



**STATE NSS CELL
DEPARTMENT OF YOUTH EMPOWERMENT AND SPORTS
GOVERNMENT OF KARNATAKA
STATE DISASTER MANAGEMENT AUTHORITY**

Under the aegis of the
**NATIONAL DISASTER MANAGEMENT AUTHORITY
MINISTRY OF HOME AFFAIRS, GOVERNMENT OF INDIA
&
NATIONAL SERVICE SCHEME
YENEPOYA (DEEMED TO BE UNIVERSITY)**

YUVA AAPADA MITRA SCHEME – TRAINING CAMP

DATE: 11/12/2025 TO 17/12/2025
YENEPOYA (DEEMED TO BE UNIVERSITY) CAMPUS DERALAKTTE MANGALORE
LECTURE HALL II, YENEPOYA MEDICAL COLLEGE
YENEPOYA (DEEMED TO BE UNIVERSITY)

**SUBMITTED BY
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NSS, PROGRAMME COORDINATOR
YENEPOYA (DEEMED TO BE UNIVERSITY)



REPORT YUVA AAPDA MITRA SCHEME – TRAINING CAMP

National Service Scheme, Yenepoya (Deemed to be University), Deralakatte, Mangalore
Organized by State NSS Cell, Department of Youth Empowerment and Sports, Government of Karnataka **In collaboration with** State Disaster Management Authority (SDMA) **Under the aegis of** National Disaster Management Authority (NDMA), Ministry of Home Affairs, Government of India **In association with** National Service Scheme (NSS), Yenepoya (Deemed to be University)

Day 1 – 11th December 2025

The YuvaAapdaMitra Scheme – Training Camp commenced on 11th December 2025 at Yenepoya (Deemed to be University), Deralakatte, Mangalore. The day began with breakfast, followed by academic sessions focused on building foundational knowledge in disaster management.



REGISTRATION

Day 1 – 11th December 2025

The first session on “**Introduction to Basic Concepts of Disaster Management**” was delivered by **Mr. Vijayakumar Pujar**, District Disaster Management Professional, District Disaster Management Authority. The session provided an overview of disaster typology, the disaster management cycle, and the roles and responsibilities of various stakeholders in disaster risk reduction and response.





This was followed by a session on **Disaster Preparedness** by **Mr.Ashwin Kumar M**, SERV Instructor and Member of the Indian Red Cross Society (IRCS), Dakshina Kannada. The session emphasized preparedness planning, early warning systems, and the importance of community-level readiness.



The **Inaugural Programme** was held during the late morning session, formally marking the opening of the training camp. The objectives of the YuvaAapda Mitra Scheme and the critical role of NSS volunteers in disaster preparedness and response were highlighted.



In the afternoon, **Dr. Rajesh C. Mishrikoti**, Deputy Director of Factories, Mangaluru, conducted a session on **Industrial and Chemical Disasters**. The session focused on industrial hazards, chemical safety measures, and standard emergency response protocols.



The day concluded with interactive discussions, enabling participants to gain a strong conceptual understanding of disaster management.

Day 2 – 12th December 2025

Day 2 commenced with a **Fitness Session** at the Yenepoya Soccer Ground, aimed at improving physical stamina, coordination, and discipline among the volunteers.

The forenoon session was conducted by the **GETHNA Team** on **Basic Search and Rescue – Lifting and Stabilizing Loads**. The session included hands-on training in victim search techniques, safe lifting methods, and stabilization of loads during rescue operations.





After lunch, the GETHNAA Team conducted an intensive practical session on **Rope Rescue Techniques and Improvised Rescue Methods**. Participants were trained in knot tying, ropehandling, anchoring, and improvised rescue techniques applicable in scenarios such as floods, landslides, and collapsed structures.

The day significantly strengthened the practical rescue skills and teamwork abilities of the participants.





Day 3 – 13th December 2025

The third day began with a morning fitness session followed by breakfast.

The forenoon session focused on **Flood, Cyclone, Tsunami, Earthquake, Landslide, and Safety Measures**, conducted by the **GETHNAA Team**. The session covered disaster-specific risks, do's and don'ts, evacuation procedures, and essential community safety measures.

In the afternoon, a **live demonstration** was conducted by the GETHNAA Team. Participants observed and practiced emergency response techniques related to various disaster scenarios, enhancing their situational awareness and response preparedness.

The sessions helped participants understand multi-hazard scenarios and appropriate response strategies.









Day 4 – 14th December 2025

Day 4 commenced with physical training in the morning, followed by academic and practical sessions.



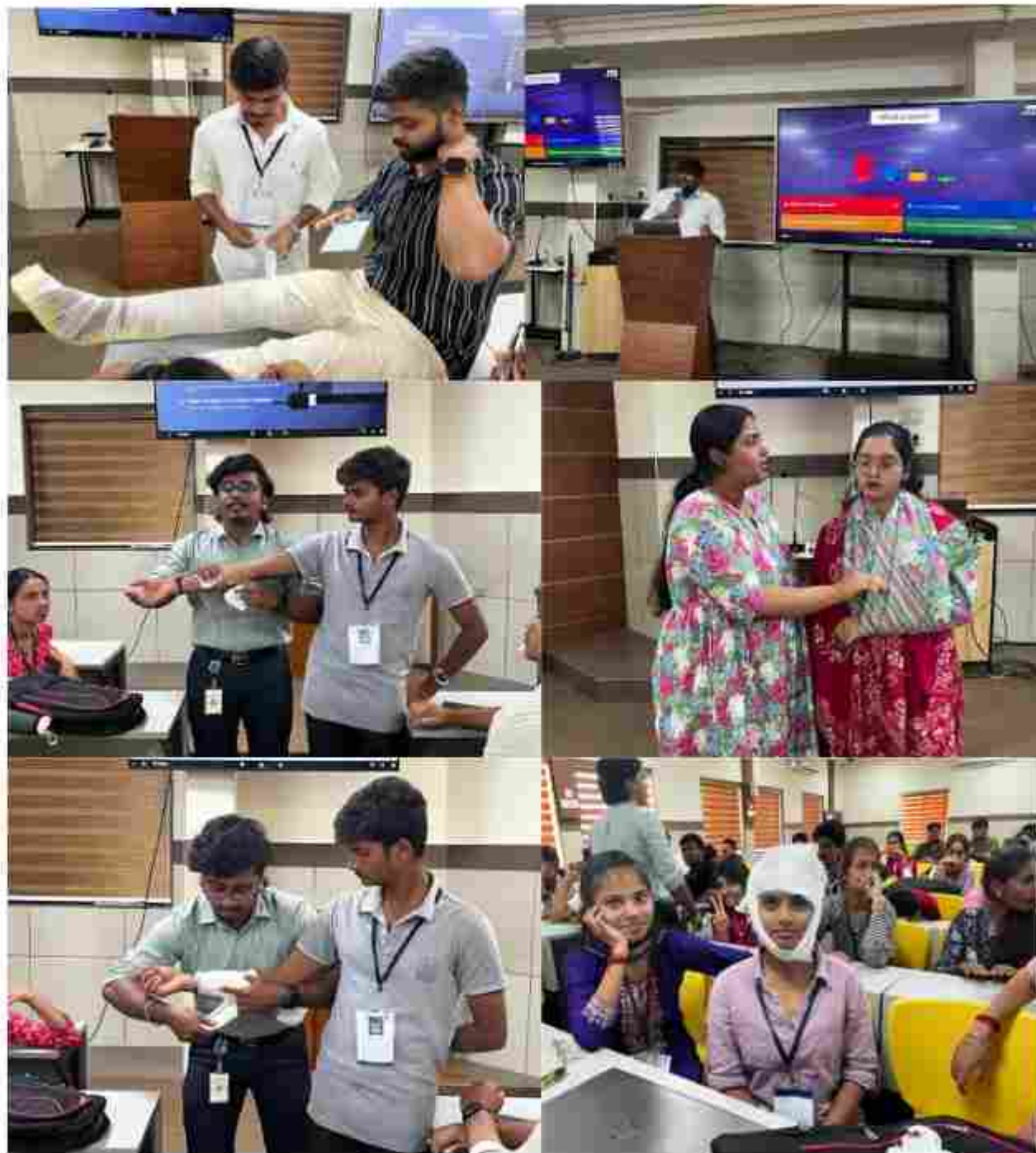
The forenoon session on **Musculoskeletal Injuries and Splinting** was conducted by the Yenepoya team.

- **Mr. Abhishek S**, Assistant Professor, covered **Musculoskeletal Injuries and Splinting**.
- **Mr. SabariRajan**, Assistant Professor, handled **Bleeding Control and Wound Care**.
- **Ms. Caroline Ashritha Maben**, Assistant Professor, addressed **Lifting and Moving Patients**.

During the session, participants were trained to **identify fractures, apply appropriate immobilization techniques, and perform proper splinting** during emergency situations.

In the afternoon, a practical session on **Lifting and Moving Patients, Control of Bleeding, and Wound Care** was conducted. This session offered **hands-on training** in essential first-aid and emergency care techniques required during **disasters and medical emergencies**.

Overall, the day focused on **strengthening first-responder medical and trauma care skills** among the volunteers.



During the training programme held on 14.12.2025, Sri AbidaGadyal, Additional Deputy Commissioner of Udupi, visited the venue and interacted with the NSS volunteers. He appreciated their enthusiasm, encouraged active involvement in community service, and emphasized the importance of youth participation in nation-building and social responsibility.



Day 5 – 15th December 2025

The day began with a fitness session followed by breakfast. The forenoon session **Mr. Mahmed Zulfikar Nawaz K P**, District Fire Officer, conducted a session on **Fire Safety**. The session covered fire prevention methods, classification of fires, usage of fire extinguishers, and evacuation procedures during fire emergencies. These sessions equipped participants with critical life-saving and fire response skills.





In the afternoon Basic Life Support (BLS) and Cardiopulmonary Resuscitation (CPR) was conducted by the Yenepoya Team. Participants received practical training on airway management, chest compressions, rescue breathing, and other life-saving techniques.





Day 6 – 16th December 2025

Day 6 commenced with the regular morning fitness session. The forenoon session on **Community-Based First Aid, Snake Bite, and Animal Bite Management** was conducted by the **Yenepoya Team**. The session focused on immediate response measures, first aid techniques, myths and facts, and referral protocol.



In the afternoon, the **Valedictory Programme** was held, marking the successful completion of the training camp. The contributions of trainers, coordinators, and participants were acknowledged. Certificates were distributed, and feedback was collected from the volunteers.







Day 7 – 17th December 2025

The final day began with a fitness session followed by breakfast. The forenoon session on **Community-Based First Aid** was conducted by the Dr.Ashwini S Shetty, NSS Programme Coordinator, Yenepoya (Deemed to be University).





A **Feedback Analysis Session** was conducted, during which participants shared their learning experiences, suggestions, and overall feedback on the training programme.



Conclusion

The YuvaAapdaMitra Scheme – Training Camp conducted from 11th to 17th December 2025 successfully trained NSS volunteers in disaster preparedness, response, first aid, and rescue operations. The structured day-wise training enhanced the physical fitness, technical knowledge, and practical skills of the participants, enabling them to serve as effective and responsible disaster response volunteers within their communities.