

**Training of Trainers on Community Based Disaster Risk Management**  
**Islamabad**  
**23<sup>rd</sup> - 26<sup>th</sup> November 2021**



**PAKISTAN RESILIENCE PARTNERSHIP (PRP)**

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## Introduction

Pakistan has witnessed number of major disasters since its independence, including floods, drought, landslides, cyclones, river and sea erosion, and earthquakes. In fact, Pakistan is the fifth most earthquake-prone country in the world. Pakistan is also exposed to human-induced hazards such as environmental pollution, fires and progressive environmental degradation due to industrial development and expansion across the country.

Top-down approaches - typically led by governments and NGOs - often treat disasters as isolated events and draw on external experts and expensive or inaccessible resources. This can undermine local knowledge. However, community based disaster risk management (CBDRM) can avoid this, as it is a way of analyzing and implementing DRM that comes from, and is organized by, local communities. The rise of CBDRM has contributed to a shift towards viewing disasters as interconnected with each other and with socio-economic challenges, and to considering pre-emptive actions that address the root causes of vulnerabilities.

Research indicates that bottom-up disaster risk management (DRM) enables communities to have a say in building appropriate resilience mechanisms. This can only be effective if CBDRM is founded on an understanding of the complexities of vulnerability, and the interdependencies of the risks that cause it. Encouraging young people's participation in CBDRM can be a source of strength instead vulnerability, as they may positively impact the social, economic and institutional resilience of entire population. Securing reliable, long-term support from governments in DRM remains a key challenge, as does making CBDRM a priority of both national and international policy, and maintaining momentum for DRM at community level. Analysis also shows that further work is still needed to ensure that the most excluded and critically vulnerable communities can be prioritized. Moreover, disasters highlight the prevalence of deprivation and inequality. Development agendas tackling poverty have emphasized that CBDRM approaches are central to lifting, and keeping, populations out of poverty which prevents disasters. Community resilience through CBDRM is therefore important in encouraging stronger, more effective ways for individuals, families and communities to deal with disasters. CBDRM has also been recognized as a key component in countering the disproportionately negative effects of disasters on women and children.

In order to build the capacity of humanitarian actors, PRP organized a four-day training of trainers (TOT) on **"Community Based Disaster Risk Management (CBDRM)"** from 23<sup>rd</sup> to 26<sup>th</sup> November, 2021 at Islamabad. The initiative was implemented under the program titled **"Strengthen the capacity of at risk-communities to prepare for, respond to, and recover from disasters through locally-led actions in selected high-risk countries of Asia"**. The project is funded by Bill and Malinda Gate Foundation (BMGF) and being

**implemented by Asian Disaster Preparedness Center (ADPC) through Asian Preparedness Partnership (APP) and Pakistan Resilience Partnership (PRP) formed at country level.**

### **Course Objectives**

The objectives of the trainings were as follows: -

- a. To know the basic concepts related to DRM and community based disaster risk management.
- b. To know Pakistan's disaster history, DM structure and global/ national commitments of Pakistan for DRM.
- c. To familiarize the participants with hazard, vulnerability and risk assessment with inclusion consideration of vulnerable groups.
- d. To train participants with the process of developing DRM Plans at village, union council and district level and its linkage with the Government annual development plan.
- e. To understand the process of community based response during disasters including preparedness planning, response, response monitoring, evacuation process, multi-hazard EW mechanisms.
- f. Impart communication and facilitation skills to the participants

### **Course Outputs**

The training was geared-up towards following key outputs: -

- a. Improved understanding about the basic concepts related to DRM; e.g. disaster, hazard, vulnerability, capacity, disaster risk, disaster risk assessment and DRR.
- b. Understand the key challenges and possible consideration of facilitating meaningful participation of different vulnerable groups in different activities.
- c. Understand the barriers to inclusion and issues that hinder the meaningful participation of different groups in the overall process.
- d. Understand the factors that can stimulate the mainstreaming of different vulnerable groups at different levels.
- e. Understanding on key considerations to monitor the process of inclusion in CBDRM activities and help in monitoring and reporting inclusion at different levels.
- f. Understanding to develop DRM Plan at village, union council & district level and its linkage with the Government annual development plan
- g. Purpose & objectives of preparedness plan.
- h. Roles and responsibilities of DMTs in pre, during and post disaster phase.
- i. Concept of response and activities undertaken during response phase.
- j. Concept of Monitoring and Evaluation in terms of DRM
- k. Evacuation and roles and responsibilities of various groups

- l. Community based multi-hazard early warning and dissemination mechanisms
- m. Mainstreaming disaster risk reduction into development process

### Targeted Participants

Participants of the training included staff members from departments/ organizations associated with PRP such as Disaster Management Authorities (DMAs), Civil Society Organizations (CSOs), Punjab Emergency Services Department (Rescue 1122), Pakistan Red Crescent Society (PRCS), private sector and other stakeholders like Pakistan Girl Guided Association, Pakistan Boy Scouts etc. The training was attended by 28 participants. List of participants is attached at Annex "A". Following is the summary of participation: -

Department/Organization	Participants		Total
	Male	Female	
NDMA, PDMAs and DDMA's	6	0	6
PRCS	1	2	3
Punjab Emergency Services Departments	5	1	6
Local NGOs/ CSO	5	2	7
Private sector	0	2	2
Pakistan Girls Guides Association	1	2	3
Pakistan Boy Scouts	1	0	1
<b>Total</b>	<b>19</b>	<b>9</b>	<b>28</b>

### Training Schedule/Activities

Following was the schedule of the training activities: -

Time	Session
<b>Day 1 : Tuesday, 23<sup>rd</sup> Nov 2021</b>	
0900 - 1000	Inaugural session and overview of the training
1000 - 1030	Participants introduction, pre-training assessment and setting ground rules
1030 - 1100	Refreshment
1100 - 1200	<b>Session 1:</b> DRM and CBDRM - An overview, basic concept of CBDRM and history of disasters in Pakistan
1200 - 1300	<b>Session 2:</b> Key DRM concept and terms
1300 - 1330	<b>Session 3:</b> Pakistan's disaster management structure
1330 - 1430	Lunch & prayer break
14 30 -1530	<b>Session 4:</b> Global and national commitments of Pakistan for DRR
1530 - 1600	<b>Session 5:</b> Introduction to risk assessment
1600 - 1700	<b>Session 6:</b> Hazard assessment
<b>Day 2 : Wednesday, 24<sup>th</sup> Nov 2021</b>	
0900 - 1030	<b>Session 7:</b> Vulnerability and capacity assessment
1030 - 1100	Tea Break
1100 - 1200	<b>Session 8:</b> Inclusion consideration for vulnerable groups in assessment process and community based disaster risk management
1200 - 1330	<b>Session 9:</b> Risk assessment group work/field work
1330 - 1430	Lunch & prayer break

1340 - 1500	<b>Session 10:</b> Disaster risk management planning - An overview
1500 - 1600	<b>Session 11:</b> Developing a DRM Plan at village, union council & district level and its linkage with the Government annual development plan
1600 -1700	<b>Session 12:</b> Community based mitigation measures and resource mobilization
<b>Day 3 : Thursday 25<sup>th</sup> Nov 2021</b>	
0900 - 1030	<b>Session 13:</b> Community based preparedness plan
1030 - 1100	Tea Break
1100 - 1200	<b>Session 14:</b> Community based disaster response and M&E
1200 - 1330	<b>Session 15:</b> Evacuation and roles and responsibilities of various groups
1330 - 1430	Lunch & prayer break
1430 - 1630	<b>Session 16:</b> Community based multi-hazard early warning and dissemination mechanisms
1630 - 1700	<b>Session 17:</b> Mainstreaming disaster risk reduction into development process
<b>DAY 4 : Friday 26<sup>th</sup> Nov 2021</b>	
0900 - 1200	<b>Session 18: Communication and Facilitation skills</b>
1200 - 1300	Training evaluation, closing and certificate distribution

### Facilitators/Resource Persons and Specialization

Following resource persons were engaged for conduct of the training: -

- Mr. Rizwan Baig, Freelance consultant DRM practitioner
- Dr. Aasim, Freelance consultant DRM practitioner
- Syeda Roshan Bukhari, Freelance consultant DRM practitioner

### Logistical Arrangements

All logistical arrangements for the training event were arranged by the National Humanitarian Network (NHN). Arrangement and preparations for the training, request for funding support from SPO, invitation to resource persons/ facilitators and participants were also engaged by the NHN.

### Proceedings of the Training

#### Day 1

#### Inaugural Session

The proceedings of the course commenced with the recitation of Holy Quran followed by welcome note by Mr. Sajid Naeem, Country Representative ADPC. He welcomed and thanked all the participants for taking time out of their busy schedules to attend the training. Mr. Muhammad Amad, NHN Chair, in his opening remarks welcomed the participants and thanked PRP and ADPC for organizing and conducting the training. The training overview was given by Mr. Sajid Naeem explaining the purpose,





objective and expected outputs of the training. He also gave a rundown of the scheduled sessions/ activities for the four- days training of trainers.

### Training Sessions

#### Module 1 - Introduction to DRM and CBDRM: Sessions 1 - 4

The sessions were conducted by Mr. Rizwan Baig. During the initial sessions he emphasized the concept of Disaster risk management and community based disaster risk management, basic concept of community based disaster risk management and history of disasters in Pakistan, key disaster risk management concept and terms and Pakistan's disaster management structure. He explained about the definitions and basic terminologies related to CBDRM.

#### Module 2 - Risk Assessment: Sessions 5 & 6

This sessions aimed to enhance the participants' skills, knowledge and attitude in community based disaster risk management. Participants were described about the disaster management experiences in the community and related them to the Pakistan disaster situation.



### Day 2

### Training Sessions

#### Module 2 - Risk Assessment: Sessions 7, 8 & 9

The purpose of HVCAs is multi-fold: to identify groups who are vulnerable; to identify the factors that make them vulnerable and how they are affected; to assess their needs and capacities; and to ensure that projects, programs and policies address these needs. HVCA is used as a diagnostic tool, a planning tool and a tool for empowering, mobilising and listening to vulnerable populations.

Participants were briefed that HCVA is an integral part of disaster preparedness and contributes to the creation of community-based disaster preparedness plans and programmes at the rural and urban grassroots level. It was further briefed that the purpose of HVCA is to help community to make risk aware choices to address vulnerabilities, mitigate hazards and prepare for response to and recovery from hazard events. It is

one of the planning tools and at the community level it emphasizes people's perception of their problems, needs and probable solutions in designing action plans.

Participants were given a scenario to respond the flood emergency situation and later reflect on the composition of Disaster Management Team (DMT) officials, roles and responsibilities, committees and their functions, strong and weak points of the response and how can they improve the emergency response.

Through group activity, participants developed the roles and responsibilities of various DMTs before, during and after emergency situation.

- a. Early warning team
- b. Shelter Team
- c. Search, Rescue & Evacuation Team
- d. First Aid Team
- e. Sanitation Team
- f. Relief Team



### **Module 3 - DRM Planning: Sessions 10, 11 & 12 DRM Planning and resource mobilization**

This was an interactive session conducted by Mr. Rizwan Baig using power point presentation and group work following by presentations by the participants. The session was designed to capacitate the participants' knowledge and understanding about disaster risk management planning, developing DRM plans at village, union council, district and provincial levels while considering linkages with government's annual development plans. Furthermore, participants were capacitated about community based mitigation measures and resource mobilization.



## Day 3

### Training Sessions

#### Module 4 - Community Based Disaster Response: Sessions 13, 14 & 15

Participants were also briefed about the complaint and response mechanism/ feedback mechanism. The purpose for establishing a complaint response mechanism is that Communities & beneficiaries have right to complaint/ register concerns, communities may Report corruption, favoritism, exploitation of vulnerable groups and community members may give suggestions, opinion and provide feedback on program interventions. Participants were told about various type and mechanisms to register complaints.

Following this, participants were briefed about the basic concepts of monitoring and evaluation, aimed to improve the quality of interventions and provide timely information to program staff and senior management to make critical and strategic decisions regarding program interventions. They were also about the qualitative and quantitative methods of data collection for monitoring and evaluation purposes. Furthermore, concept of participatory monitoring and evaluation was discussed. Participants were briefed that Participatory monitoring and evaluation (PME) involves the local community, development agencies, NGO's, local authorities, community members, and other stakeholders in measuring the progress made, and identifying necessary follow-up actions. Harmony among all the groups in Participatory monitoring and evaluation is an important factor for success.

At the end of the session, participants were told about the evacuation process and procedure, means of communication, actions required during evacuation, evacuation tools and methodologies, camp management, standards for camp management and relevant legal framework, policies and guidelines.

#### Module 4 - Community Based Disaster Response: Sessions 16 & 17

This was an interactive session. Participants were briefed about the early warning system and evacuation procedures. Participants were briefed about the channels and means of communication at various levels such as metrological department, and the process that messages are conveyed from national to provincial and district levels. It was further discussed that early warning System is integral part of DRM planning. Roles and responsibilities of all stakeholders are needed to be delineated and reflected in the DRM plan for the operationalization of an effective early warning system. Participants were told that Community Based Early Warning Systems (CBEWS) seek ways to help communities use local resources and capacities effectively to better prepare for and



respond to disasters and adopt measures to reduce their vulnerability. CBEWS as a major element of DRR/M is one among the nine minimum characteristics for a disaster resilient community.

#### Day 4

#### Training Sessions

##### Module 5 - Communication and Facilitation Skills: Sessions 81

During the session a detailed presentation on was delivered by Mr. Rizwan Baig about communication and facilitation skills. The facilitator described the participants about the adult learner characteristics, teaching strategies for adult learners, different teaching styles, facilitator's role and effective and ineffective traits of facilitator. Participants were told about the Characteristics of adult learners such as Problem-centered approach, results-oriented having specific results in mind, self-directed typically not dependent on others for direction, often skeptical about new information; prefer to try it out before accepting it and Seek education that relates or applies directly to their perceived needs, that is timely and appropriate for their current lives. Participants were also told the techniques and approaches those may be adopted to engage participants. Through presentation and interactive session, participants were told about some of the techniques such as Creative participatory learning situations, use variety of presentation styles, media, exercises, and activities to keep interest, change pace/activity after 30 min, change location of seating arrangement and Use examples that relates to the participants' jobs/nature.

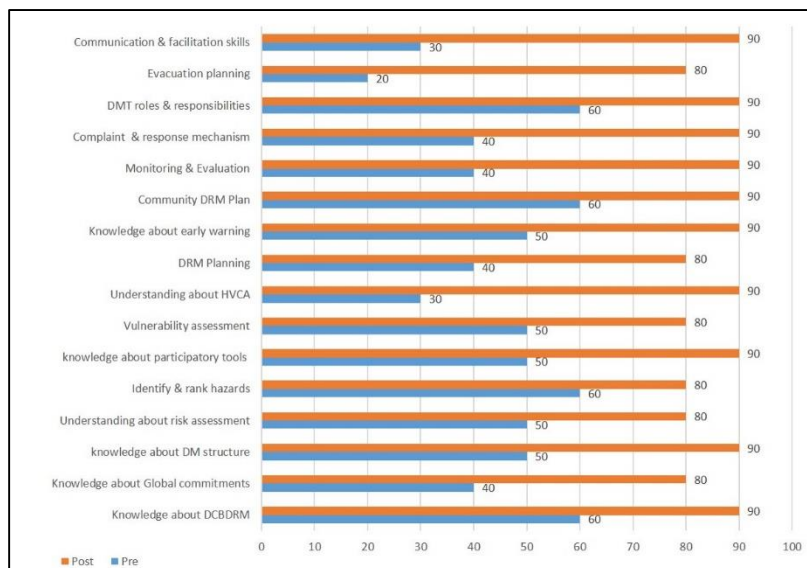
#### Course Evaluation/Feedback

The participants were asked to fill-in the evaluation form and give their feedback on various aspects of the training/exercise. The table below shows the overall rating of the training, provided by the 31 participants who filled in the evaluation forms.

Questions Asked	Strongly agree	Agree Somewhat	No Opinion	Disagree Somewhat	Strongly Disagree
Training met my expectations	54%	46%	-	-	-
Attainment of objectives	30%	58%	12%	-	-
Methodologies used	35%	46%	19%	-	-
Material and presentation used	35%	61%	4%	-	-
Content of the training	42%	54%	4%	-	-
Resource persons/facilitators knowledge	38%	54%	4%	4%	-
Balance between theory and exercise	30%	54%	12%	4%	-
Group works were appropriate and sufficient	27%	61%	8%	4%	-
Venue facilities and services	39%	39%	19%	4%	-
Duration of the training	38%	46%	4%	4%	8%

## Pre and Post Training Assessment

Participants were asked to fill pre and post training assessment evaluation forms. Various statements were drafted those were covered in the training program. As per the pre and post training assessment evaluation form, participant's level of knowledge had been significantly improved. Participants' knowledge about CBDRM, understanding about risk assessment, vulnerability assessment, DRM planning, early warning, monitoring & evaluation, early warning and evacuation substantially enhanced in result of the training. Following is the summary of pre and post training assessment: -



## Closing Ceremony and Certificates Distribution

Mr. Sajid Naeem, as chief guest of the closing ceremony thanked the participants for their participation and valuable contribution during the training. He appreciated the NHN team for organizing training workshop on such an important theme. Moreover, he emphasized the need of authentic data for informed decision making and planning/ executing quality humanitarian programmes. Mr. Muhammad Amad, Chair NHN on behalf of PRP thanked the chief guest, ADPC and NHN team, trainers and all participants. In the end Mr. Sajid Naeem distributed certificates among the participants.





**Participant's Group Photo**

**List of the Participants**

Ser	Name	Gender	Designation	Organization	E-mail	Phone
<b>Government</b>						
1.	Naveed Ahmed	Male	AAO	PDMA (Balochistan)	naveed_langove@hotmail.com	0333-7908244
2.	Abdul Hakim	Male	AD	PDMA (KP)	abdulhakim@hotmail.com	0334-9127058
3.	Taimur Ali	Male	Media Coordinator	PDMA (KP)	m.cparrsa@pdma.gov.pk	0346-4081890
4.	Altaf Qureshi	Male	DD (Ops)	PDMA(Sindh)	altafqureshi@gmail.com	0321-2420678
5.	Syed Shahid Akbar	Male	AD	SDMA	shahidakbar116@gmail.com	0334-5251738
6.	Ali Zafar	Male	Comm and Logistic Officer	SDMA	alizafar3999@gmail.com	0334-5701593
7.	Fozia Mehnaz	Female	Assistant Project	PRCS	foziamehnaz93@gmail.com	0333-5942451
8.	Nimra Kiyani	Female	Volunteer	PRCS	nimrakayani16@gmail.com	0334-5595774
9.	Waqar Ul Hassan	Male	Volunteer	PRCS	waqarpara@gmail.com	0303-8356245
10.	Ansar Ali	Male	Senior Instructor Safety	Rescue-1122	ansarali44@gmail.com	0333-6373829
11.	Muhammad Asif Yaqoob	Male	Instructor	Rescue-1122	asifyaqoob1122@gmail.com	0341-6606756
12.	Rabia Khalil	Female	RSO	Rescue-1122	rabia.khalilbhatti@gmail.com	0332-7044007
13.	Wyclife Uzziah	Male	RSO	Rescue-1122	wyclifeuzziah@gmail.com	0300-7798132
14.	Zahid Khan	Male	RSO	Rescue-1122	Zahid_597@yahoo.com	0333-3781122
15.	Muhammad Arshad	Male	RSO	Rescue-1122	2243300khan@gmail.com	0301-2243300
16.	Zahra Sehar	Female	Trainer	Pakistan Girls Guide	zahrasehar.m@gmail.com	0336-0582776
17.	Faryal Yousafzai	Female	Trainer	Pakistan Girls Guide	hrzzaq26@gmail.com	0331-5273953
18.	Haseeb Ahmed	Male	Office Security	Pakistan Girls Guide	hrzzaq26@gmail.com	0334-5394204
19.	Majeed Hussain	Male	Volunteer	Pakistan Boys Scout	majeedalizai@gmail.com	0348-0486796
<b>Private Sector</b>						
20	Noreen Tariq	Female	Member	RWCCI	noreen_tariq.rwcci@gmail.com	0300-8337701
21	Samina Salam	Female	Member	RWCCI	samina_salam.rwcci@gmail.com	0300-2181466
<b>Local NGOs</b>						
22	Aini Tahir	Female	Chairperson	Dharti Development	dhartifkhp@gmail.com	0300-3514216
23	Jehanger Khan	Male	CEO	SDO	sdo.ceo@gmail.com	0345-1006990
24	Raja Afaq	Male	CEO	MPAP	afaqrj777@gmail.com	0346-5087411



25	Rasheed Shah	Male	ED	SMAAJ	smaajpk@gmail.com	0300-8380350
26	Munaza Hashmi	Female	ED	NHN-Punjab Chair	ehd.pk07@gmail.com	0321-7186789
27	Hamza Tariq	Male	Program Manager	Help in Need	hamza@helpinneed.org	0321-9849340
28	Waseem Niaz	Male	Program Officer	Help in Need	waseem@helpinneed.org	0300-4259432