

# NDRF Safety Drill at Bhonsala:

## Training Young Guardians of the Nation

On 7th September 2025, the grounds of Bhonsala Military & Sainik School, Nagpur, echoed not only with the regular march of cadets but with the urgent calls of rescue drills, first-aid simulations, and safety demonstrations. The school hosted a comprehensive School Safety Programme in collaboration with the 05th Battalion National Disaster Response Force (NDRF), Nagpur.

This was no ordinary day of training. It was an exercise in discipline, survival, and selfless service, designed to prepare Ramdandees for challenges that demand not just courage but also presence of mind. For Bhonsala cadets, who are groomed with military ethos, this session was a natural extension of their journey towards becoming future leaders and guardians of the nation.

Why Safety Matters?

**“Preparedness today is safety tomorrow.”**

Disasters do not knock on doors before arriving. From earthquakes to floods, from fires to accidents, emergencies come uninvited and test the strength of communities. The presence of the NDRF, India’s premier disaster response unit, ensured that cadets learned directly from those who have faced calamities on the frontlines—from earthquakes in Nepal to floods in Kerala, from building collapses to chemical accidents.

The message was clear: every second matters in saving lives, and knowledge combined with swift action can turn a bystander into a lifesaver.

### Expert Training by NDRF

The session was spearheaded by Master Trainer Brijesh Kumar Singh, Inspector, and his team of ten skilled NDRF professionals. Through lectures, live demonstrations, and

active drills, they covered a wide range of life-saving techniques:

- Earthquake Safety – Cadets learned to “Drop, Cover, and Hold” during tremors, and how to respond aftershocks by evacuating safely and assisting injured peers.
- Medical First Aid – NDRF personnel demonstrated CPR on mannequins, methods to stop excessive bleeding, techniques to assist a drowning victim, correct bandaging styles, and even handling snake bites and choking cases.
- Fire and Safety Measures – From using extinguishers to immediate exit strategies, cadets witnessed how small actions can prevent large-scale tragedies.
- Improvised Rescue Techniques – Perhaps the most captivating segment was the construction of stretchers using everyday materials such as sticks, ropes, and jackets, proving that presence of mind is more valuable than advanced equipment.

### Key Learnings

- Earthquake safety: precautions before, during, and after tremors
- Medical first aid: CPR, bleeding control, drowning response, bandaging, choking relief, and snake bite management
- Fire and safety measures: extinguishers and safe evacuation
- Improvised rescue: stretchers from jackets, ropes, and evacuation drills

### Preparedness in Action

The rescue of trapped victims was the highlight of the programme. Using cutting-edge tools, ropes, and advanced rescue gear, NDRF personnel recreated scenarios of collapsed buildings and confined spaces. The cadets, usually used to military drills,



watched in awe as victims were extricated swiftly and safely.

For Ramdandees, this was not a distant story of disasters—it was a live classroom where they saw how courage, calmness, and training merge into effective action.

### **Hands-On Learning for Ramdandees**

This programme was not limited to watching professionals in action. Ramdandees were invited to step forward and participate. Some practiced CPR, others applied bandages, while many assisted in carrying improvised stretchers. The hesitations of the first few minutes gave way to confidence, proving that when guided with discipline and precision, even young cadets can become protectors in times of crisis.

Teachers and staff, too, joined in, ensuring that the culture of preparedness spreads across the entire school community.

### **Ramdandee Voices**

- “Today we didn’t just watch a demonstration—we learned how to save lives. That is the highest service to our nation.” – Rd Kalash Kakde Class IX
- “When I carried the improvised stretcher, I realised it’s not just about strength, but about teamwork. Alone you panic, together you act.” – Rd Aditya Shrivastav Class VIII
- “We always thought safety drills were routine. But now I came to know—they can decide between life and death.” – Rd Vatsal Gupta Class VII

### **The Values Behind the Training**

Beyond the technical lessons, the programme instilled values that resonate with the Bhonsala ethos:

- Courage – to step into danger to save others.
- Teamwork – because no rescue is successful alone.

- Discipline – where every second and every action counts.

- Selflessness – the essence of a soldier’s and a cadet’s oath.

As one NDRF trainer aptly put it, “A soldier fights enemies; a rescuer fights disasters. But both fight so that others may live.”

### **Future Benefits for Cadets**

This safety training will not remain confined to the day of the programme. For Ramdandees, it will:

- Help them act responsibly during hostel life, camps, and outdoor activities.
- Build a foundation for future roles in the Armed Forces, where disaster relief is often part of military duty.
- Instil confidence that they can lead and protect not just themselves, but their peers and communities in times of crisis.

The Bhonsala cadets walked away not just as students but as first responders in the making.

### **Festival of Preparedness**

The day ended with a note of inspiration: disaster management is not just about tools and techniques—it is about the spirit of service. The cadets saluted the NDRF trainers with gratitude, while the trainer’s expressed admiration for the discipline and enthusiasm of Bhonsala’s young guardians.

The event reminded all that true bravery is not just in battlefields, but in the ability to save a life when everything seems lost.