nidm
Resilient India - Disaster Free India

सत्यमेव जयते

ITEC

International Training Programme on

Urban Risk Mitigation

(for ITEC Partner Countries)

Organised by

National Institute of Disaster Management
(Ministry of Home Affairs, Government of India)

under

ITEC Initiatives of
Ministry of External Affairs
Government of India

Fully Sponsored*









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*The ITEC programme is supported by the Government of India, with eligible travel and accommodation costs covered in accordance with the applicable MEA guidelines and norms.

Background

By 2050, nearly 60% of the world's population will live in urban areas, with the fastest growth in Asia and Africa – concentrating people, livelihoods and infrastructure in hazard-prone areas. Hazards turn into disasters due to development gaps and weak urban planning, while challenges like poor air quality and strained services act as slow-onset disasters. Aligned with the Sendai Framework (2015-2030) and SDG 11, this NIDM-ITEC programme equips officials, engineers and planners from ITEC partner countries with global tools such as the Making Cities Resilient 2030, Ten Essentials and Disaster Resilience Scorecard.

The participants will learn through expert sessions, group work, field visits, Indian and global best practices to make their cities safer and more resilient.

Aim

To strengthen the capacity of urban governance and disaster management professionals from ITEC partner countries to assess multi-hazard urban risks, apply globally recognized resilience tools, and develop practical strategies for disaster risk reduction and resilient urban development.



Learning Objectives

- Identify major urban hazards, stressors, vulnerabilities and exposed critical infrastructure.
- Explain the Sendai Framework for Disaster Risk Reduction (2015–2030) and relevant urban resilience frameworks.
- Explore basic urban risk assessment using multi-hazard assessment framework & GIS and remote sensing.
- Apply the UNDRR Ten Essentials and Disaster Resilience Scorecard for Cities.
- Develop an outline urban resilience action plan and learn from international case studies.

Suggested Reading materials

- **NIDM – Training Module on Urban Risk Mitigation:** Available at NIDM website (covers urban risks, governance, codes).
- **BIS (India) – Seismic Codes:** IS 1893 (Part 1): 2016 – Guidelines for Earthquake Resistant Design of Structures (for built environment safety).
- **UNDRR – The Ten Essentials for Making Cities Resilient** (checklist for local governments); Sendai Framework (2015–2030): Summary of targets and four priorities for DRR.
- **UN-Habitat – New Urban Agenda (2016):** Principles on sustainable and resilient urban development.

Facilities

- **Air ticket and visa:** arranged by the Indian Mission in your country.
- **Airport transfers:** to and from Indira Gandhi International Airport (DEL).
- **Accommodation and Meals:** single-occupancy A/C room and meals (veg & non-veg both).
- **Daily Living Allowance:** As per ITEC norms.
- **Learning Resources:** Course materials, e-books, stationery & welcome kit.
- **Study tours:** Agra; Delhi and NCR, local sights.
- **Learning spaces:** Smart Wi-Fi enabled classroom and access to library.
- **Recreation:** in-house gymnasium and indoor games.
- **Medical:** emergency treatment as per ITEC norms.
- **Certificate:** ITEC Certificate of Completion.

Important Guidelines

- **Attendance:** Mandatory.
- **Attire:** Formal (preferably).
- **Mornings & evenings:** a warm layer – sweater, light jacket or shawl.
- **Cultural Evening:** Participants are encouraged to bring their traditional attire and participate, perform or attend.
- **Participants** may carry N95 / KN95 masks, sunglasses/hat/ umbrella, sanitizers etc. for field visits.

Apps for Travel

- Download DMRC app for Metro routes, fares and QR tickets;
- **Uber, Ola** or **Rapido** Apps for taxis and auto-rickshaws.
- **Google Maps** and **Google Translate** (Hindi).



Weather

Late November is the start of winter in Delhi: dry, sunny days with cool mornings and nights. Rain is unlikely.

Daytime	24 – 27 °C, sunny and pleasant
Night & early morning	9 – 12 °C; can dip to 7 – 8 °C
Mornings	Mist, haze or shallow fog
Air quality	Often 'Poor' to 'Very Poor' (AQI 200–400)



Local Customs

- **Greeting:** 'Namaste' (palms joined) is a warm, respectful greeting; handshakes are common at work.
- **Temples:** Remove your shoes before entering; photography may be restricted at some sites.
- **Markets:** Bargaining is usual at street markets; malls and shops have fixed prices.



Travel Checklist

- Passport with Indian visa + photocopies
- ITEC offer letter and air ticket (printed)
- Universal travel adapter (type C / D / M)



Arrival & Getting Around

Flight details: please share your itinerary with the logistics team in advance for smooth coordination in pick-up.

Venue: NIDM Rohini Campus, Plot 15, Block B, Pocket 3, Sector 29, Rohini, Delhi-110042.

Getting around: Delhi Metro (nearest: Rithala, Red Line), app cabs and auto-rickshaws. Key places and routes are on page 4.

Study Tour to Agra – Tue, 24 Nov

- **Long day:** Agra is about 230 km from Delhi (3–4 hours each way via the Yamuna Expressway), so expect an early start.
- **Taj Mahal:** Food, tobacco, chargers and tripods are not allowed – carry only a small bag.



COORDINATING TEAM



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About NIDM

Constituted with a vision to serve as India's premier institute for capacity development, NIDM has been assigned nodal responsibilitios under the Disaster Management Act, 2005, for human resource development, capacity building, training, research, documentation and policy advocacy. The Institute's vision is to build a Disaster Resilient India by strengthening capacity for disaster prevention and preparedness at all levels.



PROGRAMME SCHEDULE

International Training Programme on Urban Risk Mitigation

9.30 AM – 5.00 PM

DAY 1 – MON, 23 NOV
Foundation of Urban Vulnerability & Multi-hazard Mapping

- Session 1 – Introduction and Basics of DM
- Inaugural Session
- Session 2 – Urban Risk Dynamics
- Session 3 – Building resilience of Urban water Infrastructure Systems
- Session 5 – Multi-hazard Risk Assessment

DAY 2 – TUE, 24 NOV
Study Tour – Agra

- Session 6 – Identifying Urban Vulnerabilities, and Infrastructure Strains in Evolving Heritage Cities
- Session 7 – Discussion on Emerging risks in urban areas

DAY 3 – WED, 25 NOV
Preparedness and Mitigation Measures for Urban Resilience

- Session 8 – India's Flagship Urban Resilience Programmes - AMRUT 2.0 & Smart Cities Mission
- Session 9 – Mitigation Measures for Safeguarding Lifeline buildings
- Session 10 – Global Frameworks on Urban Resilience and Institutional Mechanisms
- Session 8 – Translating National Early Warning into Local Action

DAY 4 – THU, 26 NOV
MCR 2030 Toolkit

- Session 13 – Developing a City Resilience Action Plan: Focus on 10 Essentials
- Session 14 – Best Practice on Urban Resilience – Case studies
- Session 15 – Developing An Action Plan: Focus on 10 Essentials
- Session 16 – Finalization of Action Plan for Urban Resilience

DAY 5 – FRI, 27 NOV
Mainstream Technology in City Resilience

- Session 17 – Use of Data & Technology for Urban Risk Reduction
- Session 12 – Principles of Response & Recovery in Urban Settings
- Session 19 – Emerging Construction practices and Way forward for Resilient Cities

Explore Delhi

Around NIDM, Rohini Campus

Key Attractions Nearby & Popular Places to Visit



Nearby Attractions from NIDM

(Ideal for short visits)

All locations are easily accessible by cab/taxi or metro.



1 ISKCON Temple, Rohini

- ~ 3.5 km (10–15 min)
- Nearest Metro: Rohini East (Red Line)

A serene and beautifully designed temple known for its spiritual ambience.



2 Shri Jagannath Mandir, Sector 24

- ~ 4 km (12–15 min)
- Nearest Metro: Rohini West (Red Line)

A revered temple dedicated to Lord Jagannath, known for its unique architecture and peaceful atmosphere.



3 Dilli Haat, Pitampura

- ~ 3.5 km (10–15 min)
- Nearest Metro: Netaji Subhash Place (Pink Line)

A vibrant cultural hub with handicrafts, cuisine and live performances from across India.



4 Pacific Mall, NSP Pitampura

- ~ 4.5 km (15–20 min)
- Nearest Metro: Netaji Subhash Place (Pink Line)

A popular shopping and entertainment destination with leading brands, dining and multiplex.

Key Places to Visit from NIDM

Approximate distance and travel options (by road/metro)



Connaught Place (CP)

22 km | 40–60 mins

By cab/taxi

Metro: Red Line (Rithala → Rajiv Chowk)



Red Fort

25 km | 45–70 mins

By cab/taxi

Metro: Red Line (Rithala → Kashmere Gate)



India Gate & National War Memorial

28 km | 45–70 mins

By cab/taxi

Metro: Red Line (Rithala → Central Secretariat)



Humayun's Tomb

30 km | 50–75 mins

By cab/taxi

Metro: Yellow Line (Samaypur Badli → JLN Stadium) + short auto/cab



Qutub Minar

33 km | 60–90 mins

By cab/taxi

Metro: Yellow Line (Samaypur Badli → Qutub Minar)



Lotus Temple

34 km | 60–90 mins

By cab/taxi

Metro: Yellow Line (Samaypur Badli → Kalkaji Mandir)



Akshardham Temple

31 km | 50–80 mins

By cab/taxi

Metro: Blue Line (Rithala → Akshardham)



Dilli Haat INA

29 km | 50–75 mins

By cab/taxi

Metro: Yellow Line (Samaypur Badli → INA)