

# Disaster Management and Our Preparedness

## Outline

### 1. Introduction

a. Hook

b. Background

**c. Thesis Statement:** Although

disasters are unavoidable, effective disaster management and preparedness can significantly reduce human, economic and environmental losses.

### 2. Understanding Disaster Management

#### a. Four Core Phases

- Mitigation
- Preparedness
- Response
- Recovery

### 3. Increasing Intensity of Disasters

a. Impact of climate change

b. Unplanned Urbanization

c. Pakistan's geographic and climate vulnerability

#### 4. Current State of Our Preparedness

- a. Weak institutional capacity
- b. Poor urban and environmental planning
- c. Limited public awareness and training

#### 5. Past Disasters (Pakistan Experience)

- a. 2025 Earthquake and floods
- b. 2022 Climate floods
- c. 2010 floods

#### 6. Steps for Effective Disaster Management

- a. Improving institutional capacity
- b. Disaster resilient infrastructure
- c. Community based disaster management
- d. Use of technology and data
- e. Promoting disaster education and preparedness culture

#### 7. Conclusion

# Essay

"Prepare and Prevent,  
Don't Repair and Repent."

(Anonymous)

In the 21<sup>st</sup> century, disasters have emerged as a threat to human survival. From devastating floods to deadly earthquakes and intensifying heatwaves with alarming regularity.

Although disasters are unavoidable but effective management and preparedness can reduce human, economic and environment losses.

In a world marked by climate change and environmental storms, preparedness has become the decisive factor that separates survival from catastrophe. Like other Asian countries, Pakistan continuously suffering from natural and human disasters that threaten to affect the lives and livelihoods of its citizen. Unfortunately, Pakistan is not fully prepared to counter it.