authority with such officers, consultants and employees, for carrying out the functions of the State Authority. The following organisation structure has been approved for the Assam State Disaster management Authority

ASSAM STATE DISASTER MANAGEMENT AUTHORITY



Office Support Staff





The Assam State Disaster Management Authority (ASDMA) has been very dedicated to its vision towards building a Disaster resilient Assam. The commitment is very much reflected in the words of Ranjini Mukherjee, Project Officer, DRR, UNDP Delhi, 'Our vulnerability to disasters has never been so high. We have no choice ... we need to move the disaster risk reduction agenda forward if we want to save lives.'

ASDMA has undertaken various activities in the year 2009-2010 to realise its objectives.

The activities are classified as

- Projects
- Training and workshops
- Meetings
- Special Highlights
- Highlights from the Districts

PROJECTS

FLOOD EARLY WARNING SYSTEM

Floods in Assam has been recognized as one of major hazards and hence in order to mitigate the flood devastation and help the communities reduce their losses, ASDMA is collaborating with North East Space Application Centre NESAC to develop an effective early warning mechanism. Of all the non structural measures for flood management, the one which is gaining increased and sustained attention of the planners and acceptance of the public is flood forecasting and warning. The "Flood Early Warning System" (FLEWS) developed by NESAC in collaboration with all major stakeholders has been tried on a pilot basis for five districts viz. Lakhimpur, Dhemaji, Nalbari, Barpeta and Baska during the 2010 flood season. Flood warning through this system is issued to all concerned administrative agencies 24 hrs in advance through e-mail and SMS. This warning covers areas in each district likely to be inundated including names of villages. This has proved to be very effective for the district as the administration can take proactive measures to reduce the losses.





NATIONAL DATABASE FOR EMERGENCY MANAGEMENT (NDEM)

ASDMA in collaboration with National Remote Sensing Centre (NRSC) and ISRO is working towards developing an effective emergency response system for field personnel where he/she can send distress messages, emergency messages, first information report and summary reports from the field. The DMS Division of the National Remote Sensing Centre (NRSC), Hyderabad has developed the application software where information/data flows from a mobile with PDA device to the web server and visualization of the data/information can be seen on the National Database for Emergency Management (NDEM) portal. The decision maker sitting at his office/control room can immediately track the call to its location through the GPRS and can attend to the message/ call. Once action is taken and the call attended, it is reflected on the portal which therefore means that the decision maker can also keep track on the progress of action taken. For FIRs and Summary report once it has been approved by the authority, is saved on the database server for records. In order to make the application user friendly and usable, simple tools like a mobile with PDA device and an internet connection is the only requirement; making it therefore implement able project. The live demonstration of the NDEM Prototype was conducted on 6th September 2010 in the presence of the Minister, Revenue & DM and other senior officials of the Government of Assam. Hon'ble Minister, Revenue & Disaster Management appreciated the initiative and assured of all cooperation for effective and final execution of the project. In fact, the Government of Assam has also decided on piloting it in two districts viz. Kamrup and Kamrup Metro.

HAZARD RISK & VULNERABILITY ASSESSMENT

Hazard Risk & Vulnerability Assessment helps in the preparation of a composite Risk Atlas based on probabilistic estimates of Composite Hazard Risks and





Vulnerability for the State. It conducts an in-depth analysis in relation to identified/ selected hazard risks along with relative vulnerability, which includes not only physical vulnerability but also social and economic vulnerability. This will facilitate planning for mitigating specific hazards and help in taking appropriate decisions on a scientific basis. As a pilot study, Assam State Disaster management Authority has engaged the North East Space Application centre for conducting the HRVA for Dhemaji district and Guwahati city, Dibrugarh & Silchar towns.

REVISION OF THE ASSAM RELIEF MANUAL

The Assam Relief Manual 1976 was basically a document for the post disaster phase i.e. response and relief. With the paradigm shift in disaster management, The need was felt for incorporating the phases of preparedness and mitigation into the relief manual which has been renamed as the Disaster Management manual. A drafting committee was constituted for the purpose and the first draft was made ready for consultation which was inaugurated by Hon'ble Minister Revenue & Disaster Management and chaired by the Chief Secretary, Assam. The manual has also been placed before the NGOs and the CBOs to get their feedback and suggestions. All the response and comment would be would be duly consulted with all the stakeholders and then be incorporated into the document. It would soon be uploaded in the website for public view.

INVOLVEMENT OF NGOS AND EX-SERVICE MEN IN DISASTER MANAGEMENT

To boost the capacity for responding to any disasters, the involvement of people and communities at each stage of Disaster Management is very important. Therefore, ASDMA is in the process of developing a strong team of people from the community who would help in the disaster preparedness and management in the Districts. In this regard, ASDMA has undertaken a project for creating a database of NGOs and Ex-Service men in each district and their capacity building





INTEGRATION OF EMERGENCY HELP LINES NOS FOR A ONE POINT ACCESS TO THE PUBLIC

In times of crisis it is difficult for the public to remember the different emergency help line nos like 100 for Police, 101 for Fire Service, 108 for medical response, 1070 Disaster Management Control Room etc. Therefore, the need was felt for a one point crisis response help line in the State of Assam. A meeting with the different stakeholders took place on 14th July 2010 and a core team was constituted to draw up the roadmap for the one point delivery service and also to make a study on the capital investment that would be required for integration of the help line nos. Accordingly the core committee comprising of Police Communication, AMTRON, Assam Fire Service Organisation, BSNL and GVK EMRI had four sittings to discuss on different feasibility options available for technical interface, possible breakdown, redundancy measures etc. The core committee presented its report to the Disaster Management Department & Assam State Disaster Management Authority on 9th August 2010 and to the Chief Secretary and other senior officials of the Government of Assam on 4th September 2010. The general consensus was that the concept was notable and therefore the proposal was agreed to in principle by the Government of Assam. The DPR has already been submitted and the Project is in the final stage of Implementation

REVISITING THE DANGER LEVELS OF MAJOR RIVERS OF ASSAM

Due to heavy sedimentation and certain geomorphologic causes, the bed of the rivers has risen considerably. In fact, it has been observed that at some points, the rivers remained above danger level even during normal times, thereby indicating the need for revision if the forecasting mechanism has to be effective. The Revenue & Disaster Management Department took a proactive initiative for bringing all the stakeholders like CWC, Water Resource Department, IMD etc on a single platform to determine the need for revisiting the danger levels of the major rivers of Assam which had been set quite some time back and action is now being initiated by Water Resource Department & CWC in this regard.





EQUIPPING THE DISTRICTS FOR BETTER RESPONSE DURING FLOODS

In order to build up the capacity of the district administration to be better prepared for rescue and relief operations, the Assam State Disaster Management Authority has equipped all the 25 Nos of flood prone districts with a total No of 100 rescue boats made of inflatable rubber and fibre reinforced plastic. This has helped the administration to timely respond in saving lives and rescuing people affected by floods.; These boats were distributed to the various flood affected districts of Assam in a ceremonial flag-off by Dr. Bhumidhar Barman, Hon'ble Minister, Revenue & Disaster Management on 4th September 2010 in a grand ceremony. This project attracted huge response from the community.

SETTING UP OF DISASTER INFORMATION AND RESPONSE CENTER AT REVENUE CIRCLE LEVEL

The Revenue Circle is a very vital and core set up of administration having direct links with the community/villages through its Revenue Circle Officers, Lot Mandals & Gaon Buhras. The reach from the district to the villages is not very easy and therefore if the villages are to be reached, then the Circle Offices have to be linked with the Disaster Management set up. In fact, at the district level, disaster response & relief has always been administered by the Deputy Commissioners in close coordination with the concerned Revenue Circle Officers.

The Revenue officials are very familiar with the villages - its location, communication, etc and have proved to be the best set up for flood relief and rehabilitation measures. Therefore, Revenue Circle Offices needs to be mainstreamed into Disaster Preparedness and Response activities. On a pilot basis this project has been implemented in five districts of Assam mainly, Kamrup, Kamrup metro, Lakhimpur, Dhemaji and Dibrugarh.





CAPACITY BUILDING & AWARENESS GENERATION

Increasing the Capacity of the people has a direct linkage with the reduction of the risk that people face. Therefore, a number of initiatives have been directed towards increasing the knowledge of the communities at risk through a number of capacity building initiatives. A massive awareness drive on dos and donts on Floods and EarthQuakes had been undertaken through advertisements in print media (Newspapers), TV (News Live & DY 365), and FM Radio.

INCIDENT RESONSE SYSTEM

The Government of India has adopted the Incident Response System as a tool for response and is in the process of drawing up a roadmap for Institutionalization of the same. Since Assam has had the experience of the Incident Command System and the same had been piloted in two districts Cachar and Kamrup metro, it as decided that Assam could take proactive steps in preparing a roadmap for training and Institutionalization of the same. Accordingly an advisory group has been notified which Shri Bhaskar Baruah as Chairperson. Three Meetings of the Advisory Group has already been held. Once the State Disaster Management Authority records the acceptance of IRS by the Government, notification adopting the IRS Guidelines will be made and the process of Institutionalization would be initiated.





TRAININGS AND WORKSHOPS

In order to build up the capacity and Preparedness at all Governmental and non Governmental levels various training, workshops and other capacity building initiatives were undertaken by Assam State Disaster management authority

Training of Architects on Earthquake Resistant Structures

The three-day training on designing on earth quake resistant structures was held from 28th January to 30th January 2010 wherein 43 Architects received training from P.K. Das, Consultant MHA, DFID etc under the National Programme for Capacity Building of Architects and Engineers in Risk Management (NPCBAERM)

Orientation of Project Officers of SDMA

The Project officers of The Assam State Disaster Management Authority were given Orientation for two days (11th & 12th February 2010) The twelve project Officers were given a understanding on the Roadmap for SDMA and also the responsibilities of the Project officers who would be taking up their new project at their district

Workshop on Capacity Building of NGOs in DRR

In order to enhance the capacity of the NGOs in Disaster Risk Reduction, three workshops were organised by ASDMA in the month of May and June 2010. A total of 118 participants from various 73 field level Organisations were covering all the 27 Districts of Assam





Training on Retrofitting

Assam State Disaster Management Authority organised a training on Retrofitting for practicing Engineers of different departments relating to Housing on 16th February and 17th February 2010 at the Assam State Administrative College, Guwahati. The training was on structural mitigation measures with special reference to Retrofitting of buildings. 26 engineers participated in this workshop which was conducted in collaboration with Geo Hazard Society. Resource Persons who facilitated the engineers were Prof CVR Murty, IIT Kanpur, Hari Kumar of GHS, Dr Kaustav Dasgupta, IIT Guwahati and Dr Hemant Kaushik, IIT Guwahati.

Workshop on Training Needs Assessment for Disaster Risk Reduction

In order to assess the knowledge and skill needs of the various stakeholders involved in Disaster Management, a workshop was conducted of all the line departments / CBOs on 28th & 29th April 2010 at Assam Administrative Staff College, Guwahati. A representative sample of 38 participants took part in the Training Need Assessment (TNA) exercise. The workshop was conducted by TNA trainers of Department of Personnel & Training, Government of India. This work shop followed by another similar workshop and finally a Validation workshop where the TNA report was validated by the line departments.

Training of Management Development Programme (MDP)

A training Management Development Programme (MDP) was organised by DBYES for the CEOs of DDMA and Project Officer of ASDMA on 10th and 11th June 2010. The Training was conducted by Fr. VM Thomas and dealt with issues of Leadership, motivation and managerial capacities.





Workshop on Capacity Building of PRIs in DRR

In order to enhance the capacity of the PRIs in Disaster Risk Reduction a two-day workshop was held. The workshop was attended by 32 participants from 7 districts of Assam. The participants included Chairpersons of Zila Parishad, Members of Zila Parishad, presidents

TNA Validation Workshop

A one day TNA Validation Workshop was held at Assam Administrative Staff College on 31st July 2010 to validate the findings of the TNA held earlier on 28th & 29th April 2010. A report was submitted indicating the training and non-training requirements of the different departments that emerged out of the assessment based on the performance model. While accepting the methodology of the TNA & the findings of the report, Shri Atul Chaturvedi, Chief Executive Officer, Assam State Disaster Management Authority requested the assessment team to present the final report department wise so that follow up on the actions taken by the department can be made.

Advocacy Workshop on Mainstreaming DRR

An Advocacy workshop on Mainstreaming Disaster Risk Reduction was organized under the GoI-UNDP DRR Programme at Assam Administrative Staff College on 3rd September 2010. The workshop was participated by over 140 officers of the different departments of the Government of Assam. The workshop started with a presentation on "Mainstreaming DRR into development planning- approach, issues and challenges " made by Ranjini Mukherjee, Project Officer, DRR, UNDP Delhi. Shri M.P. Sajnani, Consultant UNDP and former Director, NDMA discussed on the issues of Preparation of State DM Plan with reference to the DM Act 2005 and issues of DRR at State and local level. Three core areas were covered for Sectoral Application of DRR in the workshop viz-Health, Housing & Education.





MEETINGS

Flood Preparedness & Review Meeting conducted by Chief Secretary every Monday during the Flood Season

As a follow up on the Flood Preparedness Review Meeting held under the chairmanship of the Hon'ble Chief Minister on 7th June 2010, the Chief Secretary of Assam has been conducting a weekly Review and Preparedness meeting every Monday from the 9th of June till date with all the line departments. A stock of the events/situation of the week that preceded is taken with detail review of the actions initiated by each department. Directions are also issued, if felt necessary, for visits to the field by the relevant departments and reports placed within definite timelines. Regional Director, IMD also attends these meetings and presents the likely weather forecast for the next week so that advance action can be taken in case of need. These meetings at the highest level have greatly helped in monitoring and taking proactive measures in mitigating the flood situation this year.

1st meeting of the Programme Implementation Committee of the GoI-UNDP Disaster Risk Reduction Programme

The first meeting of the Programme Implementation Committee was held on 3rd April 2010

Meeting of the Technical Sub Committee

As per decision of the Programme Implementation Committee, the Technical Sub Committee had been notified and the first meeting was held on 12th April 2010. Though a draft EOI along with the draft TOR for inviting Consultants /Organizations/Institutions for undertaking the HRVA exercise was circulated among the members, the Committee felt that the work should be undertaken by an Institute from the region with an understanding of the whole problem. After much discussion, the North East Space Application Centre agreed to undertake this exercise and they were requested to submit a formal proposal in this regard.

The 2nd Meeting of the State Executive Committee

The 2nd meeting of the State Executive Committee was held on 1st June 2010 under the chairmanship of the Chief Secretary, Assam. Many vital issues were discussed and instructions issued to the various departments.





Interaction meeting with NGOs/INGOs -

An interaction meeting was held on 18th June 2010 under the initiative of DIPECHO-CARITAS by Revenue & D.M. Department with various NGOs / INGOs of the country on Disaster Management at Assam Administrative Staff College, Guwahati. The delegation was headed by Mr. Jude Henrique, Consultant, Caritas Germany. The Principal Secretary, Revenue & D.M. Department, Government of Assam enlightened the delegates on new initiatives taken by Government for disaster management and stressed on the important role that NGOs have to play in this regard.

2nd Meeting of the Technical Sub Committee for HRVA under GoI-UNDP DRR Project: 29th July 2010

The HRVA proposal submitted by North East Space Application Centre (NESAC) for Guwahati city, Dibrugarh & Silchar Towns and Dhemaji district was examined and the methodology was accepted by the Technical Sub-Committee with the condition that it should fit into the HRVA tool kit recognised universally. The proposal was accepted by the Technical Sub-Committee and NESAC was given the go-ahead

Meeting on 21th October 2010 on Flood damage Mitigation Measures for Cachar District of Barak Valley

NIT Silchar was requested by Shri VK Pepersenia, Principal Secretary, Revenue and Disaster Management to suggest a technical solution to the flood problem in Barak Valley accordingly Prof. Parthasarathi Choudhury from NIT Silchar submitted a proposal to ASDMA on Flood Mitigation Measures for Cachar District. A meeting was convened on 21st October 2010 where Prof. Parthasarathi Choudhury gave a presentation on his proposal. The meeting was attended Dr. Nageshwar Rao, Director, NESAC, Dr. Arup Sarma, IIT, Guwahati and Dr. Bibha DasSaikia etc .It was decided that Prof would recast the proposal with the inputs from IIT Guwahati, NESAC etc and the project will be collaborative and Multi-institutional with NIT, Silchar being the lead Institute.





Meeting on Flood Damages & Status of Breaches of Embankments

With the end of the flood season 2010 a review meeting on post flood scenario was conducted on 25th October 2010 under the chairmanship of The Chief Secretary, Govt. of Assam. CWC & Brahmaputra Board gave a presentation on breaches of embankments and measure taken by the respective organisation. Water Resource Department had been asked to make an assessment of the status of flood damages and make a presentation in the next meeting

Meeting on Review of Implementation of Building Bylaws in Guwahati city

A meeting was conducted to discuss the issue of implementation of Building Bylaws where GDD, GMDA and GMC were present. Technical Institutes like IIT and AEC were also present in the meeting. It was decided that GMC/GMDA/Deputy Commissioner Kamrup Metro will submit a report on the state of practises and impact of the 2006 by laws within end November 2010. If necessary a study may be conducted to assess whether any perceptible changes have occurred after the implementation of the revised by laws, of the gaps if any between adoption and implementation of the same etc.

Discussion on the Proposal of Hospital and School Safety

A proposal was submitted by Dr Jayanta Pathak, Civil Engineering Deptt, AEC, Guwahati on a status survey for school & hospital buildings in Guwahati City on request by ASDMA on 27th October 2010. It was decided that the proposal would be placed at the SDMA meeting on 11th November 2010 for approval.



Video Conferencing with the Deputy Commissioners

A Video Conferencing with the Deputy Commissioners was conducted by the Chief Secretary, Government Of Assam on 1st November 2010 to find out the flood damages in the districts and other issues





SPECIAL HIGHLIGHTS

Training of Women Master Trainers in Search & Rescue & First Aid

The Government of Assam under the GoI-UNDP Disaster Risk management programme, sought to build the capacities of volunteers to act as trainers to impart disaster preparedness skills in the community. It was felt that women master trainers would provide an enabling environment for other women to learn. In addition, these trainers would act as facilitators in the process of developing a contingency plan at the village level and assist in the formation of disaster management Teams.

Hence a Special Training for the Women Masters Trainers in Search, Rescue and First Aid was organised by Assam State Disaster Management Authority from -17th August to 23rd August 2010.

45 women volunteers from 10 districts of Assam were trained for a fully residential seven-day course in the Central Training Institute (CTI) of Civil Defence. These volunteers were identified with the help of the respective district administration so that a proper linkage is established between the administration and the trainers.

This seven day training was the first phase of such exercise. These trainers would be provided refresher training from time to time along with some advanced Orientations. Their services would be utilized for community level training at the respective districts. Similar training are being arranged to cover the rest of 17 districts of the State





Disaster Management Exhibition for Awareness Generation

For sensitization and mobilization of the community, the Assam State Disaster Management Authority participated in the exhibition during the celebration of four years of government. The exhibition started in 22nd May and ended on 27th May 2010 wherein ASDMA set up a stall to showcase the initiatives undertaken by the Department of Disaster Management. The exhibition was inaugurated by the Hon'ble Chief Minister, Assam. The exhibition helped in generating awareness on different issues of disaster management like the proactive initiatives that can be undertaken for mitigating disasters, role of the community as first responders among the others. This was done through photo exhibition, posters, documentary shows, television spots on Earthquake & Floods, Jingles, distribution of IEC materials etc. A noteworthy feature of the exhibition was the interaction with the public by the anchor of the stall through a unique 'play and win' quiz. This helped attract huge crowds to the stall





THE GREAST ASSAM School Shakeout -

The entire State of Assam is very prone to earthquakes and falls under seismic zone V where earthquakes of an very high intensity (more than IX) can be expected to occur. Assam, in the past have witnessed such high intensity earthquakes which has caused severe losses to life and property. One such high intensity earthquake was The Great Assam Earthquake of 1950. The year 2010 is the 60th anniversary year of the dreadful event. A noteworthy project 'THE GREAST ASSAM School Shakeout' was taken up by Assam State Disaster Management Authority to commemorate the event and also to generate mass awareness among school students, about the dos and dont's during and after an earthquake.

This project was carried out in 200 schools in ten districts of Assam. The district Administration and the district disaster management cell worked actively to successfully implement this project. The project officer at first gave an Orientation to the teachers of the schools and then conducted rehearsals on things to be kept in mind during and after an earthquake. They showed them the Drop, Cover and Hold method which the students repeated after them religiously. All the school authorities took special interest in the activity. 160 schools of eight districts of Assam conducted a mock drill on Earthquakes on 17th August 2010 at 11.00 AM and 40 schools of two districts in Barak valley conducted the mock drill on 18th September 2010 simultaneously. The drill helped in generating overwhelming response across the State.





URR Project: Guwahati City:

Four Awareness and Sensitization meetings on Safe Construction Practices was organised under the GoI-UNDP DRR Project in different parts of Guwahati city. In the meetings conducted in Beltola, Udalbakra, Noonmati and Durga Sarovar locality of Maligaon area. Structural engineers interacted with the participants on the various structural issues and Safe Construction practices and norms of existing building byelaws to be followed while undertaking a construction.

URR Project : Dibrugarh Town

A training programme on “Disaster Management and School Safety” for High/ H.S School Teachers including Principals/ Headmasters was conducted. Sixty -nine teachers from 27 school participated in the programme.

A Public awareness programmes on “Safe Construction Practices” was conducted in collaboration with Milanjyoti Sangha.

Mock Drills in different Govt. school of Dibrugarh Town is being conducted with the help of Civil Defence personnels. So far Nine Schools have been covered in the first phase. It is proposed to cover the private schools in the next phase.





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Training for the Women Masters Trainers in Search, Rescue and First Aid was organised by Assam State Disaster Management Authority

PHOTO GALLERY





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Volunteers actively involved from the month of March in rescue operation in the rubber speed boats with the IWT officials at Jonai Subdivision Flood in September 2010(ABOVE)
Village level Task force Training on First aid and Search and Rescue going on Mackhowa Block in Dhemaji district

PHOTO GALLERY





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Mock Drills being carried out by the Fire Service Personell at the Assam Secretariate

PHOTO GALLERY





Rescue workers making stretchers using, chairs, rope and blankets. Women are encouraged to take part in the exercise





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Training on Earthquake resistant structures being imparted to build the capacity of the Mansions by trained Engineer. the training was given through lectures, discussion and demonstrations

PHOTO GALLERY





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Mock Drills being carried out at the Assam Secretariate

PHOTO GALLERY





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River Bank Protection by placing sand bags against breaches in Morigaon

PHOTO GALLERY





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Rally being conducted as a part of the Awareness generation Programme in Lahorighat Block in Morigaon (above)
Social Mapping exercise being carried out with the community as a part of Disaster preparedness programme

PHOTO GALLERY





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Mock drills being carried out at schools for the Great Assam Shake Outm Programme

PHOTO GALLERY





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ASDMA IN NEWS





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TEAM ASDMA



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FLOODS

BEFORE FLOODING OCCURS

- Keep your Emergency Kit with following things in it:
- 1) First aid kit with extra medication for snakebite and diarrhoea.
 - 2) Strong ropes for tying things.
 - 3) A radio, torch and spare batteries
 - 4) Stocks of fresh water, dry food, salt and sugar, kerosene, candles and matchboxes.
 - 5) Water-proof bags to store clothing and valuables
"Umbrellas and bamboo sticks

DURING FLOODS

- 1) Move to a safe shelter with your emergency kit.
- 2) Raise household appliances on to beds or tables
- 3) Drink boiled water.
- 4) Avoid entering floodwaters.

AFTER FLOODS

- 1) Use bleaching powder and lime to disinfect the surroundings.
- 2) Keep your food covered, don't eat heavy meals
- 3) Be careful of insect bites.
- 4) Do not go out till officially advised that it is safe.
- 5) Dry electric appliances thoroughly before use



DURING TREMORS.....

EARTHQUAKES



DROP under a strong table or elevated bed



COVER your head and face with your arm



HOLD the table until shaking stops

EARTHQUAKES

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