

## TRAINING SCHEDULE FOR MIZORAM STATE DISASTER RESPONSE FORCE

Duration : 16th January, 2024 to 2nd February, 2024

Venue : 3rd Bn IR Headquarters, Thingkah, Lawngtlai District

Date	Time	Topics	Resource Person
16th Jan 2024	10:30am – 11:00am	Registration	
	11:00am – 12:00noon	Inaugural Function	
		Chairman	Pu PC Lalchunglura, Jt. Director (Ops), DM&R
		Course Objective	Dr Lalrokima Chenkual, Dy. Director (Trg), DM&R
		Speech	Pu Jacob Hlycho, Commandant i/c, 3 <sup>rd</sup> Bn IR
		Speech	DDMA Lawngtlai
		Inaugural Speech	<b>Pu Benjamin Lalzama, Director, DM&amp;R</b>
		Vote of thanks	Pu Zothansanga Hmar, DO, DM&R
	12:00noon – 1:00pm	Group Photo and Lunch	
	1:00pm – 1:45pm	Concept of Disaster Management	Dr. Lalrokima Chenkual, DD (Trg), DM&R
	1:45pm – 2:30pm	Structural Mitigation & Non-Structural Mitigation	Er. Lalbiakzuala, AD (Trg), DM&R
	2:30pm – 2:45pm	Tea Break	
	2:45pm – 3:30pm	Fire Disaster & Safety	Pu PC Lalchunglura, Jt. Director (Ops), DM&R
3:30pm – 4:15pm	Crowd control, Mobilisation, Command and Control	Pu Kaste Romalsawma, Asst. Director (Ops), DM&R	
17th Jan 2024	10:00am – 11:00am	Basic of Alpine Search and Rescue	Resource Person from QRT Aizawl
	11:00am – 12:00noon	Community Based S&R and Improvised Technique	Resource Person from QRT Aizawl
	12:00noon – 1:00pm	Lunch break	
	1:00pm – 2:00pm	Use of ropes	Resource Person from QRT Aizawl
	2:00pm – 3:00pm	Rope Knots	Resource Person from QRT Aizawl
	3:00pm – 3:15pm	Tea Break	
	3:15pm – 4:00pm	Rope Rescue – Theory	Resource Person from QRT Aizawl

<b>3rd Day</b> <b>18th Jan 2024</b>	10:00am – 11:00am	Recapitulation of rope knots and rope rescue	Resource Person from QRT Aizawl
	11:00am – 12:00noon	Use of pulley	
	12:00noon – 1:00pm	Lunch break	
	1:00pm – 2:00pm	Use of Z-Pulley in rope rescue	Resource Person from QRT Aizawl
	2:00pm – 3:00pm	Human basket in rope rescue	Resource Person from QRT Aizawl
	3:00pm – 3:15pm	Tea Break	
	3:15pm – 4:00pm	Human basket in rope rescue	Resource Person from QRT Aizawl
<b>4th Day</b> <b>19th Jan 2024</b>	10:00am – 11:00am	Traversing	Resource Person from QRT Aizawl
	11:00am – 12:00noon	Traversing	Resource Person from QRT Aizawl
	12:00noon – 1:00pm	Lunch break	
	1:00pm – 2:00pm	Hands-on on use of pulley and traversing	Resource Person from QRT Aizawl
	2:00pm – 3:00pm	Hands-on on use of pulley and traversing	Resource Person from QRT Aizawl
	3:00pm – 3:15pm	Tea Break	
	3:15pm – 4:00pm	Recapitulation of use of pulley and traversing	Resource Person from QRT Aizawl
<b>5th Day</b> <b>20th Jan 2024</b>	10:00am – 12:00noon	Medical First Responder (MFR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn
	12:00noon – 1:00pm	Lunch Break	
	1:00pm – 3:00pm	Medical First Responder (MFR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn
	3:00pm – 3:15pm	Tea Break	
	3:15pm – 4:00pm	Medical First Responder (MFR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn
<b>6th Day</b> <b>22nd Jan 2024</b>	10:00am – 12:00noon	Medical First Responder (MFR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn
	12:00noon – 1:00pm	Lunch Break	
	1:00pm – 3:00pm	Medical First Responder (MFR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn
	3:00pm – 3:15pm	Tea Break	
	3:15pm – 4:00pm	Medical First Responder (MFR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn

<b>7th Day</b> <b>23rd Jan 2024</b>	10:00am – 12:00noon	Medical First Responder (MFR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn
	12:00noon – 1:00pm	Lunch Break	
	1:00pm – 3:00pm	Medical First Responder (MFR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn
	3:00pm – 3:15pm	Tea Break	
	3:15pm – 4:00pm	Medical First Responder (MFR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn
<b>8th Day</b> <b>24th Jan 2024</b>	10:00am – 12:00noon	Medical First Responder (MFR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn
	12:00noon – 1:00pm	Lunch Break	
	1:00pm – 3:00pm	Medical First Responder (MFR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn
	3:00pm – 3:15pm	Tea Break	
	3:15pm – 4:00pm	Medical First Responder (MFR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn
<b>9th Day</b> <b>25th Jan 2024</b>	10:00am – 12:00noon	Collapsed Structure Search and Rescue (CSSR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn
	12:00noon – 1:00pm	Lunch Break	
	1:00pm – 3:00pm	Collapsed Structure Search and Rescue (CSSR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn
	3:00pm – 3:15pm	Tea Break	
	3:15pm – 4:00pm	Collapsed Structure Search and Rescue (CSSR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn
<b>10th Day</b> <b>27th Jan 2024</b>	10:00am – 12:00noon	Collapsed Structure Search and Rescue (CSSR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn
	12:00noon – 1:00pm	Lunch Break	
	1:00pm – 3:00pm	Collapsed Structure Search and Rescue (CSSR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn
	3:00pm – 3:15pm	Tea Break	
	3:15pm – 4:00pm	Collapsed Structure Search and Rescue (CSSR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn
<b>11th Day</b> <b>29th Jan 2024</b>	10:00am – 12:00noon	Collapsed Structure Search and Rescue (CSSR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn
	12:00noon – 1:00pm	Lunch Break	
	1:00pm – 3:00pm	Collapsed Structure Search and Rescue (CSSR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn
	3:00pm – 3:15pm	Tea Break	
	3:15pm – 4:00pm	Collapsed Structure Search and Rescue (CSSR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn

<b>12th Day</b> <b>30th Jan 2024</b>	10:00am – 12:00noon	Collapsed Structure Search and Rescue (CSSR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn	
	12:00noon – 1:00pm	Lunch Break		
	1:00pm – 3:00pm	Collapsed Structure Search and Rescue (CSSR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn	
	3:00pm – 3:15pm	Tea Break		
	3:15pm – 4:00pm	Collapsed Structure Search and Rescue (CSSR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn	
<b>13th Day</b> <b>31st Jan 2024</b>	10:00am – 12:00noon	Collapsed Structure Search and Rescue (CSSR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn	
	12:00noon – 1:00pm	Lunch Break		
	1:00pm – 3:00pm	Collapsed Structure Search and Rescue (CSSR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn	
	3:00pm – 3:15pm	Tea Break		
	3:15pm – 4:00pm	Collapsed Structure Search and Rescue (CSSR)	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn	
<b>14th Day</b> <b>1st Feb 2024</b>	10:00am – 12:00noon	Drowning rescue	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn	
	12:00noon – 1:00pm	Lunch Break		
	1:00pm – 3:00pm	Drowning rescue	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn	
	3:00pm – 3:15pm	Tea Break		
	3:15pm – 4:00pm	Examination	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn	
<b>15th Day</b> <b>2nd Feb 2024</b>	10:00am – 12:00noon	Maintenance of equipment	A-3 Team, 1 <sup>st</sup> Bn NDRF Bn	
	12:00noon – 1:00pm	Lunch break		
	3:00pm – 4:00pm	<b>Closing function (Tentative)</b>		
		Chairman	<b>To be decided</b>	
		Report	<b>To be decided</b>	
		Speech	Commandant i/c, 3 <sup>rd</sup> Bn IR	
		Feedback	From trainees	
		Speech	DDMA Lawngtlai	
		Special Item	From trainees	
		Distribution of Certificates		
		Closing speech	<b>To be decided</b>	
Vote of thanks	<b>To be decided</b>			