



Report on the Yuva Aapda Mitra Training Program

Venue: BTC Sunni

4th to 10th November

Govt. Sr. Sec. School, Sanjauli, Shimla



The *Yuva Aapda Mitra Training Program* was conducted from 4 November to 10 November at BTC Sunni. The primary objective of this week-long training initiative was to equip young volunteers with essential skills required during disasters, emergencies, and life-threatening situations. The program emphasized *Disaster Preparedness, First Aid, and Rescue Operations*, enabling participants to act swiftly and responsibly during crises.

Our participation in this program was driven by the motivation to acquire practical disaster-response skills and to contribute effectively to community safety.



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Objectives of the Training

The key objectives of the training program were:

1. To develop a trained cadre of young volunteers ready to respond during emergencies.
2. To impart knowledge of basic first aid and lifesaving techniques.
3. To train volunteers in rescue operations, safe evacuation, and load management.
4. To build confidence, discipline, and presence of mind among participants.
5. To promote community-level preparedness and resilience.



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Training Sessions and Activities

Throughout the seven days, participants underwent rigorous hands-on training. The major sessions conducted include:

a) Search and Rescue Methods

Participants were taught how to:

- Identify and locate victims in disaster-stricken areas.
- Use safe and systematic methods to reach affected individuals.
- Rescue people from collapsed structures, difficult terrains, or hazardous environments.

These exercises helped volunteers understand real-time challenges and improved coordination and teamwork.

b) Bandaging Techniques

The trainers demonstrated:

- Proper methods of dressing various types of wounds.
- Techniques for bandaging fractures, sprains, burns, and deep cuts.
- Importance of hygiene and preventing infection during first aid.

Volunteers practiced these techniques repeatedly to gain accuracy and confidence.

c) Rescue Methods

This module covered:

- Evacuation procedures for injured or trapped individuals.
- Techniques for moving victims safely without causing further injury.
- Use of improvised rescue tools and support systems.

Realistic simulations enhanced our practical understanding of rescue operations.

d) Load Shifting and Lifting Techniques

Trainees learned:

- Proper body posture and methods for lifting heavy loads.
- Techniques to handle injured persons without risking personal injury.
- Team-based load shifting during emergencies.

This session emphasized safety for both rescuers and victims.

e) Basic First Aid Skills

We were trained to provide immediate care for:

- External bleeding
- Fractures and dislocations
- Burns, wounds, and minor injuries
- Shock and unconsciousness

This component enabled volunteers to stabilize victims before professional medical help arrives.

f) CPR (Cardio Pulmonary Resuscitation) – Life-Saving Training

The CPR session was one of the most crucial and impactful parts of the training. Under expert guidance, participants learned:

- How to identify an unresponsive or non-breathing person
- The correct posture and hand placement for chest compressions
- The sequence of compression and ventilation
- Real-time practice on CPR manikins

Understanding CPR is vital, as it can significantly increase the chances of survival during cardiac arrest or drowning incidents.

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Key Learnings and Outcomes

The training proved to be highly informative, practical, and empowering. Key outcomes include:

- Enhanced disaster response capability among volunteers.
- Improved confidence in handling emergency situations.
- Ability to perform first aid, CPR, and rescue operations responsibly.
- Better understanding of team coordination, safety measures, and quick decision-making.
- Strengthened commitment towards serving the community during critical situations.

