

# International Day for Disaster Reduction IDDR Day 2014

## Older Persons and Disasters - Resilience is for Life



### Workshop Report

*Organized by:*



**Nepal Geological Society**

*in association with*

**Mitra Kunj, Russian Centre of Science and Culture and Himalaya  
Conservation Group**

**Kathmandu, Nepal  
28 October 2014**

## **ABOUT NEPAL GEOLOGICAL SOCIETY (NGS)**

Nepal Geological Society is the professional umbrella of all geologists working in Nepal and has over 700 members among which more than 170 scientists are from foreign countries. The Society was established in 1980 with the aim of developing and promoting the research and application of geological sciences to the national development through fostering high professional standard among members; promoting and protecting the professional interests of earth scientist of the country and to play an active role in the protection and conservation of environment through reducing the natural disaster.

Since its establishment, the Society has been working towards the advancement of geosciences in Nepal and is playing a leading role towards building up consensus among the government and private sectors on the role of geosciences on the national development. The Society is organizing the international as well as national level seminar, workshop and frequent talk programs. The Journal of Nepal Geological Society is the only one scientific journal regularly published from Nepal that incorporates research findings focused to the Himalayan Regions. The bulletin of the Society incorporates the articles that are more focused to the interest of general public.

## **NGS AND DISASTER RISK REDUCTION ACTIVITIES**

The geological disaster (landslide, flood, earthquake) are the major threat to the national development and poverty alleviation in Nepal. Therefore, Nepal Geological Society initiated the advocacy in the area that included awareness campaign through the regular celebration of the International Day for Natural Disaster Reduction (UN/IDNDR) since 1990s, occasional publication of disaster-related booklets etc. Likewise, after the establishment of UN ISDR (United Nation International Strategy for Disaster Reduction), the Society has carried its activities in line with the UN/ISDR aims of building disaster resilient communities by promoting increased awareness of the importance of disaster reduction for reducing human, social, economic and environmental losses due to natural hazards and related technological and environmental disasters.

The activities of NGS towards Disaster Prevention was acknowledged by UN Humanitarian and Emergency Relief Co-ordination Office of IDNDR Secretariat in Geneva, by awarding UN-Sasakawa Disaster Prevention Award in 1998 for its efforts in disseminating the scientific knowledge and spreading the awareness of prevention of the natural disaster.

Nepal Geological Society is committed to continue to advocate for disaster risk reduction and mitigation activities in the country. This professional organization is always open to have partnership with other national and international organizations involved in this sector.

## THE IDDR DAY 2014

Nepal Geological Society (NGS) is a professional organization that is committed to work towards reducing hazard, vulnerability, and resulting disaster in the country. It has been working in disaster inventory, preparedness and advocacy since its establishment (last three decades). United Nation (UN) proclaimed the theme to celebrate disaster day 2014 as: “**Older Persons and Disasters - Resilience is for Life**”. Giving high priority to this theme NGS organized a half day workshop on October 28, 2014 in collaboration with Mitra Kunj, Russian Centre for Science and Culture and Himalaya Conservation Group.

The program was organized in the Russian Culture Center hall, Kamal Pokhari, Kathmandu. There was around 80 participation consisting of researchers, policy makers and practitioner representing various organization working in the disaster sectors. The program was inaugurated and addressed by **Hon’ble Deputy Prime Minister and Minister of Home Affairs, Mr. Bam Dev Gautam**. The program was also addressed by the distinguished guests. There were three thematic presentations, each followed by discussion over the queries of participants. The workshop was divided into two sessions namely Inauguration Session and Technical Session.

## INAUGURAL SESSION

The session was chaired by Dr. Dinesh Pathak, President of NGS and the program was inaugurated by **Hon’ble Bam Dev Gautam**, Deputy Prime Minister and Minister of Home Affairs, Government of Nepal. The speakers in the inauguration session were Hon’ble Bam Dev Gautam; Dr. Dinesh Pathak, President-Nepal Geological Society; Mr. Sagar Kumar Rai, Convener, NGS-IDDR-2014; Mr. Chandra Kant Acharya, President-Mitra Kunj; Mr. Anton Maslov, Deputy Director- Russian Centre of Science and Culture and Mr. Ganga Lal Tuladhar, Former Education Minister and Chairman- Himalaya Conservation Group. All the speakers focused on the role of professional society and disaster risk reduction as well as the themes of UN/ISDR. Mr. Dinesh Napit, General Secretary-NGS delivered vote of thanks.



**Mr. Sagar Kumar Rai**, Convener of the NGS-IDDR Committee delivered welcome speech on behalf of the organizing committee. Mr. Rai welcomed all the guests, resource persons and participants in the workshop. In his welcome speech Mr. Rai shaded light on the main objectives of the workshop focusing on the theme given by the UN for this year “*Older Persons and Disasters - Resilience is for Life*”. He also reiterated that Nepal Geological society has long been recognized for research initiatives, regular publication, and organization of national / international seminar workshop and has contributed in development and disaster mitigation endeavors. He stressed on the relevancy of the theme in view of the necessity to focus our disaster risk reduction activities to the older persons.

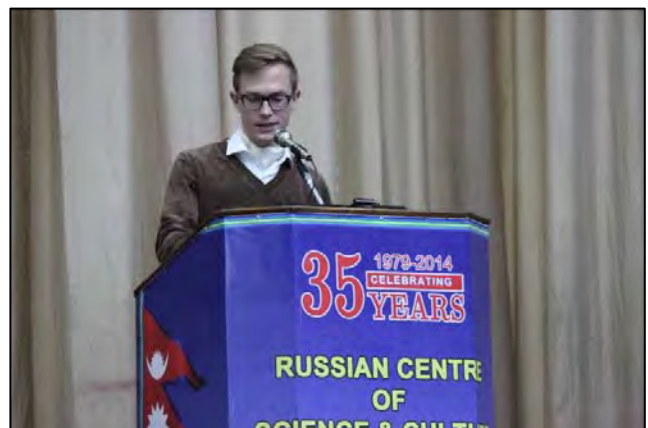


Mr. Rai mentioned that ISDR Day has been observed by NGS since long, specially focusing on interactive workshop and seminar with view to share the knowledge and practices of disaster management and to generate awareness among the stakeholders.

In addition, he mentioned that the invited papers from academia, researcher and practitioner are equally important issues to be covered for the disaster management. He believed that at the end of the workshop NGS will be able to produce a report with assessment of our present capacity, identifying substantial activities to be done and practical recommendations to the Govt. and policy makers.

**Mr. Chandra Kant Acharya**, President, Mitra Kunj highlighted on the contribution of the members of Mitra Kunj who are graduated from Russia (formerly Soviet Union). He mentioned that the members are from various fields and contributing to national development for longer time. He also took some examples of people involved in disaster risk reduction activities through various government, non-government and professional organizations as well as academia. He thanked NGS for continued collaboration on the IDDR Day celebration.

**Mr. Anton Maslov**, Deputy Director, Deputy Director, Russian center of Science and Culture, appreciated the continuous attachment of Nepal Geological Society with the Russian Centre of Science and Culture for the celebration of IDDR Day. He recalled the last year’s program with the theme of ‘Disaster and disabled’ and wished fruitful discussion on this year’s theme “Disaster and Older Persons”.



**Mr. Ganga Lal Tuladhar**, Chairman, Himalayan Conservation Group and Former Education Minister, said that this year's IDDR Day theme is highly relevant in Nepalese context as there is no visible approach to make them involve in disaster risk reduction activities and also effective social security to the older persons. He himself being a researcher in the field of disaster management, stressed the need to make our communities more disaster resilient. He also wished for the success of the workshop and expected strong suggestion and recommendation from this workshop to the policy makers and the implementers.



**Hon'ble Bam Dev Gautam**, Deputy Prime Minister and Minister of Home Affairs, as well as the **Chief Guest** of the function, this year's IDDR Day theme is highly relevant in Nepalese context. He mentioned the need of formulation of new and review of the existing disaster related government policies and laws considering the situation of people living with disabilities. He also wished for the success of the workshop and expected

strong suggestion and recommendation from this workshop to the policy makers and the implementers.

**Dr. Dinesh Pathak**, Chairman of the session and President of Nepal Geological Society thanked the participants for their presence in spite of their busy schedule. He stressed that Nepal is geologically situated in a zone that is vulnerable to natural disaster. Because of this reason, Nepal Geological Society has been celebrating IDNDR and IDDR Day in cooperation with the concerned government and non-government organization so as to disseminate the information about disaster to the general public. The Society is still committed to its objective towards disaster risk reduction and has been continuously involved in various related activities.



Dr. Pathak mentioned that according to Global Age Watch Index published by HelpAge International in October 2014, Nepal stands 70th position out of 96 countries. Dr. Pathak stressed the need of involving the older persons during the preparation of disaster management plan so that their long and valuable experiences could be shared and their issues could be well

addressed in the plan. He mentioned that, in view of geographical and geological condition, Nepal is prone to hit by disaster and have experiences several such incidents in the past. In this context, NGS has organized this workshop in order to discuss the role of older people in disaster management and also to explore the ways how they can be helped during the disaster.

President Pathak highlighted the importance of geology in disaster mitigation. He also stressed that various branches of geosciences can play specific role in specific areas and hence it is urgent to for geological council so as to regulate, monitor and safeguard their role in various activities in the country and seek government support in this endeavor of the Society. He also acknowledged the partnership between Nepal Geological Society, Government bodies, local governments as well as Mitra Kunj, Russian Center of Science and Culture and Himalaya Conservation Group.

**Mr. D. K. Napit, General Secretary, Nepal Geological Society**, presented the vote of thanks. He thanked the Chief Guest, other guests, participants and collaborative organizations for their support and participation in the ISDR Day organized by the Nepal Geological Society.

## TECHNICAL SESSION

The technical session was chaired by Mr. Krishna Prasad Kaphle, Former President, Nepal Geological Society. The rapporteurs were Roshan Raj Bhattarai and Krishna Kumar Shrestha (Nepal Electricity Authority).

In this session three technical papers entitled (1) *Safety of senior citizens during earthquakes* by Mr. Bijay Krishna Upadhyay from Nepalese Society of Earthquake Technology (NSET); (2) *Older people and management of geo-disasters in Nepal* by Dr. Ranjan Kumar Dahal from Tri-Chandra Campus/ TU and (3) *Psycho-Social issues of older people* by Ms. Jaya Silpakar and Sulav R. Upreti, researchers from Central Department of Psychology, TU.



The first speaker, Mr. Bijaya K. Upadhyay during his presentation, first of all mentioned that in Nepal there are just over 12,00,000 senior citizens (above 65 year old). Only very few of them (<0.1%) are residing in old shelter home (Briddhahram) in different parts of the country. His team from NSET visited one of the well known and largest Briddhashram in Pashupati area and surveyed the condition of the buildings, provided facilities like shelter, food, clothes, health services, security etc.) and also did interaction with the settlers about their feelings to be in Briddhashram. The audiovisual (slide/ photographs) of the home, bed room, kitchen, corridor, staircases, present condition of the building and provided facilities as well as interaction with

them were also shown during presentation. After the survey the team came into conclusion that many senior citizens residing over there are fairly happy. Most of them do not have formal education but have many experiences of some disasters including 1934 earthquake, landslide, flood etc. Almost all of them believe that all such disasters happened once the God got angry with the people and their mischievous activities. Many of them forget the information provided to day by next day due to their poor memory. The condition of the old building clearly shows that the residents in the building are vulnerable to earthquake. The narrow passages between beds and staircases are not suitable at all for their day to day movement, take wheel chairs around and go out in case of emergency situation due to fire or earthquake. 230 people are looking after only by 14 people (in fact 8 – 10 people daily). During interaction Mr. Upadhyay came to know that there is a plan to shift these people in a new place where earthquake resistance building with more facilities to the older people will be provided to make them comfortable.



Dr. Ranjan K. Dahal was the second speaker in the Technical Session of the Workshop. While presenting his paper entitled "Older people and management of geo-disasters in Nepal", in the very beginning, he has highlighted on the potential Natural disasters specifically on landslide with the help of audiovisual. He had presented many examples like: landslide of Dharan – Dhankuta road, recent Jure Landslide in Sindhupalchok, landslide of Lamjung, landslide dam in Khimti Khola, Patukhola floodplain and haphazard development of Tulsipur town, Armala sinkhole in Pokhara, tall sandwiched building construction in Kathmandu etc. His presented data envisaged that in most of the cases old people, children and women are the main victims from such disaster (example: the number of old people killed in Sarlahi during 1934 earthquake, in recent Jure landslide etc.). Old people are the vulnerable ones and always remained at high risk. He has also given the example of involvement of old people in preparation of Disaster Management Plan in Japan and Philippines to minimize the risk, damage and loss of lives during disaster and advised for inclusion of older experienced people during formulation of such plan. He stressed on necessity to make aware of the people and develop early warning system. At the end, his presentation was focused on the risk of high rise buildings and 4 - 5 stories buildings constructed in different parts of Kathmandu valley. He concluded showing some slides explaining very poor structural design



saying “Where is national building code? Yahan ghar banune kam nabhayera ghar ropne kam bhayeko chha”.

The third paper was presented by Ms. Jaya Shilpkar and Mr. Sulav R. Upreti on “Psycho-Social issues of Older people”. The paper was based on the research carried out in old people of 60 – 80 years age group by the authors. The old people are physically, psychologically and financially weak due to poor health condition, less attention and respect from the family members/ care takers and they also do not like vast social change in the name of modernization. They complain about poor attendance of care takers, unavailability of suitable entertainment programs during leisure time, ever shortage of money etc. They hardly find better social environment of their time, neither at home nor in Briddhashram. However, still many of them are happy to live in Briddhashram rather than with their youngsters in exploited environment at home.



## WRAP UP SESSION

After completion of all the three presentations Mr. Kaphle, the Chairman of the Technical Session wrap up the session by pointing out the importance of the Theme of the Workshop and related research papers presented in the Technical Session and their main findings and conclusions. At that time he mentioned that all the presentations and follow up discussions were quite interesting and fruitful. It was an additional opportunity for us to learn more regarding Geo-science, disaster and the vulnerable people. Government must give high priority in pre-disaster preparedness as well as post disaster rescue and relief operation and rehabilitation of disaster victims at the earliest. It will be better to share experience with the senior citizens while preparing a disaster management plan by multidisciplinary expert team.

## ACKNOWLEDGEMENT

Nepal Geological Society would like to express many thanks to Mr. S. K. Rai, Convener and the members of IDDR Day organizing Committee for their active role in the organization of the workshop.

## CONTACT FOR FURTHER INFORMATION

**Nepal Geological Society**

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Email: [info@ngs.org.np](mailto:info@ngs.org.np)

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IDDR Day - 2014**Older Persons and Disasters - Resilience is for Life**

Workshop organized by:

**Nepal Geological Society**

in association with

**Mitra Kunj, Russian Centre for Science and Culture and Himalaya Conservation Group (HCG)****PROGRAM****Date** : October 28, 2014, Tuesday**Venue:** Russian Centre for Science & Culture, Kamalpokhari

<b>Session</b>	<b>Time</b>	<b>Activities</b>
<b>Session 1: Program Inauguration</b>	09:30 - 10:00	Registration of Participants
	10:00- 10:05	Chairing of Session
	10:05 - 10:10	Welcome Speech by Mr. Sagar Kumar Rai, Convener, IDDR Organizing Committee
	10:10- 10:15	Workshop Inauguration by <b>Chief Guest The Hon'ble Deputy Prime Minister and Minister-MoHA - Bam Dev Gautam</b>
	10:15 - 10:20	Speech by Mr. C. K. Acharya, President Mitra Kunj
	10:20 - 10:25	Speech by Mr. Anton Maslov, Deputy Director, Russian Centre of Science and Culture
	10:25 - 10:35	Speech by Mr. Ganga Lal Tuladhar, Former Minister and Chairman, Himalaya Conservation Group
	10:35 - 10:50	Speech by <b>Chief Guest</b>
	10:50 - 10:55	Speech by NGS President, Dr. Dinesh Pathak
	10:55 - 11:00	Vote of Thanks by Mr. Dinesh Napit, General Secretary
<b>Session 2: Technical Paper Presentation</b>	<b>Chairman: Mr. Krishna Prasad Kaphle, Former President, NGS</b> <b>Rapporteurs: Mr. Roshan Raj Bhattarai and Krishna Kumar Shrestha</b>	
	11:10 - 11:35	<b>Safety of Senior Citizens during Earthquakes</b> <i>Mr. Bijay Krishna Upadhyay, NSET</i>
	11:35 - 12:00	<b>Older people and management of geodisasters in Nepal</b> <i>Dr. Ranjan Kumar Dahal, Tri-Chandra Campus, Tribhuvan University</i>
	12:00 - 12:25	<b>Psycho-Social Issues of Older People</b> <i>Ms. Jaya Shilpakar and Mr. Sulav Raj Upreti, Researcher</i>
<b>Closing</b>	12:25 - 12:30	Wrap Up by Chairman
<b>12:30 - 13:00 : Lunch</b>		

**LIST OF WORKSHOP PARTICIPANTS**

<b>S. N.</b>	<b>Name</b>	<b>Organization</b>
1	Achyut Bhandary	ICGS
2	Akkal Kunwar	Sagarmatha TV
3	Amir Rehman Zakaria	Melamchi Water Supply
4	Andy Prakash Bhatt	Department of Irrigation
5	Anirudda Poudel	Nepal Electricity Authority
6	Basu Dev Aryal	GWRDB
7	Basu Dev Kharel	Freelancer consultant
8	Bidur Regmi	IoE, Pulchowk
9	Bijaya Upadhyay	NSET
10	Bishow Raj Silwal	Department of Mines and Geology
11	Bishwo Mani Pokharel	Nagarik Daily
12	Dan Ratna Shakya	Department of Irrigation
13	Danda Pani Adhikari	Tribhuvan University
14	Deepak Chamlagain	Tribhuvan University
15	Dev Kumar Syangbo	Cement Industry
16	Dilip Sadaula	DSCWM
17	Dinesh Kumar Napit	Nepal Geological Society
18	Dinesh Pathak	Nepal Geological Society
19	Diwakar Bhattarai	Himalaya Institute of Research and Development
20	Ganesh Tripathi	Department of Mines and Geology
21	Gangalal Tuladhar	Himalaya Conservation Group
22	Gyani Raja Chitrakar	Senior Geologist/freelancer
23	Hari Ghimire	Explorer Geophysical Consultant
24	Hifzur Rahman	Department of Mines and Geology
25	Jagadish Shrestha	BDA Nepal Pvt. Ltd.
26	Jageshwar Jha	Freelancer Geologist
27	Jaya Shilpakar	NRCS
28	Jeevan Lal Shrestha	Freelancer consultant
29	K. M. Amatya	Himec
30	K. Neupane	MTV

31	Kabita Karki	Department of Mines and Geology
32	Kaushal Jha	Multi Group of Consultants
33	Khila Dahal	DWIDP
34	Krishna Belbase	DWIDP
35	Krishna Kumar Shrestha	Nepal Electricity Authority
36	Krishna Murari Amatya	Senior Geologist/freelancer
37	Krishna Prasad Kaphle	Freelancer Geologist
38	Kumar KC	Department of Mines and Geology
39	Kushal Pokhrel	Department of Mines and Geology
40	L. P. Poudel	Tribhuvan University
41	Laxman Man Dangol	Image TV
42	Madhab Lamsal	Tribhuvan University
43	Manita Timilsina	Himalaya Conservation Group
44	Mukunda Raj Poudel	Tribhuvan University
45	N. B. Kayastha	DMG retired
46	Naba Raj Shreshta	3 D Consultant
47	Nabin Sharma	Image TV
48	Nir Shakya	Department of Irrigation
49	Noore Mohammad Khan	Department of Irrigation
50	Pramod Simkhada	Department of Mines and Geology
51	Prashant Pradhan	STV
52	Pratap Singh Tater	Freelancer consultant
53	Prem Poudel	Tribhuvan University
54	R. Dangol	Nepal1 TV
55	Rajendra Acharya	Tribhuvan University
56	Rajendra Bhandari	Department of Irrigation
57	Rajendra Khanal	Department of Mines and Geology
58	Rajendra Neupane	Department of Irrigation
59	Rajendra P. Khanal	Department of Mines and Geology
60	Ram Sharma Poudyal	Nepal Electricity Authority
61	Ramesh Pande	Department of Mines and Geology
62	Ramita Bajracharya	Tribhuvan University
63	Ranjan Kumar dahal	Tribhuvan University
64	Ratna Mani Gupta	Department of Mines and Geology

65	Roshan Raj Bhattarai	Freelancer Geologist
66	S. Sapkota	Department of Mines and Geology
67	Sabin Dhamala	NNA
68	Sagar Kumar rai	Department of Irrigation
69	Sanjeev Regmi	Nepal Electricity Authority
70	Santosh Dhakal	Department of Mines and Geology
71	Satya Narayan Jha	DMG retired
72	Saunak Bhandari	Department of Mines and Geology
73	Shailendra Bhakta Shrestha	DMG retired
74	Shailendra Govinda Amatya	AVNews TV
75	Shyam KC	DMG retired
76	Sobit Thapaliya	Nepal Electricity Authority
77	Som Nath Sapkota	Department of Mines and Geology
78	Sudarshan Bhandari	Department of Irrigation
79	Sudarshan Pd. Adhikari	Department of Irrigation
80	Sulav Raj Upreti	Central Dept. of Psychology, TU
81	Sunil Raj Paudel	Nepal Electricity Authority
82	Surendra Shah	DWRDB
83	Suresh Shrestha	Department of Mines and Geology
84	Sushil Pradhan	Freelancer consultant
85	Sushmita Bhandari	Department of Mines and Geology
86	Tika Ram Paudel	Nepal Electricity Authority
87	Tilak	News24
88	U. Pathak	News24
89	Umesh Chandra Bhusal	Explorer Geophysical Consultant
90	Uttam Bol Shrestha	Department of Mines and Geology
91	Pramod Simkhada	Department of Mines and Geology

## **PRESENTATIONS**

### **Older people and management of geodisasters in Nepal**

**Ranjan Kumar Dahal** (PhD Engineering, Post-Doc Geodisasters, M.ASCE)

*Associate Professor*


*Department of Geology, Tribhuvan University, Tri-Chandra Campus, Ghantaghar, Kathmandu, Nepal*

Geologically young and tectonically active mountainous terrains of the Nepal Himalaya are characterized by dynamic physical processes, and therefore, management of geodisaster is a big challenge. A better understanding of the geological nature of the terrain and the interaction of various triggering factors of geodisaster will greatly help in the development of safer infrastructures, management of geodisaster, and encourage communities for geodisaster resilient. Over the years, Nepal has gained a significant experience in geodisaster studies, especially in design and survey of geodisaster mitigation programs, in the fields of hazard and risk assessment, in low cost rural road engineering; in community based river training work and in slope maintenance incorporating indigenous techniques. This presentation provides an overview of geodisaster in Nepal and its mitigation efforts. In this paper, all geodisaster issues of Nepal are evaluated from the perspective of their occurrences and management issues. Geodisaster management efforts of both governmental and non-governmental sectors are also evaluated. Communities' perception for geodisaster management efforts are also discussed in this presentation. Whenever a geodisaster occurs, it does not only affect a specific group of people but all. In most cases, children and elderly people get more affected because they are mostly helpless and need more care. Older people are often excluded or marginalized when geodisaster management plans are being drawn up at community level. For this reason, it is very important to make sure that geodisaster management in Nepal involves the old persons to get their views and recommendations too. It will certainly help to build up geodisaster resilient communities in Nepal.

13 October

विपद् र जेष्ठ नागरिक : जीवनका लागि उत्थानशीलता  
११ कतिक २०११, (28 October 2014), Russian Centre for Science and Culture


जेष्ठ नागरिकहरूका लागि भूकम्पीय प्रतिकार्य अभ्यास:  
चुनौति र अवसरहरू

 National Society for Earthquake Technology-Nepal (NSET)

## जेष्ठ नागरिक र भूकम्पीय सुरक्षा चुनौतिहरू

अवधारणागत जोखिम	भौतिक जोखिम
■ दैवी वा प्राकृतिक ?	■ आवास
■ अव के नै गर्नु छ र ?	■ अवश्यक सेवा सुविधा
■ स्मरण शक्तीमा कमी ।	■ आवत जावत
■ सूचना प्रबाह प्रणली ।	■ गैर संरचना
■ सूचनाको पहुँच ।	■ उपलब्ध जनशक्ती


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## भूकम्प

- भूकम्प वा भूइँचालो किन र कसरी हुन्छ ?
- ग्रह दसाका कारणले भूकम्प हुँदैन ।
- भगवान रिसाएर भूइँचालो ल्याइदिने पनि होइन ।
- पृथ्वी भित्रको हलचलका कारण भूइँचालो हुन्छ ।
- कत्रो भूकम्प कहाँ र कहिले जान्छ भन्न सकिदैन ।


10/28/2014 भूकम्पीय प्रतिकार्य योजना तथा आवधिक अभ्यास ३  
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## भूकम्पबाट कसरी जोगिइने ?

- भूकम्पको समयमा मानिसहरु किन घाइते हुन्छन् ?
- भूकम्पबाट मानिसहरु किन मर्छन् ?
- भूकम्पको समयमा के गर्न हुन्छ के गर्न हुँदैन ?
- भूकम्पको समयमा के के गर्नु पर्छ ?


10/28/2014 भूकम्पीय प्रतिकार्य योजना तथा आवधिक अभ्यास ४  
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## भूकम्पबाट कसरी जोगिइने ?

- भूकम्प थाह पाउने वित्तिकै लामो लामो सास लिने ।
- घरको मुलढोका नजिक भए बाहिर खुल्ला ठाउँमा जाने ।
- घर भित्र भए घुडा टेकी गुडुल्की ओत लगि समात गर्ने ।
- भूकम्प सकिएपछि होसियारीका साथ खुल्ला ठाउँमा जाने ।
- 

10/28/2014 भूकम्पीय प्रतिकार्य योजना तथा आवधिक अभ्यास ५  
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## भूकम्पबाट कसरी जोगिइने ?

भूकम्प सकिएपछि होसियारीका साथ खुल्ला ठाउँमा जाँदा

- आफ्नो महत्वपूर्ण सामान लिएर जाने ।
- आगो, विजुलिको हिटर, पंखा निभाएर जाने ।
- संगै भएका साथी संगीहरुलाई पनि साथै लाने ।

10/28/2014 भूकम्पीय प्रतिकार्य योजना तथा आवधिक अभ्यास ६  
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## भूकम्पीय प्रतिकार्य अभ्यास



10/28/2014

७

## आवास



10/28/2014

८

## आवतजावत



10/28/2014

९

## आवतजावत



10/28/2014

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## गैर संरचनात्मक जोखिम



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## गैर संरचनात्मक जोखिम



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## सुरक्षित स्थानान्तरण स्थान

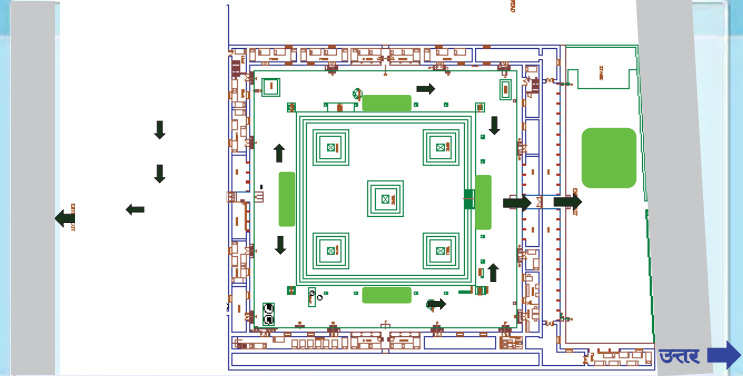


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## पशुपति वृद्धाश्रमको आपतकालीन स्थानान्तरण योजना



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## प्रतिकार्य



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## स्थानान्तरण



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## जेष्ठ नागरिक र भूकम्पीय सुरक्षा अवसरहरु

### जेष्ठ नागरिकहरु

- अनुभवका खानी हुन् ।
- प्रेरणाका श्रोत हुन् ।
- व्यवहारिक शिक्षाका कुशल प्रशिक्षक हुन् ।
- प्रतिकार्य योजना निर्माण तथा अभ्यासमा सघाउने बाचा गर्नुभएको छ ।
- वहाँहरुसंग धैर्यका साथ कुराकानी गरेर सिकौं ।
- प्राप्त ज्ञान तथा अनुभवका आधारमा भूकम्पबाट सुरक्षित बनौं बनौं ।

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## धन्यवाद

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## PSYCHOSOCIAL ISSUES OF OLDER PEOPLE

Presented by:  
Ms. Jaya Shilpakar and Mr. Sulav Raj Upreti, Researcher



## A QUALITATIVE STUDY OF QUALITY OF LIFE IN OLD-AGED WOMEN

The purpose of this study qualitative study of quality of life in old-aged woman, and participants were taken from the one old-aged home. This research studied the quality of life of women with daily life, relationship, health, and wealth status with some structured question, but data is taken with unstructured way. This research shows that old-aged women does have very good quality of life in the daily life, but does poses poor quality life in the relationship, health, and wealth. The participant does have good subjective quality of life, but poor objective quality of life.

## INTRODUCTION

- Quality of life (QoL) is a multi-level and amorphous concept, and is popular as an endpoint in the evaluation of public policy (e.g. outcomes of health and social care).
- Quality of life has been defined in macro (societal, objective) and micro (individual, subjective) terms (Rosenberg 1992; Bowling 1995a; 1995b; 1996; Bowling and Windsor 2001).
- Objective quality of life can be measured by the extent to which a person has access to and command over relevant resources.
- Subjective quality of life emphasizes an individual's perceptions and evaluations.

## INTRODUCTION

- Old age is the accumulation of changes in a person over time.
- Multidimensional process of physical, psychological, and social change.
- Erik Erikson's "Eight Stages of Life" theory: Old age as a period of "Integrity vs. Despair", focuses on reflecting back on life.
- Newman & Newman proposed a ninth stage of life, Elderhood: Refers to those individuals who live past the life expectancy of their birth cohorts
- This period of life is characterized as a period of "immortality vs. extinction."

## Methodology

- An interactive and questionnaire (both open-ended and close-ended questionnaire) was developed and an in-depth interview was taken with the participant in unstructured interview method, which was an interpretive-phenomenological approached.
- The questionnaires were asked in five categories, they are: Introductory questionnaire, daily life activities questionnaire, relationship questionnaire, health related questionnaire, and wealth related questionnaire. All questions were asked in the Nepali and participant gave answers in Nepali.
- Participants were ten females in age from 60 to 80s. All of the participant were living in the Old-Age home of Santinagar, Kathmandu.

## Findings

- A more leisure time
- Happy feelings when relatives come to meet
- Illness restricted many things
- Sadness due to lack of money

## Discussion

- Quality of life: Participant do have good subjective quality of life as well as poor objective quality of life.
- Do have leisure time, in which they do not performing useful and productive activities.
- Participants are visited by their relatives, they feel happy.
- Restricted activities due to illness also directly and indirectly affects their quality of life.

## Problem of Older People in Shelter Home

- While working in old age home: The infrastructure, the facilities are not sufficient for older people that are required during and after the disasters.
- Old age home consists of all older people having different functional limitations, old age illness, and chronic illness.
- Older people are the most vulnerable ones during a disaster.
- Due to poor management, social and economic limitations: Unable to provide skilled care givers and supporters for older people in shelter home.
- Not sufficient training to helpers regarding disaster and its management there in shelter home.

## Disaster and old age people

- Older people are the living history with many different knowledge and experience.
- About disasters: They have probably experience more than one disaster in their life.
- Older people can be helpful during a disaster: Their prior experience, wisdom and mental resilience to survive, help others, and provide reassurance to those who are frightened or depressed by the events.

## Psychological Conditions of Older People at present and during disaster

- Being in almost at end stage of life, the people of shelter home feels like fearing is of no use since they see a natural death of their colleagues at home.
- Older people are abandoned by their home and family.
- They expresses themselves to accept the death in the shelter home,
- They are living peacefully rather than being anxious if such disasters occur.
- May be because of upbringing style of Nepal or may be of spirituality, the older people in shelter home do not show their fear regarding such disasters like earthquake.

## Ways to cope with disasters

- Jo Ivey Boufford, MD, NYAM president : "Older adults have unique needs during disasters, but also unique strengths to offer in supporting their communities,"
- Older people acquired so many experiences, techniques they have used as coping methods during and after disasters.
- The best way is to hear their different coping strategies they used during and after disasters.
- Different trainings and security methods can be given to them to survive from disasters.
- Psychological first aids can be given including different counseling and psychotherapies and relaxation methods.