

Jagori Rural Charitable Trust was established in 2002 in Kangra, Himachal Pradesh. In 2003, the organization began its work with 12 girls and reached over 250 villages in Kangra and Chamba districts, positively impacting the lives of nearly one lakh people. As a feminist organization, it works at the grassroots level on issues such as gender justice, inclusive sustainable development, addressing violence against women, leadership development of youth groups, and the rights of marginalized groups. Building self-confidence and leadership in all these groups is a key objective of Jagori.



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Kangra district in Himachal Pradesh is vulnerable to disasters such as earthquakes, storms, floods, and landslides due to its geographical and natural characteristics, such as steep slopes, weak soil, and seasonal rivers. Therefore, preparedness, caution, and prompt response are essential for every household and community to minimize loss of life, forest, and property. The cooperation of local administration and residents is crucial in this regard. This Disaster Preparedness and Response Guide has been prepared for this purpose so that every person can understand and use simple, effective, and life-saving measures that can be adopted during a disaster and can save lives.

### Emergency Helplines

- Integrated Emergency Number (All-purpose): 112
- Police Control Room (Kangra): 01892-224905
- Police Station, Kangra: 01892-265022
- Fire Emergency: 101
- Ambulance/Medical Emergency: 108
- Civil Hospital, Kangra: 01892-265054
- Women's Helpline: 1091 / 181
- Child Helpline: 1098
- District Disaster Management Authority (DDMA), Kangra: 1077,  
01892-229050 / 51 / 52 / 53



**“Disaster”  
Alert and Safety  
Guidelines**

## Landslides

Landslides are natural disasters caused by earthquakes, heavy rains, floods, or human activities such as tree cutting and road construction. Soil, rocks, debris, or sand on a slope begin to slide or fall downward due to gravity. This process can be gradual or sudden and devastating.

- Be vigilant during continuous or heavy rainfall, especially in hilly or roadside areas.
- Report any cracks in the ground, unusual movement, or falling debris to local authorities.
- Do not attempt to walk or drive over landslide debris; this could trigger more landslides.
- Do not block natural drainage with debris or construction material.
- If it takes time to reach safety, seek temporary shelter at higher elevations.



## Flood

A flood is a situation when water rises above its normal level and spreads into surrounding areas due to excessive rainfall, cloudbursts, blockage of drainage, or overflowing rivers. This can cause significant damage to human life, crops, livestock, roads, and homes.



- Listen to/watch radio/TV/official apps for weather updates.
- Keep drinking water, dry food, and essential medicines in a waterproof bag.
- Do not walk in floodwater without protective footwear or safety equipment.
- Don't believe rumors; always confirm with local authorities.
- Use ropes, sticks, or makeshift boats for support while wading through water.
- Use safe and clean toilets to avoid the spread of diseases.



## Earthquake (High Vulnerability Zone – Zone 5)

An earthquake is a sudden natural phenomenon that causes the ground and structures on it to shake rapidly. It occurs when two sections of the Earth suddenly slide apart. Kangra is in seismic zone 5, which is considered highly vulnerable to large tremors.

- Remain calm and immediately "drop, cover, and hold" during shaking. Stay away from windows, glass, heavy furniture, and electrical fittings.
- Keep an emergency kit ready by stocking up on water, food, a flashlight, and medicine.
- Avoid approaching unstable buildings or structures until they are declared safe.
- After the shaking has stopped, carefully inspect for injuries and structural damage.
- Participate in regular earthquake drills at school and the workplace.