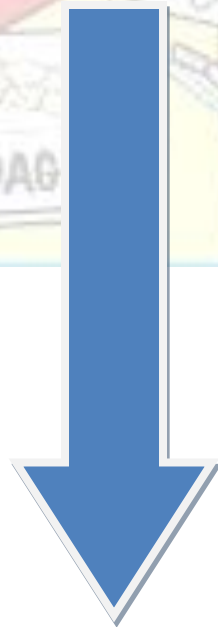
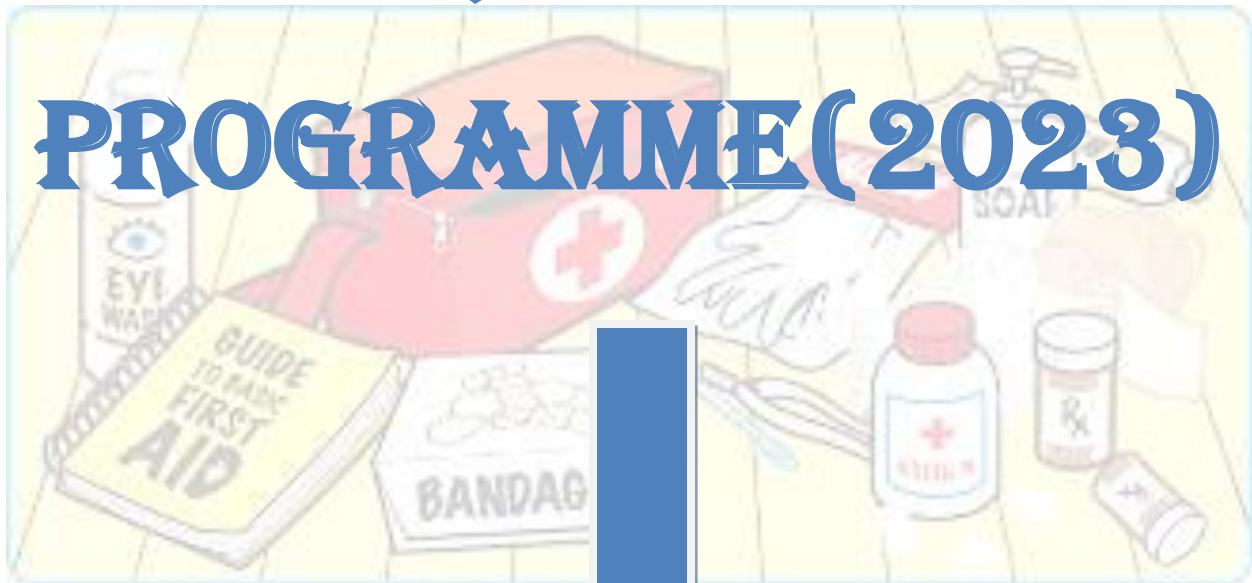


# FIRST AID AND HEALTH AWARENESS TRAINING

## PROGRAMME (2023)





**AGHOREKAMINI PRAKASHCHANDRA MAHAVIDYALAYA**



ADD ON COURSE ON

FIRST-AID AND HEALTH AWARENESS TRAINING PROGRAMME

ORGANIZED BY

DEPARTMENT OF PHYSICAL EDUCATION

IN ASSOCIATION WITH

**IQAC, AGHOREKAMINI PRAKASHCHANDRA MAHAVIDYALAYA**



**COURSE TITLE:** FIRST-AID AND HEALTH AWARENESS TRAINING PROGRAMME

**COURSE DURATION:** 36 HOURS (FROM 15.05.2023)

**COURSE OFFERED BY:** Dept. of PHYSICAL EDUCATION  
A.K.P.C Mahavidyalaya, Bengai, Hooghly

**PARTICIPATING TEACHERS:**

**DR. PRALAY NAYEK (ASSISTANT PROFESSOR)**

**PROF. KARTICK PAUL**

**PROF. RAJKUMAR DE**

**PROF. RUMA RANI DEY MANDAL**

**MR. RAJIB BHATTACHARIYYA (FIRST-AID INSTRUCTOR)**

**RIJIA SULTANA (FIRST-AID INSTRUCTOR)**

**COURSE COORDINATOR:**

**PROF. RAJKUMAR DEY,**

**PROF. KARTICK PAUL**

**DR. PRALAY NAYEK**

## **SYLLABUS:**

- 1. INTRODUCTION BRIEFLY, ANATOMY & PHYSIOLOGY**
- 2. DEFINITION OF DRESSING & BANDAGES, TYPES OF BANDAGES, TRIANGULAR BANDAGE, ROLLER BANDAGE**
- 3. MEANING AND DEFINITION OF WOUNDS & HAEMORRHAGE SHOCK ASPHYCIA, TYPES OF WOUNDS, CONTROL OF HAEMORRHAGE ,**
- 4. ARTIFICIAL RESPIRATION, TREATMENT OF SHOCK**
- 5. SNAKE BITE, DOG BITE, HANGING, FRACTURE & PRIMARY CARE FOR COMMON AILMENTS**
- 6. MEANING AND DEFINITION OF FRACTURE , TYPE OF FRACTURE, TREATMENT OF FRACTURE**
- 7. INTRODUCTION BRIEFLY, HEALTH & HEALTH AWARENESS**

## **MODULES:**

### **THEORY & PRACTICAL**

#### **UNIT- I**

**Meaning and Definition of First-Aid, Golden rules of First Aid  
Introduction briefly, Anatomy & Physiology**

**(Time: 4 Hours)**

#### **UNIT- 2**

## **Definition of Dressing & Bandages, Different Types of Bandages, Triangular Bandage, Roller Bandage**

(Time: 6 Hours)

### **UNIT- 3**

## **Meaning and Definition of Wounds & Haemorrhage Shock Asphyxia, Different types of wounds, Control of haemorrhage**

(Time: 7 Hours)

### **UNIT- 4**

## **Artificial Respiration, Treatment of Shock**

(Time: 7 Hours)

### **UNIT- 5**

## **Snake Bite, Dog Bite, Hanging, Fracture & Primary care for common ailments**

(Time: 5Hours)

### **UNIT- 6**

## **Meaning and Definition of Fracture , Type of Fracture, Treatment of Fracture, meaning and definition of health & health awareness**

(Time: 7 Hours)



## **PROGRAMME OUTCOME:**

- 1. STUDENTS WILL LEARN ABOUT FIRST AID.**
- 2. STUDENTS KNOWING HOW AND WHEN TO PROVIDE MEDICAL CARE TO SOMEONE WHO IS HURT IS VERY IMPORTANT**
- 3. STUDENTS WILL LEARN ABOUT TREATING COMMON ILLNESSES AND INJURIES.**
- 4. THIS HELPS STUDENTS BECOME MORE AWARE OF DETERMINING IF AN INJURY IS SEVERE OR MINOR.**
- 5. STUDENTS WITH GOOD KNOWLEDGE OF THE FIRST AID ARE LIKELY TO BE MORE ALERT AND ACTIVE.**
- 6. FIRST AID PROMOTES THE SENSE OF SAFETY.**
- 7. IT MAKES THEM CAPABLE OF MANAGING INCIDENTS AND ASSESSING CASUALTIES.**
- 8. STUDENTS WILL LEARN HOW TO EXAMINE A CASUALTY, USE A DEFIBRILLATOR, FAMILIARIZE YOURSELF WITH BASIC LIFE SUPPORT AND LEARN HOW TO CONTROL BLEEDING AND TRAUMA**

## **COURSE OUTCOME:**

**CANDIDATES WILL BE ABLE TO ASSESS SITUATIONS AND CIRCUMSTANCES IN ORDER TO PROVIDE FIRST AID SAFELY, PROMPTLY AND EFFECTIVELY IN A RANGE OF EMERGENCIES.**

**CO -1 : UNDERSTAND THE ROLE AND RESPONSIBILITIES OF A FIRST AIDER**

**CO -2 : BE ABLE TO ASSESS AN INCIDENT**

**CO 3 : BE ABLE TO MANAGE AN UNRESPONSIVE CASUALTY WHO IS BREATHING NORMALLY**

**CO 4 : BE ABLE TO MANAGE AN UNRESPONSIVE CASUALTY WHO IS NOT BREATHING NORMALLY**

**CO 5 : BE ABLE TO MANAGE A CASUALTY WHO IS CHOKING**

**CO 6 : BE ABLE TO MANAGE A CASUALTY WITH EXTERNAL BLEEDING**



**CO 7 : BE ABLE TO MANAGE A CASUALTY WHO IS SHOCK**

**CO 8 : BE ABLE TO MANAGE A CASUALTY WITH A MINOR INJURY**

**CO 9 : STUDENTS WILL BE ABLE TO DEMONSTRATE AN UNDERSTANDING OF ONE'S HEALTH ISSUES/CONDITIONS, INCLUDING PREVENTION APPROACHES, SELF-CARE PRACTICES, AND APPROPRIATE INTERVENTION AND TREATMENT WHEN NEEDED.**

**CO 10 : STUDENTS WILL BE ABLE TO DESCRIBE HEALTH & WELLNESS PROGRAMS AND SERVICES OFFERED, HOW TO ACCESS THEM, AND THEIR VALUE TO THEIR WELL-BEING.**

### **MODE OF EVALUATION:**

**After the completion of course, written examination will be taken for 60 Marks and practical marks will be conducted for 35 Marks and a viva will be conducted for 05 Marks. On the basis of marks obtained for written examination and viva, the results will be prepared. The gradation system for the declaration of results will be as follows:**

### **GRADING SYSTEM**

<b>Level</b>	<b>Excellent</b>	<b>Very Good</b>	<b>Good</b>	<b>Above Average</b>	<b>Average</b>	<b>Below Average</b>	<b>Poor</b>	<b>Fail</b>
<b>Grade</b>	<b>A+</b>	<b>A</b>	<b>B+</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>
<b>Marks range</b>	<b>90-100</b>	<b>80-89</b>	<b>70-79</b>	<b>60-69</b>	<b>50-59</b>	<b>40-49</b>	<b>33-40</b>	<b>0-32</b>
	<b>90-100</b>	<b>80-89</b>	<b>70-79</b>	<b>60-69</b>	<b>50-59</b>	<b>40-49</b>	<b>33-40</b>	<b>0-32</b>





