

## PRESS RELEASE



### Three-Day Civil Defence Training Programme held for Youths in Mairang, Eastern West Khasi Hills

**Mairang, January 8:** The Office of the Civil Defence, Mairang, Eastern West Khasi Hills District, today organised a three-day training programme on Civil Defence for youths residing within the district.

The programme aimed to equip participants with essential knowledge and skills on self-protection and assisting others during emergencies caused by natural disasters or situations of conflict and war in order to minimise risks and provide prompt aid to the injured.

The training programme was held at the Multipurpose Hall of the DC Office, Mawsawa, Eastern West Khasi Hills District. During the programme, the Inspector of Civil Defence, Mairang, Shri. Skhembor Syiemiong, delivered an awareness session, while members of the Civil Defence imparted practical training on first Aid, Safety Measures and search and Rescue whereas a large number of youths participated actively in the programme.



On the day, participants were trained in administering first aid to injured persons, rescuing victims trapped in accidents or disasters, and setting up relief camps in the event of war or natural calamities, enabling them to effectively assist themselves and others during emergency situations.