# ASSAM DOWNTOWN UNIVERSITY

# Assignment - 4

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# 1. Differentiate between short-term and long-term coping strategies in disaster management.

**Short-term coping strategies**

- Immediate actions taken **during or right after** a disaster.

- Aim: **Survival and basic safety**.

**Examples:**

- Evacuating to a safer place

- Using emergency food/water supplies

- Calling rescue services

**Long-term coping strategies**

- Actions taken **weeks, months, or years after** the disaster.

- Aim: **Recovery, rebuilding, and future risk reduction**.

**Examples:**

- Rebuilding homes with safer designs

- Mental health counselling

- Restoring livelihood (jobs, farming, shops)

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## 2. List the essential components of a personal survival kit during a disaster.

A good personal survival kit includes:

- Drinking **water** (at least 2–3 litres)

- **Dry food** or energy bars

- **First-aid kit**

- **Flashlight** with extra batteries

- **Power bank**

- **Whistle** for signalling

- **Basic medicines**

- Important **documents** (ID, ATM card)

- **Multipurpose tool**

- **Blanket** or emergency thermal sheet

- **Sanitizer**, masks, toiletries

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## 3. What role does mass media play in dispelling misinformation during a disaster?

Mass media plays a **critical role** by:

- Spreading **verified information** quickly

- Correcting **rumors and fake news**

- Broadcasting **government alerts** (cyclone warnings, evacuation routes)

- Providing **live updates** on rescue operations

- Educating people about **safety measures**

- Helping reduce **panic and confusion**

Example: During floods or cyclones, TV and radio updates guide people to safe shelters.

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# 4. Explain the key differences between individual and community-based coping strategies with suitable examples.

### Individual coping

- Actions taken **personally** by individuals or families.

- Focus on **self-preparedness** and emotional adjustment.

**Examples:**

- Storing food and water

- Learning first aid

- Managing stress or trauma individually

### Community-based coping

- Collective strategies involving **group participation**.

- Focus on **coordination, cooperation, and shared resources**.

**Examples:**

- Community shelters

- Village disaster committees

- Joint rescue and relief efforts

Community-based strategies are more effective because disasters impact **everyone**, not just individuals.

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# 5. Discuss the changing paradigms in disaster management from relief-centric approaches to resilience-building approaches.

### Old approach: Relief-centric

- Focused mainly on **post-disaster response**.

- Provided food, shelters, and medicines **after damage** was done.

- Reactive, not preventive.

### Modern approach: Resilience-building

- Focuses on **prevention, preparedness, and reducing risks before disasters happen**.

- Encourages communities to become **self-reliant and strong**.

**Examples:**

- Earthquake-resistant buildings

- Flood-resistant crop varieties

- Community preparedness drills

This shift reduces losses and helps communities **bounce back faster**.

# 6. Highlight the importance of government and NGO interventions in enhancing coping capacity post-disaster.

**Government interventions:**

- Provides **relief funds**, shelters, food, medical support

- Restores roads, electricity, communication

- Coordinates large-scale rescue missions

**NGO interventions:**

- Offers **counselling**, rehabilitation, livelihood support

- Mobilizes volunteers

- Works directly at community level

Together, they help victims **recover faster**, rebuild lives, and regain confidence.

# 7. Critically examine the role of psychological, sociological, and cultural coping mechanisms in community recovery.

**Psychological coping**

- Helps people overcome **fear, trauma, grief**.

- Includes counselling, therapy, emotional support.

### Sociological coping

- Uses **social networks** like families, friends, community groups.

- Encourages sharing, cooperation, and unity.

### Cultural coping

- Traditions, prayers, rituals, festivals help people **emotionally heal**.

- Encourages hope and collective strength.

All three mechanisms help people regain **mental stability**, social connection, and a sense of normal life.

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# 8. Describe the key elements of an Industrial Safety Plan and evaluate the importance of safety norms (OSHA, ISO, NDMA).

### Key elements of an Industrial Safety Plan

- Hazard identification

- Safety training for workers

- Emergency response plan

- Proper storage of chemicals

- Fire safety systems

- Regular safety audits

### Importance of safety norms:

**OSHA (Occupational Safety and Health Administration):**
 Protects workers' health and safety in industries.

**ISO (International Organization for Standardization):**
 Sets global standards for industrial quality and safety.

**NDMA guidelines (India):**
 Provides rules for managing industrial disasters like gas leaks, explosions.

These norms help prevent accidents and ensure **safer workplaces**.

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# 9. Discuss the evolution of international disaster management frameworks—Hyogo Framework and Sendai Framework.

### Hyogo Framework for Action (2005–2015)

- First global blueprint for disaster risk reduction

- Focused on building national policies, early warning systems, and preparedness

- Goal: **Reduce disaster losses**

### Sendai Framework (2015–2030)

- More advanced and community-focused

- Emphasizes understanding risk, investing in resilience, and preparedness

- Encourages countries to involve communities and use technology

Sendai is considered stronger because it focuses on **prevention**, not just response.

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# 10. Evaluate the role of technology and education in enhancing disaster coping mechanisms.

### Technology

● **Mobile apps:** give alerts, safety tips, evacuation maps

● **Drones:** help in search, rescue, and assessing damage

● **GIS & satellite images:** help map flood or cyclone paths

● **Social media:** spreads awareness fast

### Education

● Teaches people how to **respond calmly**

● School drills, community training

● Awareness programs reduce panic

**Example:**
 Apps like "NDMA Disaster Alert", drones used in Uttarakhand floods, and mock drills in schools improve preparedness.