



# NDMA INSIGHTS



Towards a Disaster Resilient Pakistan

# JANUARY 2024

*News Letter*



# NDMA INSIGHTS

**NDMA Newsletter**  
**January 2024**

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# NDMA INSIGHTS

## Chairman's Message



Pakistan is a land of awe-inspiring landscapes and vibrant cultures, but it also faces a unique set of challenges. It stands at a crossroads in a battle against natural disasters, leaving communities vulnerable, causing immense economic and human costs for a couple of decades. With the ever-present threat of heavy rains, glacial melt followed by floods, earthquakes, heatwaves, low precipitation leading to drought, the need for proactive strategies has never been greater.

With transformation of National Emergencies Operation Center (NEOC) in 2023, NDMA's approach goes beyond simply reacting to disasters. It emphasizes anticipatory actions, a proactive strategy that focuses on understanding risks, developing mitigation plans, and building preparedness at all levels.

NDMA's plans for year 2024 represent a comprehensive and forward-thinking approach to building a disaster resilient Pakistan. By focusing on preparedness, community empowerment, early warning systems through technological advancements, and international collaboration, NDMA is paving the way for a future where vulnerable communities are better equipped to face the challenges of natural disasters and build a more secure and prosperous future with anticipatory actions.

This collaborative approach incorporating provincial/district disaster management authorities, local/global partners and academia specifically will equip communities to proactively address and mitigate potential hazards, ultimately strengthening their preparedness and resilience in the face of disaster.

The road ahead is long, but with continued commitment and collaboration, We as a nation can ensure that Pakistan is not just surviving disasters but thriving in the face of calamities. By building a culture of preparedness and resilience, Pakistan can emerge from the shadows of vulnerability and step into a future of hope and security.

# NDMA Pakistan Assumes INSARAG Regional Chairmanship for Asia Pacific 2024

## Towards a Disaster Resilient Pakistan

Pakistan took over the role of INSARAG's Asia-Pacific Chair for 2024 from New Zealand, improving global disaster coordination and marking a significant stride in global disaster response coordination.

As the newly appointed Regional Chair, Chairman NDMA was represented by Raza Iqbal, Executive Director Plans, NDMA, who on behalf of the Chair, pledged to foster international collaboration and enhance disaster response capabilities across the Asia-Pacific region. NDMA Pakistan presented an outline of planned activities to enhance its disaster response capabilities, including 1st International Rescue Challenge (Lahore), Asia-Pacific Earthquake Response Exercise (Lahore) and Asia-Pacific Regional Meeting (Islamabad).

NDMA looked forward to a fruitful year marked by resilience, cooperation and shared expertise within the INSARAG community.



The infographic banner features the logos of the Government of Pakistan, NDMA, and INSARAG. It includes the following text:

**Pakistan Assumes INSARAG Regional Chairmanship for Asia Pacific 2024**

- Pakistan aims for a proactive and collaborative approach to tackle dynamic disaster response challenges.
- Pakistan took the helm of INSARAG as the Regional Chair of Asia Pacific for 2024. In an official handover ceremony New Zealand gracefully transferred regional chairmanship to NDMA, Pakistan.
- International Search and Rescue Advisory Group, a United Nations global network, is committed to improving international coordination in urban search and rescue operations.

Social media handles: @ndmapk, @NdmaPk, @ndma\_pk, @ndmapakistan



# NDMA spearheads and dispatches two tranches of humanitarian assistance for the people of Gaza

NDMA coordinated and dispatched two tranches of humanitarian assistance with the support of Pakistan Air Force and NGOs through PAF IL-78 flights consisting of 20 tons each on 1st and 13th of January respectively. 1st tranche was landed at El Arish airport, Egypt whereas 2nd consignment was handed over to Royal Jordanian Airforce for further delivery/air dropped in Gaza. So far, Pakistan has successfully delivered 221 tons of humanitarian assistance to Gaza which will be continued in the future.





# Humanitarian assistance for people of Gaza

Government of Pakistan/NDMA's sent winterised tents have set up in war-ravaged Gaza. NDMA has dispatched three tranches of aid including more 1000 tents, 4000 blankets, 63 Tons of food, 20 Tons of medicine and 30 Tons of hygiene and baby supplies. Pakistan stands in solidarity with Palestinian people and will continue to support them



# NDMA Organises Workshop on Resilient Urban Planning in Climate Extremes held from January 23-24, 2024 at Karachi

In collaboration with PDMA Sindh and UN-HABITAT, NDMA's NIDM, successfully hosted a two-day workshop in Karachi, titled "Resilient Urban Planning in Climate Extremes," from January 23-24, 2024. The event was inaugurated by Mr. Tanveer Piracha, Chief Coordinator of NIDM, and was attended by various stakeholders, including government bodies, UN agencies, NGOs, academia, and disaster management authorities.

The workshop's core objective was to enhance the understanding of resilient urban planning strategies amidst climate extremes. Key topics covered include risk-sensitive spatial planning, climate change adaptation, community participation and technology integration in urban planning.





# NDMA's Gender & Child Cell Granted Membership of IAWG (Inter-Agency Working Group on Sexual and Reproductive Health) Steering Committee

NDMA's Gender and Child Cell has joined the (Inter-Agency Working Group on Sexual and Reproductive Health) Steering Committee on 24th January, 2024. IAWG is a global coalition of organizations that work together to promote sexual & reproductive health & rights in Humanitarian Settings.



Inter-Agency Working Group on  
Reproductive Health in Crises

This is a great opportunity for NDMA's Gender & Child Cell to collaborate with other members of IAWG to share best practices & contribute to global efforts to improve health issues. We look forward to working with our partners & stakeholders to achieve our common goals.





# STRATEGIC ENGAGEMENTS



NDMA organized a briefing for Federal Secretaries of prominent Ministries, highlighting the state-of-the-art National Emergencies Operation Center (NEOC). The session demonstrated NEOC's capabilities in delivering early warning systems, proactive preparedness, global outreach, and efficient risk communication.



Pakistan's Ambassador to the U.S., H.E. Masood Khan, visited National Emergencies Operation Center at NDMA HQs and was briefed by Chairman NDMA Lt Gen Inam Haider Malik on NEOC's capabilities. The Ambassador praised NDMA's efforts to enhance coordination for efficient early warning systems, proactive preparedness, global outreach and risk communication.



# STRATEGIC ENGAGEMENTS

NDMA hosted a briefing session for national and international media, showcasing the NEOC's capabilities in early warning systems, proactive preparedness, global outreach, and the media's role as a pivotal stakeholder in effective risk communication.



A delegation from NDMA visited NUTECH to discuss areas for research collaboration in resilient structures, innovative solutions, and joint research initiatives. They presented a set of 53 books to the Director of NORIC for inclusion in the university's library, promoting knowledge-sharing in disaster management and climate resilience.





# STRATEGIC ENGAGEMENTS

On Directions of Chairman NDMA, Chief Coordinator Mr. Tanveer Piracha held a pivotal meeting with Vice Chancellor of Pakistan Institute of Development Economics (PIDE) on January 17, 2024, to explore collaborative opportunities. This meeting marks a significant step towards potential joint efforts in aligning economic perspectives with disaster management strategies.



NDMA's Gender and Child Cell has participated in Symposium titled "Breaking Barriers, Bridging Divides: A Gender Equality and Empowerment Symposium" organized by COPAIR Center of Pakistan and International Relations on 15th January, 2024.



# STRATEGIC ENGAGEMENTS

A delegation of Probationary Officers of Civil Services Academy visited the newly established state-of-art facility National Emergencies Operation Center (NEOC) at NDMA HQs today.

Delegation was briefed about NEOC capabilities aimed at enhancing coordination and providing effective early warning systems, proactive preparedness, global outreach and risk communication to cope with multiple emergencies and disasters.





# GLOBAL OUTREACH

In a virtual meeting on January 22, 2024, NDMA engaged with Columbia University to discuss resilient infrastructure techniques. The session focused on the innovative strategies currently being explored and implemented by Columbia University, fostering an exchange of ideas and expertise. This partnership is an example of a commitment to advancing sustainability, where NDMA and Columbia University are supporting technology to address today's challenges.



NDMA recently held a joint meeting on January 24, 2024 with Center of Excellence in Disaster Management and Humanitarian Aid (CFE-DM) and Punjab University, Pakistan. CFE-DM, which operates under the US Department of Defense, is known for improving the skills of military and civilian professionals in disaster management. The partnership between NDMA, CFE-DM, and Punjab University holds promise for innovation, capacity building, and lasting impacts in disaster management and humanitarian assistance efforts.

# Trainings/Workshops

## NDMA Arranged Workshop on Empowering Urban Resilience through Technology and Collaboration held from January 10-11, 2024 at Islamabad

NDMA recently organized a two-day training workshop on January 10-11, 2024, at Islamabad's Margala Hotel. The workshop focused on Electronic Multi-Hazard Vulnerability and Risk Assessment (e-MPHVRA) and Spatial Planning for Urban Resilience. Its objective was to enhance the capacity of professionals from various sectors, emphasizing the use of technology for effective risk assessment and spatial planning strategies to strengthen urban resilience.



Expert facilitators actively engaged participants through hands-on sessions and practical exercises, fostering collaboration among diverse stakeholders. This forward-thinking effort by NIDM aimed to empower professionals across sectors in addressing the complex challenges of urban resilience. The workshop sought to promote a culture of innovation in disaster preparedness and encourage knowledge exchange for ongoing collaborative initiatives.





# Advisories

## Avoid ❄️ Spot ❄️ Treat

### Hypothermia & Frostbite

#### Avoid

When going outside be sure to wear

- A scarf or knit mask that covers face and mouth
- ..... Hat .....
- ..... Gloves or mittens .....
- Water resistant coat
- ..... Wear several layers of clothing .....
- Water resistant boots

When going outside in winter make sure body parts most often affected by frostbite are covered in warm, dry clothing.

#### Know who is Most at Risk

- Hikers, Hunters, Homeless, etc
- Older adults
- People Working Outdoors
- Babies sleeping in cold rooms

## Mitigation and Prevention

- Construct avalanche dams and fences in vulnerable areas.
- Utilize explosives, artillery, Gazex for controlled avalanche.
- Install avalanche warning signs and information boards.
- Install automated snowpack sensors.
- Enforce zoning regulations in tourist areas.
- Regular Satellite monitoring of snow cover in high risk areas.
- Public awareness campaigns
- Training programs for professionals.
- Develop emergency response plans.
- Integrate avalanche-resistant designs in high-risk zones.
- Establish effective communication channels for timely alerts.
- Enforce permits for activities in avalanche-prone zones.

For Additional Guidance, Please visit NDMA's Website and Adhere to NDMA's Plan for Winter Contingencies and Tourist Guidelines

## Essential Safety Guidelines

Prepare Now	Survive During	Recognize & Respond
<p>Check on weather forecast.</p> <p>Learn how to use safety and rescue equipment.</p> <p>Take first aid training for hypothermia</p> <p>Travel with a guide</p> <p>Ask Local community for avalanche prone areas.</p> <p>Always travel in pairs.</p> <p>Follow avalanche warnings on paths and roads.</p>	<p>Wear a helmet and use torch to help u in case of an emergency.</p> <p>Use an avalanche airbag.</p> <p>If possible, grab onto a tree or rock to anchor yourself.</p> <p>Dig into hard surface</p> <p>Swim to stay atop the avalanche using arm and leg motions.</p> <p>Signal for help by yelling or making noise.</p>	<p>Survive an avalanche by moving diagonally to the side, not straight down.</p> <p>Cup hands over mouth to create an air pocket, if buried.</p> <p>Before initiating search, call Rescue 1122, then proceed.</p> <p>Hypothermia Wrap</p> <p>Treat others for suffocation, hypothermia, injury, or shock.</p>

## BE PREPARED FOR AN AVALANCHE

An avalanche is a large movement of snow and debris moving quickly down slope.

- Can be caused by people, fresh snowfall, and wind
- Can move at speeds of 90-120 kph
- Peak season is December through March

The Northern Areas of Pakistan lie in the Mountainous Hindukush-Karakorum-Himalayan (HKH) Ranges which features mostly highly glaciated and avalanche fed terrain.

### People Caught in Avalanches may Suffer from

- Hypothermia
- Frost Bite
- Cardiac Arrest
- Trauma
- Suffocation
- Internal injuries

### How to Spot an Avalanche Risk

- Dramatic change in weather.
- Snow texture & unstable snow conditions.
- Cracks in snow cover.
- Pay attention to even slight snow movement.
- Snow on Rocks on big open slopes
- Rapidly increasing temperatures.

### In Case of Emergency Contact

GBDMA	05811 922 030	Rescue 1122 KP	<b>1122</b>
SDMA	05822 921 536	Rescue 1122 GB	
PDMA KP	1700	Rescue 1122 AJ&K	



# **NATIONAL DISASTER MANAGEMENT AUTHORITY**

## Media Directorate Publications

Address: National Disaster Management Authority (HQ) Main Murree Road  
Near ITP Office, Islamabad

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