



Sikul Himna Programme





Introduction

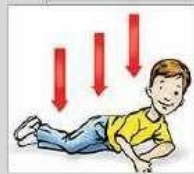
Inhmelhriattirna:

Naupangte hian an hun tam zawk chu sikulah an hmang tura beisei an ni a, an himna leh an dama tur atan sikul him hi a pawimawh hle. School hi zirlai tan hmun him tak a ni thei a, zawi zawiin an dinhmun panggaia an lo kir leh theih nan a pui thei a ni. Chuvangin sikul him nan school safety program neih pawimawh hle.

Stop.



Drop.



Roll.



FIRE

- Mei:
- **Kangmei a chhuah chuan eng nge tih tur:**
- Alarm ti ri la, principal/headmasterte hriattir rawh.
- Kangmei chhuahna hmun atang hian mi zawng zawng chhuah tir vek rawh.
- Hmanraw awmsa hmangin kangmei hi timit rawh (a him hunah chauh).
- Staff, zirlai leh tlawhtute chu bungrua lak chhuah phalsak rawh (a him hunah chauh).
- Alert chhehvela thawktu, zirlai leh tlawhtu zawng zawngte chu uluk taka chhuahtir vek tur a ni.
- Kawngkhar leh tukverh zawng zawng kha khar la, power supply kha off rawh.
- Class roll leh zirlai leh tlawhtu dangte chu kawng him atangin hmun him ruat saah a kal khawm tir rawh.
- Staff, zirlai, leh tlawhtu rualbanlo emaw, mamawh bik nei te tanpui rawh.
- Zirlaite chu pawl hrang hrangah then la, an hming chu list la chhinchhiah rawh.
- Zirlaite bulah awm la, thu neitu hnen atangin thupek dang nghak rawh.

- Event controller-in a hrilh hma loh chuan awmkhawm suh
- Lirnging:**
- ✓ Lirnging i hriat chuan eng nge i tihhmasak ber ang?
- ✓ Thu hniam la, in khuh la, chelh tlat rawh

- Cover Your Head with Something



- ❖ thlamuang takin awm rawh. In chhungah i awm a nih chuan in chhungah awm rawh. Pawn lama i awm chuan pawnah awm rawh.

- ❖ In chhungah i awm a nih chuan building lai takah bang bulah ding la, furniture rit tak tak (desk emaw table emaw) hnuaiah ding rawh.

- ❖ Tukverh leh kawngkhar atanga hla takah awm rawh.
- ❖ Pawnah i awm a nih chuan power line emaw, thil tla emaw atanga hla takah awm rawh. Building atanga hla takah awm rawh.
- ❖ nawalh, mombati, meialh eng pawh hmang suh. Gas line chhe tawh chu hal suh.
- ❖ Car-a i chuang a nih chuan motor kha titawp la, lirnging a reh hma loh chuan chutah chuan awm rawh.
- ❖ lift hmang suh.



Lirnging hnuah eng nge tih tur?

- * Nangmah leh midangte hliam i neih leh neih loh enfiah thin ang che.
- Tanpui ngaite tanpui rawh.
- Radio chu on rawh. Phone hi emergency a nih loh chuan hmang suh.
- Building chhia atanga hla takah awm rawh.
- * Glass chhe leh bawlhhlawh hlauhawm lakah fimkhur rawh.
- * I ke hliam laka ven nan boot leh pheikhawng nghet tak ha la.
- * Emergency plan emaw, a enkawltu thupek emaw zawm tur a ni.
- * Lirnging hnuah pawh aftershock a awm thei.

Thlipui/Tui lian:

- Thlipui tleh na hmunah chuan principal/headmaster ten an tualchung mite an hrilh tur a ni.
- Emergency service-te biak a, warning stage tin hnuaia thil tih tur hrang hrangte hriattir tur a ni.

Tui lian a la awm chhunzawm zel a nih chuan tualchung State Emergency Service (SES) leh Education Regional Office-ah a rang thei ang bera zawhfiah tur a ni.

- Sikul tuiin a la chim a nih chuan zirlai leh thawktute chu hmun himah sawnchhuah an ni ngei ngei tur a ni.

- A theih ang angin hmanraw man to tak tak leh mite chu tuilian laka hlat taka dah tur a ni.
- Electrical hlauhawm awm thei te chu tih tawp a nih theih nan (i.e., power supply off la) (a him a nih chauhvin).
- Midangte chu venhimna pe chungin hmun him takah an ding tur a ni.
- Tui lianah tumah luh phal suh.

Leimin:

- Hlauhawm takah i awm.
- A nghawngna hmun chu chhuahtan nghal rawh.
- Police leh fire department te call rawh.

Warning chhinchhiahna:

- School building atangin thawm a rawn
- bang leh chhuat te hniam hle.
- Building chhungah hian khi alo awm a.
- Kawngkhar leh tukverh te chu hun engemaw chen a inzawm emaw, a inkhar emaw a ni.
- Pawn lam bang te, kawngpui zau tak tak te, leh step te in atangin ati hranga.

School Team-te chanvo:

Chhياتna lo thleng thei a awm chuan ruahmanna siamin, a tul anga hma la turin School Disaster Management Committee (SDMC) din theih a ni.

1. Chhياتna laka inhrilhriatna pawl:

Chhياتna chi hrang hrang a thlen huna tih tur leh tih loh tur poster, pamphlet, leh paper hrang hrang ten kawthler pholan/tarlan nise. Mipui awareness siam nan kawngzawh buatsaih ni se.

2. Warning leh information Thehdarhtu Team:

School-in a hmachhawn tur hlauhawm awm thei chungchanga TV/radio/internet atanga update ngaihthlak reng tur, tuilian, leimin emaw, thlipui tleh emaw a nih chuan khaw awmdan ngaichang thin ang che. Emergency a awm chuan bell/siren ri emaw, vantlang information mic hmangin school hriattir tur a ni. Chhياتna laka himna tur paper/information siam.

3. Chhياتna laka chhanchhuahna Team:

Emergency atanga tlanhhuah hnuaw mipui pungkhawm theihna tur hmun zau tak ruahman lawk. Khua a chhياتna laia hmun him lova insawn a ngai a nih chuan Planning Committee chu duhthlan tur siamnaah tanpui thin ang che.

4. Chhanchhuahntu Team:

Team member te chu chhanchhuah dan training pek.

First aid pek lama thiamna neih tir.

Chhياتna a thlen hunah chhanchhuah leh zawn hna thawh dan thiam tir .

Hliam tuar awmna hmun chu first aid team hnenah report rawh.

Harsatna dang a awm chuan SDMC hnenah report rawh.

5. First Aid Team te chu:

Emergency kit te chu a kim a, a hman mek a nih leh nih loh enfiah rawh. First aid hmanrua te. Health card pawh a awm reng a ni.

Zirlai/staff-te damdawi lam an mamawh bikte hre reng la, damdawi thenkhat (ni 1-2 chhunga damdawi) chu school-ah dahkhawmin update reng reng tur a ni. Search operation neih chhung hian first aid team member te chu search and rescue team te bulah dah thin ang che.

Mimal hliam na tak tuar te chu chhanchhuak vat thin tur

6. Kangmei venhimna Team:

Kangmei venna hmanrua (kangmei titawptu, etc.) hman theih a nih leh nih loh enfiah a, staff te chu an hman dan tur zirtirna pek an nih theih nan hma la rawh. Kangmei chhuah theihna tur non-structural seismic hazards zawng zawng (e.g., chemical laboratory, cafeteria kitchen, tui lum tank) te chu hriatchhuah a, venhimna tha tak siam.

7. Site Safety Team te chu:

Planning committee, school administrator, leh district official-te nen thawhhona neiin release policy siam la, nu leh pa leh thawktute hnenah he policy hi hriattir rawh.

Luh leh chhuahna hmun zawng zawng ruat vek rawh.

8. Bus Safety Team (bus tin tan):

Zirlaite sikul kal leh haw laiin lirnghing/chhiatrupna thleng tur atana school policy kalpui.

Bus leh lirthei tlan danin bus kal a phal chuan fimkhur takin kalpui rawh.



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C

S

AFETY

NDRF



CPR tih dan

C EMS phone tur
P CPR tih tur
R Tinawn leh



tanpuina dil la,EMS hnenah hriattir rawh.



thisen kaldan,thawkna kawng leh



Pulse aa awm loh chuan i kut chu ahmundik takah dahla,CPR tan rawh.

CPR pekdan te hi chhinchhiah rawh

Puitling leh naupang

Pressure(nem) – vawi-30 (100/min)
thawkpek zat-2
nem thuk zawng -2inch



Nausen

nem zat-vawi -30 (100/min)
Thawk pek zat-2 (chhem)



EMS alo thlenhma chu CPR pek char char tur

National Disaster Response



National Disaster Response Force

mahni invent nan hmanrua latex glove ang chi hmang thin ang che.



dressing I tih hmain hliam chu sterile saline emaw tuithianghlim emaw hmangin silfai hmasa phawt ang che.

A hliamna chu hmet ping rawh

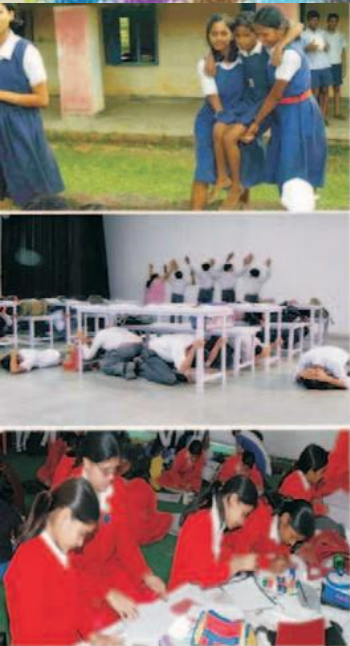


Ahliam na chu lung aia sangah chawi kang rawh.

Thisen zam ah hmehkhalh rawh.



Disinfectant hmang la, tuam rawh.



Engtin nge ka school a him ang?



HOW SAFE IS MY SCHOOL?

Engtin nge ka school a him ang?





Chhiatna awareness Ni:

Kum tin hman thina ni a, Disaster Reduction Day hian chhiatrupna thlen theihna tihziaawmna chungchangah mipui leh sorkarte chu resilience siamnaah nasa taka tel turin a fuih a ni.

National Disaster Management Authority (NDMA) leh National Institute of Disaster Management (NIDM) te chuan October 10, 2012 khan National Focus Day on 'School Safety' an buatsaih a, hei hi school hrang hranga chhiatrupna laka inbuatsaihna a ni. Disaster Management Institute Focus Day (Ram pum huapa chhiatrupna laka himna ni)



Engvangin nge sikul himna hi a pawimawh?

- Kum tin deuhthaw hian sikul naupang za tam tak chu thilsiam/mihring siam chhiatnain a tuar thin.
- 2001 Gujarat lirnghing khan zirlai 971 leh zirtirtu 31 an thi nia chhut a ni.
- Kum 2004-a Kumbakonam kangmei chhuak vangin building 1,884 a chim a, naupang 94 an thi.
- Kum 1997 khan North Delhi-a Yamuna luih bus a tla a, naupang 24 an thi a ni.
- Kum 1995-a Dabwali kangmei chhuak khan naupang 100 chuang an thi a ni.
- Hei hian structural leh non-structural intervention hmanga school vulnerability tihlem a pawimawh hle.
- Hemi kawngah hian school himna ruahmanna hian hmun pawimawh tak a chang a ni!

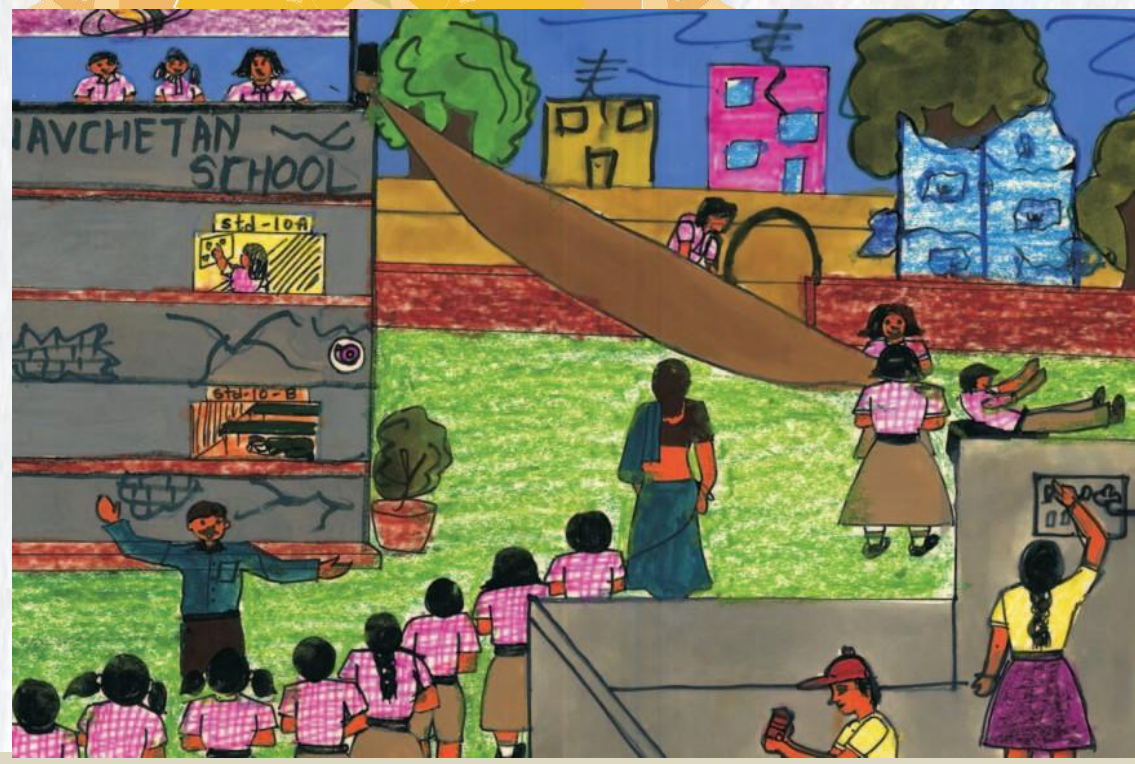
Engtiang chiahin nge Ka School hi a him?

Engtiang chiahin nge Ka School hi a him?

School himna: Thupui pawimawh tak tak

- Chhiatna laka inhrihriatna siam
- Hlahawm thei te thlirletna.
- Structural leh non-structural lama himna.
- Facility leh resource mapin siam.
- School disaster management committee leh task force hrang hrang din leh zirtir.
- Warning system hrang hrang siam.
- School map leh calendar siama, insawn dan tur ruahmanna, leh inbuatsaihna te siam.
- Mock drills neih .
- Chhiatna tawk naupangte rilru lam tanpuina pek.
- Inhlam dan azirte, mipa leh hmeichhiate ahran hran ah dah.
- School disaster management plan leh disaster risk audit te enfiah thin.

Ram puma school hrang hrangte chu thil pawimawh tak tak ngaihtuah chunga school safety plan siam turin sawma. He ruahmanna atana sikul thlan bikte chu reward pek.



School te him taka siam rawh



School himna: Thupui pawimawh tak tak

- Disaster Awareness tihpun.
- Hlauawm, mi tina thei thlahawmna te tih tlem.
- structural leh Non-Structural te chu map asiamin tarlan tur a ni.
- School Disaster Management Committee leh Task Force hrang hrang din leh zirtirna pek.
- Warning pek.

Engtik lai pawhin chhiatna a thleng thei a, chuvangin a tlai hmainsim finkhur hle ang che.

Engvangin nge School Safety hi a Pawimawh?

Kum tin naupang sang tam tak chu lirnghing, tuilian, kangmei, leh chhiatna dangte an tuar a ni.

- Kum 1995 khan Dabwali (Haryana)-ah sikul a tan a.
- Kangmei chhuak vang hian zirlai 200 vel an thi.
- Kum 2001-a Bhuj lirnghing khan zirlai 971 leh zirtirtu 31 an tih pah a ni.
- Kum 2004 khan Kumbakonam (Tamil Nadu)-ah kangmei chhuak vangin naupang 94 an thi a ni.
- Delhi khawpuia Yamuna luh bus a tla a, naupang 24 an thi.
- Kum 2004-a tsunami-ah khan zirlai leh zirtirtu sang tam tak an thi a, an hliam a, an tuar bawk.
- Kum 2007 khan Kerala-ah sikul zinnaah lawng a chesual a, zirlai 15 leh zirtirtu 3 an thi a ni.
- Hei hian structural leh non-structural intervention hmanga sikul tihchangtlun a ngai a ni.
- Vulnerability tihlem chu thil pawimawh tak a ni ta.

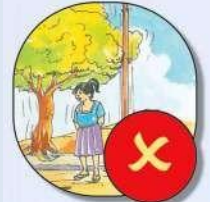
• National Disaster Response Force



Lirngching hian mihring a that lo a, engineer tel lova insak erawh chuan a that tam zawk.

Lirngching hmain:

- I awmna hmuna seismic zone zawng la, i in retrofitting (a awm chuan) teh la, Indian Standard Code of Practice (I.E.S. 1893-2002) angin i in chu lirngching laka inven theihna turin civil engineer thiam tak puihna la rawh (a chipchiar zawk chu www.bis.org.in leh www.bmtpc.org-ah a awm).
- Hmun "him" pahnih, kal awlsam tur thlang rawh. Chûngte chu dawhkan emaw, thil nghet tak hnuaiah emaw, chhûng lam bang bulah emaw Thla khatah vawi khat tal hmun himah drop, cover, leh hold practice thin ang che.
- In lamah emaw, sikulah emaw, hnathawhna hmunah emaw inkhawm/seminar buatsaih la, lirngching laka invenna pawimawh ber berte sawiho leh zir tur.
- Lirngching laiin emergency kit kha keng la. I himna leh thlamuanna atana thil tul zawng zawng ni thum daih a awm tur a ni. Tun thlengin lirngching a la ala thelng lo tih vangin thlamuang ngawt suh, thuthang diklo thehdarh suh.



Lirngching laiin:

- Ngawi rengin awm rawh! Khumah i awm a nih chuan likhamin i lu khuh la awm rawh. (Hrechiang duh tan www.imd.gov.in leh online service/network dangte ah hian en theih a ni).
- Pawnah i awm a nih chuan building, thing, streetlight leh power line atanga hla takah hmun zau tak zawng rawh. Leiah thuhniam la, a nging a reh hma loh chuan chutah chuan awm rawh.
- Lirtheiah i chuang a nih chuan hmun zau takah ding la, chutah chuan awm reng la, i seat belt kha hreng la, a nging a reh hma loh chuan. Lirngchingin a tihchhiat bridge, flyover emaw awihtlan emaw atanga hla takah awm rawh.
- Building sang takah chuan kangmei alarm leh sprinkler light a ri beisei ang che. Kangmei tenau a awm chuan chhui chiang la, timit nghal rawh. I chhuahsan a ngai a nih chuan lift hmang suh; chu ai chuan sep hmang la, hmanhmawh suh.
- Tuipei kama awm i nih chuan hmun sang zawkah insawn la, tsunami hriattirna chu ngaihsak rawh (a chipchiar zawk chu www.incois.gov.in leh www.mha.gov.in-ah a awm).



Lirngching hnuah:

- Nangmah leh midang hliam a awm leh awm loh enfiah thin ang che. Chhungte leh thianta biak nan i telephone hmang suh; damdawi lam tanpuina chauh ko rawh. Fimkhur takin kalpui la, i bula thil nghet lo awm leh awm loh enfiah rawh.
- Emergency information leh himna kaihhruaina atan radio leh television ngaithla rawh (hriat belh duh chuan www.ndma.gov.in leh www.nidm.gov.in en rawh).
- Power line tla emaw gas line chhe emaw awm leh awm loh en la, a chhiatna hmun atanga hla takah awm rawh. A nging chhonzawm zel a nih chuan aftershock a awm beisei a ni.
- Building chhia atanga hla takah awm rawh. Lirngching nasa tak hian building a tichhe lehzuat thei a, structure chak lo tak takte pawh a tichhia thei bawk.
- I bike/car chhe lai vel chu hmang suh.
- Lirngching hnuah i chhungte tlawh turin ruahmanna I siam emaw I in chhuahsan a ngai a nih chuan i kalna tur hriattir turin message la.
- A chhiatna chu zawng la, inchung, beam, column leh foundation-a achhia zawng zawng chu siam tha rawh.



बीच में क्या

• lirnghing



DCH

D-Duck: kun hniam rawh

C-Cover: in khuh rawh

H-Hold: inchelh rawh



D

Khawi hmunah pawh awmla, thuhniam la, ikutin emaw ilu leh nghawng khuh rawh.

C

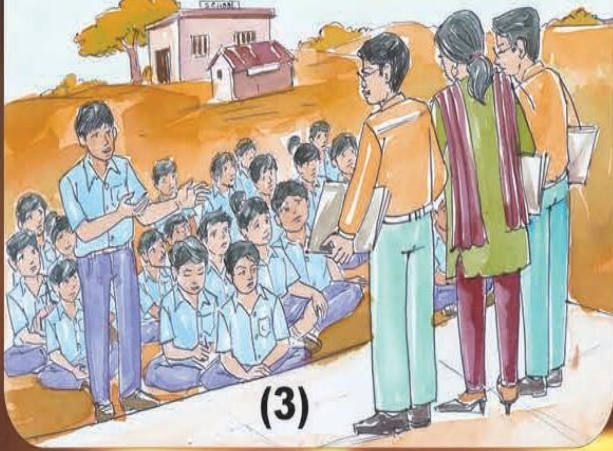
Ilu leh nghawng chu ikut hmangin khuh la, dawhkan hnuai la lut la, anih loh leh bang bulah kal rawh



H

Dawhkan ke te chu nghet takin chelh rawh, lirnghing areh hma loh chuan vuan tlat ang che.

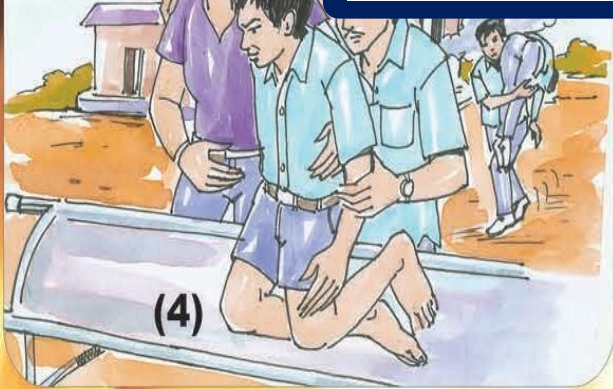
Hmunhim ruatsaah awm khawm tur



(3)

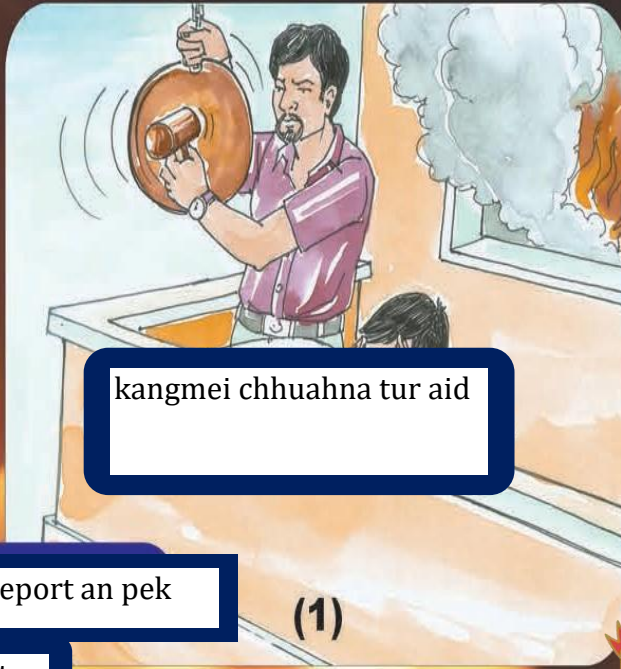
Team member ten kangthelhtu te hnena report an pek

Leh chhanchhuah hna thawhte



(4)

Inchhiarna neih

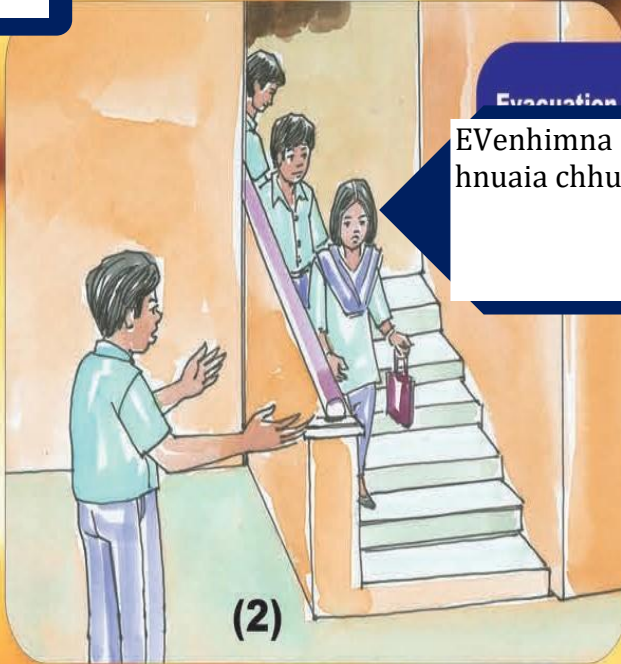


kangmei chhuahna tur aid

(1)

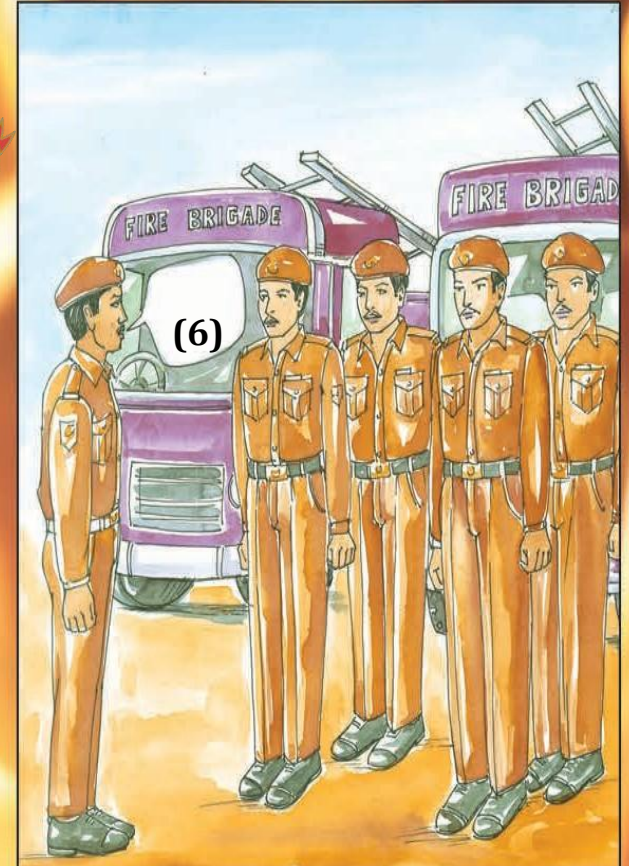


EvEnhimna hnuaiia chhuhtir



(2)

school hrang hrang te tana kangmei laka invenna drill neih



(6)

Team zawnng zawnng active vek tur

NDRF



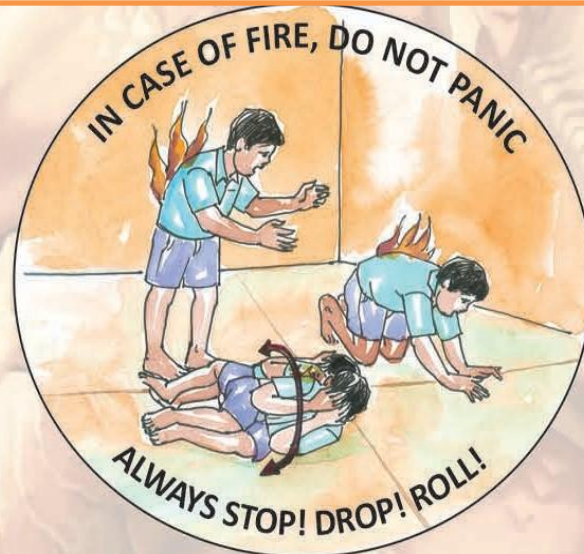
Meichhia himna leh venhimna atana thil

Invenna leh tihtur:

- Schoolah fire emergency plan siam la, mi zawng zawngin an hre ngei ngei tur a ni.
- I sikul him taka awm theih nan building regulation zawm fo ang che.
- Emergency a nih chuan fire alarm set (manual alarm system hmanga practice) leh kangmei a chhuah chuan mi zawng zawng hriattir rawh.
- Kangmei chhuaka i tlanchhuahna kawngah mit tuam chungin kal dan practice rawh.
- I tlanchhuahna tur kawng chu chiang takin vawng la, eng thil pawh tibuaitu tur a awm loh nan tifai ang che.
- Store ah thil tul lo leh kang mai thei dah suh. Cafeteria staff te kitchen-a hna an thawh naah fimkhur zual turin hrih rawh.
- Eng emergency pawh nise first aid kit inpeih reng tur a ni. First aid box chu hmun langsar takah dah rawh.
- Thil kang thei, kerosene, gas cylinder, etc. te chu zirlai te atanga hla takah dah tur a ni.
- Kangmei a chhuah chuan electrical hmanrua te pawnah la chhuak rawh.
- Hun pangngaiah chuan wiring chhe tawh leh electrical fitting chhe tawh te siamtha rawh.
- Thil hlauhawm a awm chuan i electrician hnenah hrih rawh.
- Kangmei venna hmanrua chu hnathawhna hmunah dah la, hman dan zir rawh.
- Zirlaite chu kangmei laka himna dan zirtir rawh.
- Hlauthawng lovin classroom chhuahsan la, thlamuang takin awm rawh.

Kangmei a chhuah chuan:

- Nangmah leh i thiante venghim rawh – thlamuang takin awm la, hlauthawng suh.
- Alarm ri la, mi zawng zawng hriattir rawh.
- Emergency exit hnai ber hmang rawh.
- I hnung lamah kawngkhar leh tukverh zawng zawng kha khar vek rawh.
- Step hmang la, elevator hmang suh.
- Ding suh; hmai hnuai lam hawiin i hmai khuh reng rawh.
- Thawm ri nasa tak siamin chhanchhuaktute ko rawh.



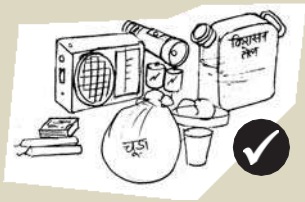
Mi pakhat a kang a nih chuan:

- Ding la, tlu la, roll bawk ang che. Mei tihmit nan leiah roll rawh.
- Fire emergency eng pawhah 101-ah fire service call nghal la, chu chu a thlawna hman theih a ni a, a hnuai mi hi hre reng ang che:
- Fire department hnena thil thleng report dawnin thlamuang takin awm rawh.
- Caller hnenah i hming leh address dik tak pe rawh.
- I contact number kha pe rawh.
- Emergency chi hrang hrang, kangmei chhuah dan leh a chhuahna chungchang hriattirna pe rawh.
- A bul hnaia landmark awmdan chungchang hriattirna pe rawh.
- A hmun thlenna tur kawng tawi ber leh awlsam ber chungchang hriattirna pe la, chu chuan kangmei ven hna thawktute chu hmun thlenna hmun thlen theihna tur leh an hnathawhna hmuna an hnathawh tur chu tha taka an thawh zawh theih nan a pui ang.
- Emergency response number leh evacuation map zawng zawng floor zawng zawngah leh hmun pawimawh takah tarlan vek tur a ni.
- Nangmah leh i thiante leh i sikul hi him takin vawng reng ang che.

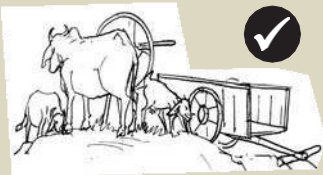
Tuilian

Tih tur

- Tuilian tuarna hmuna awm i nih chuan in sang leh nghet tak, cement hmangin sa la.
- Chhungkaw member zawng zawngin himna hmun hnai ber awmna hmun an hre vek tur a ni.
- Tui len laia in tur tui lum emaw, chlorinated emaw hmang thin ang che.



- Chaw ei tur khuh la, chaw tamlote ei rawh.
- kawthalo i neih chuan thingpui, rice soup, coconut tui in rawh
- Tuilian laia thu hriat tur te, hriattirna te, leh thupêk te i hriat duh chuan radio emaw television emaw ngaithla rawh.
- Emergency kit i bulah dah la, chutah chuan ei tur ro, tui, damdawi, mombati, nawalh, torchlight, leh Kerosene te dah rawh.
- In chhuahsan a ngai a nih chuan thawmhna leh thil hlu te chu polythene/waterproof bag-ah dah la.
- Ran, ran vulh, machinery, bawng tawlailir, leh thil pawimawh te chu hmun him takah sawn rawh.
- Tuilian/lui i pelh hmain I kalna tur chu tiangin hawlh hmasa rawh.



Tih loh tur



- Naupangte chu tuilian bulah chhuah emaw, inkhelh emaw phal suh.
- Tui thukzia i hriat chian loh chuan tuilian chu kaltlang tum suh.
- I in chhunga tuilian a luh veleh electric connection zawng zawng kha titawp nghal rawh.
- Electric hmanrua hi enfiah a nih hma chuan hmang suh.
- Tuilianin a chim ei tur/bungrua ei loh tur.
- Hlauthawng suh la, thuthang diklo awmte chu ngaihthah suh.

