

Maersk Suhana Safar programme ‘Training of Trainers’ (ToT) session at DAHQ



Trainers participating in the TOT

On 20th September 2023, Development Alternatives took a significant step towards Skill Enrichment and Capacity Building in creating awareness and fostering partnerships by hosting a ‘Training of Trainers’ workshop with 23 Master trainers, under the MAERSK phase 9 ‘Suhana Safar’ programme at DAHQ, New Delhi.

The ‘Suhana Safar - Truckers Engagement Project’ is implemented by Development Alternatives and supported by MAERSK to provide guidance to truck drivers and their helpers, by enhancing their knowledge and skills in terms of driving, safety, health and finance. The overall outcome of this project is to interact and train the truck drivers to help improve their quality of life through training and capacity building.

The main objective of the ToT session was to empower our team members of Maersk ‘Suhana Safar’ program with the knowledge and skills needed to effectively implement our program’s objectives. The session served as a platform for our Master Trainers to share their valuable insights on innovative content delivery techniques and deliberate on strategies to make our interactions with the truck drivers more engaging and impactful. Additionally, the session was a chance to brainstorm new ideas and formulate thoughtful new additions to the programme.

The workshop commenced with a warm welcome by Mrs. Divya Yadav, Programme Manager. She led the introductory session, elucidating on the programme and agenda of the MAERSK phase 9 ToT session. The Opening remarks were given by the Implementation Lead of DAD,



Experts from Sharda Hospital conducting a CPR & First aid kit workshop

Maj Gen. Rahul Bhardwaj. Further, the Project brief and objectives of the Suhana Safar programme were given by the Associate Programme Director Mr. Mohd. Azeem.



Mrs. Jyoti Sharma giving session on the importance of mental and physical health

The 1st session of the workshop was 'First aid kit and CPR', which was conducted by 2 external experts from Sharda Hospital, Mr. Vimal and Mr. Subodh. In this session participants were introduced to the concepts of CPR, and how to perform one, learn to give immediate CPR in a state of emergency like a cardiac arrest. The 2nd session was on 'Road safety & traffic signs' led by master trainers Mr. Prem Singh and Mr. Amrit Prajapati, where they elaborated on the importance of road safety and awareness of traffic signs. Road safety is the most

important safety measure to understand so as to reduce the risk of road accidents and road side injury for truck drivers. The 3rd session provided a brief grounding on 'WASH and Nutrition'. The purpose of this session was to identify the importance of a nutritious and balanced diet for truck drivers who are on the road for a long duration and exposed to unhealthy and unhygienic food everyday. The 4th session, 'Yoga & Stress Management', was taken by Mrs. Jyoti Sharma. For many truck drivers, stress has become a way of life, such that they hardly pay attention to how it can possibly lead to stress provoking fights and accidents and how they react to it determines their health and safety, One solution proposed, is the inclusion of Yoga and light daily exercises which they can practice while taking breaks in their journey, like simple yoga-asana (Tada-asana, Tiryaka tadasana etc). The 5th session, 'Financial & Digital Literacy' was taken by Mrs. Jyoti Sharma, as lack of awareness of financial literacy in truck drivers prevails even today. Since many of the truck drivers are not educated and working long stressful shifts, they remain eluded from the use of online financial services and tools, like Paytm, Phone pe & Google pay; all of which are simplified and taught in the programme. The 6th and final session was carried out by the Project Coordinator, Mr. Kamal Kumar for 'Govt. Schemes' (Insurance, APY & SSY), wherein he provided information of different government schemes useful for the truck drivers e.g. Atal Pension Yojna & SSY etc.

All the Trainers successfully delivered their presentations, which was followed by a query session leading to fruitful and detailed discussions by the participants. The workshop facilitator Mrs. Divya Yadav planned a few activities to engage the participants in team building by which were useful for interaction during the training. All participants joined in with enthusiasm and also gained hands-on experience. Through all the interactive sessions and group activities, it was showcased that participatory approach achieves efficient and impressionable results.

The closing session of the workshop was led by Mr. Mohd. Azeem. He initiated a note of thanks and then addressed the participants about their learning experiences which was followed by an interaction. Several new valuable suggestions were brought forward for planning more interactions with the truck drivers. A common proposition was linking the families of the truck drivers to banking and insurance services to expand the impact of our Suhana Safar programme. Concluding the session, Mr. Mohd. Azeem and Mrs. Divya Yadav distributed 'Certificates of Trainers' to all the participants and

congratulated them on successful completion of this training and hoped that the knowledge gained in the session would help them in efficient implementation of the programme activities and grow as an efficient trainer.

Finally all were given evaluation forms and training material of the programmes, comprising of pre & post forms and trainer's evaluation forms to share their feedback and suggestions. The session completed with much gratitude and joy from all and a group photo for the memory of the session.



Group of trainers after the session