Final Report

For SEEDS Project

Haridwar & DehraDun, Uttarakhand

2020-2021

The Resilient Foundation

Palghar, Maharashtra

https://resilientfoundation.org

info@resilientfoundation.org
<table>
<thead>
<tr>
<th>Total Attendees</th>
<th>Average Attendees</th>
</tr>
</thead>
<tbody>
<tr>
<td>2204*</td>
<td>43</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total Female Attendees</th>
<th>Proportion of Female Attendees</th>
</tr>
</thead>
<tbody>
<tr>
<td>1340</td>
<td>61%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total Attendees below 19 years</th>
<th>Within this, proportion of Female Attendees</th>
</tr>
</thead>
<tbody>
<tr>
<td>1459</td>
<td>59%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total Students at Age 14 &amp; 15</th>
<th>Within this, proportion of Female Attendees</th>
</tr>
</thead>
<tbody>
<tr>
<td>744</td>
<td>62%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Proportion of Students vs. Non-students</th>
<th>Proportion of Female Students vs. Non-students</th>
</tr>
</thead>
<tbody>
<tr>
<td>69%</td>
<td>65%</td>
</tr>
</tbody>
</table>

*Session at GPS Ransaura was partially conducted but had to be rescheduled owing to lack of adequate participants. It was conducted again later.*
Session-wise Number of Participants (Total and Female %)*

Age group-wise Number of Participants

Total Attendees: Below 19 years vs. Others
Female Attendees: Below 19 years vs. Others

*Session at GPS Ransaura was partially conducted but had to be rescheduled owing to lack of adequate participants. It was conducted again later.
Objective

The Resilient Foundation (the recipient) received a grant from SEEDS (the donor) for the training of the taskforce of stakeholders like students, parents, school staff and community members across 50 government schools in the Dehradun and Haridwar districts of Uttarakhand. The sessions conducted by the recipient aim to make their schools safe and ensure the emergency preparedness of the schools as well as the communities around the area.

Sessions focused on theory and demonstration, covering Search and Rescue training, including Fire Safety, First Aid and Mock Drill (mock drill could not be done everywhere owing to Covid-19 restrictions; to be done later as per the convenience of the school).

Continuing on the objective, the modules had to be customised to suit the audience, and the training of the taskforces was conducted as per national guidelines.

Activity and Results

The recipient conducted 50 training sessions as of Mar, 2021 in Haridwar and Dehradun districts. This report summarises these sessions.

Sessions in numbers:

- **Duration**: 2 parallel sessions of about 3 hours each, making up a total of 5-7 hours at each school.
- **Participants**: The 50 sessions covered a total of 2204 attendees, an average of 43 per session. Out of this, 1340 attendees, i.e. 61%, were female. While students comprised about 69% of the total participants, this was about two-thirds in the case of females particularly. The rest were made up of a mix of teachers, staff-members, parents and community members. Of the 744 attendees aged 14 and 15 years, 460 were female; while of the 1459 attendees aged below 19 years, 867 were female.
- The 9th session (at GPS Ransura) was partially conducted but had to be cancelled owing to a lack of adequate participants. This was rescheduled and conducted later.

Subjects covered in the sessions:

- **Disaster Management**: Its definition, role of civilians, case studies, introduction to disaster management plan.
- **First Aid**: Its introduction, steps involved in first aid, types of bandage (head bandage, palm bandage, jaw bandage, improvised bandage using shirt/T-shirt, bandage when the casualty patient is conscious vis-à-vis when they are unconscious, handling wounds, haemorrhage, choking, asphyxia, fractures and splints, simple sling and St. John sling, artificial respiration methods (mouth to mouth, mouth to nose, seesaw, Schafer method, Silvester method, Holger-Nielsen method), CPR, burns and scalds, epilepsy, mental shock and snakebite.
- **Search and Rescue**: Common methods and principles, cradle method, human crawl, two-hand, three-hand and four-hand sitting methods, pick-up back, front and back, human crutch, toe and drag, removal downstair, firemen lift and firemen dragging methods and S&M method.
- **Fire Safety**: Its definition, concepts like fire triangle, extinguish triangle, categories of fire, Do’s & Don’ts, types of extinguishers, demonstration of PASS+RACE fire extinguishing and house fire safety.
- **Knots and Hitches**: Types of ropes (multiple thumb knot, reef knot, chair knot, bow line, draw hitch, timber hitch *(time permitting)*).
• **Improvised Stretcher**: Its definition, types of stretchers, improvise the stretcher using rope, bamboo plus blanket, only blanket, belt, handkerchief and scarf.

• **Toolbox Talks**: Explanation of equipment provided by SEEDS as well as an orientation to emergency numbers.

• **Earthquake Drill**: Drop, cover and hold.

**Softer aspects while conducting the sessions:**

• Each session was kept interactive and demonstrative.

• The demonstration was covered by the practical session.

• A degree of adaptation was done as per the audience.

• An action song and ice-breaking activity was conducted at the start of the sessions.

• Safety of all attendees was maintained, including the safety of the girl-child attendees. A female instructor assisted during the sessions for this purpose.

• Mindful to keep each session interesting and enjoyable, apart from the learning element.

**Key takeaways from the sessions:**

• There is general support from the local communities for conducting such training, despite challenges faced from community members in some cases.

• Our observation is the participants any school are now in aware of the basics. Thus, it would be beneficial to leverage them for advanced sessions later.

• NSS and NCC students were also involved in the sessions, which has been encouraging.

• Participants, including female attendees, who initially showed a lack of interest to attend owing to domestic duties, later opted to attend once the instructor informed them of two choices, either leave and be unaware if a distress situation occurs in the future or attend and be prepared to handle if any distress event does arise.

• Adhering to Covid-19 precautions enabled conducting the sessions in the schools without hitches.

• Mock-drill could not be done due to Covid-19 restrictions; will be done later as per convenience of the schools.

• The SEEDS team and volunteers had been very supportive throughout all the 50 sessions.

**Equipment bought/rented:**

• CPR mannequin, fire extinguishers, petrol and fire containers, triangular bandages, knots and blankets.

---

**Sample photos**
Video testimonials along with further photographs are saved session-wise in this link:

https://drive.google.com.drive/folders/1cHm4EMrGV5_iu-9eYfoXfJqP0xDwhHFC?usp=sharing
The Resilient Foundation
Final Report
SEEDS Project in Uttarakhand
2020-2021