



**ADD - ON COURSE
ON**

FIRST AID

ORGANIZED BY

DEPARTMENT OF EDUCATION

SWANAMOYEE JOGENDRANATH MAHAVIDYALAYA

Govt. Aided General Degree College Estd.: 2014

P.O.: Amdabad, P.S.: Nandigram, Dist.: Purba Medinipur, Pin – 721650



DATE: 26.12.2022 TO 01.01.2023

TIME: 9A.M

VENUE: COLLEGE SEMINAR HALL

SYLLABUS OF FIRST AID

Unit 1: First aid basics:

4HOURS

- First aid, importance of first aid, laws of first aid.
- Content of an ideal first aid kit, dealing with an emergency.
- Personal protection, importance of warning gloves.

Unit 2: Emergency Response:

4HOURS

- CPR, steps for performing CPR, recovery position.
- Understand what a heart attack is and be able to treat someone suspected of having a heart attack.
- Pressure checking, understand what is faint and be able to treat someone who feels faint.

Unit 3: First aid in Burns:

4HOURS

- Causes of burns and treatment.
- Types of Burnes, danger of Burnes.
- First aid in dry burns, electrical Burnes, Heat stroke, recovery position.

Unit 4: First aid in wounds and injuries:

4HOURS

- Causes of injuries, fractures of bones, types of wounds.
- Small cuts, head injuries, nose bleeding, bleeding from various veins.
- Shocks - causes of shock and it's first aid, sports injuries.

Unit 5: First aid in Poisoning:

4HOURS

- Poisoning by injection, animal bites, snake bite, and insect bites.
- Dehydration, diarrhoea, and vomiting.

Unit 6: Various types of Fever and their Symptoms:

4HOURS

- Body temperature.
- Common seasonal viral fever.
- Dengue.
- Malaria.
- Typhoid.
- Effects of heat and cold.
- Hypothermia.

Unit 7: First aid awareness:**2HOURS**

- Travelling first aid kits
- First Aiders.
- Health and safety (first aid) regulations 1981.

First aid Training Programme:**4HOURS**

- Using of items of first aid box.
- Role play: safety, seek help, observe consciousness and breathing, hand hygiene, give CPR, put victim in recovery position.
- Stop bleeding: direct pressure, compressive bandage.
- Dealing with wounds and injuries: dressing, bandage.
- Handling of a burn victim and cooling process.
- Handling of a victim of snake bites, animal bites
- Taking temperature of fever.
- Dealing with dehydration, diarrhoea, and vomiting.
- Pressure checking.

REFERENCES:

1. K.G. Monsieurs, J.P. Nolan, et al. European Resuscitation Council Guidelines for Resuscitation 2015. Resuscitation. 2015;95;1-277
2. R.W. Neumar, M. Shuster, et al. 2015 American Heart Association Guidelines Update for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care. Circulation. 2015; suppl. 2.
3. E.M. Singletary, N.P. Charlton, et al. First Aid: 2015 American Association and American Red Cross Guidelines Update for First Aid. Circulation. 2015; suppl. 2.
4. M.F. Hazinski, J.P. Nolan, et al. 2015 International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science With Treatment Recommendations. Circulation. 2015; suppl. 1.
5. WHO. Psychological First Aid Guide for Field Workers. 2011
6. E.M. Singletary, D.A. Zideman, et al. 2015 International Consensus on First Aid Science With Treatment Recommendations. Circulation. 2015; suppl. 1.
7. D.A. Zideman. E.D.J. DeBuck, et al. 2015 First Aid. Resuscitation. 2015.:95:278-287
8. Indian Red Cross Society – Belgian Red Cross Flanders. Indian First Aid Guidelines. 2014.
9. Belgian Red Cross Flanders. Evidence Summaries Indian First Aid Guidelines (IFAG). 2014.

Phone: 7501133806



SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA

Govt. Aided General Degree College | Estd.: 2014

P.O.: Amdabad, P.S.: Nandigram, Dist.: Purba Medinipur, PIN 721650

www.simahavidyalaya.in | Email: simahavidyalaya@gmail.com

No. – 123/22

Date: 09.11.2022

Notice

This is to notify that the Department of Education is going to organize a Thirty Hours 'Add -on Course on First Aid' from 26.12.2022 to 01.01.2023. Those who are willing to register themselves for the course are advised to fill in the form available in the college office from 21.11.2022 to 13.12.2022. Please note there are only 30 seats in the course and the admission will be first come first serve basis.

S. Anil Kumar, 09.12.22
Co-Ordinator
Course Coordinator
Swarnamoyee Jogendranath Mahavidyalaya

Raman
Principal 09/12/22
Dr. Ratan Kumar Samanta
Principal
Swarnamoyee Jogendranath Mahavidyalaya
Amdabad :: Purba Medinipur :: Pin-721650

Programme Schedule

Add - on Course on First Aid

Organized by Dept. of Education

Swarnamoyee Jogendranath Mahavidyalaya

Session- 2022-2023

Date: - 26.12.2022 to 01.01.2023

Offline mode

	Day	Date	Time	Title of Lecture	Name of the Teacher	Remarks
Session 2022-2023	Monday (Inauguration)	26.12.2022	9.00AM- 10.00AM	Welcome address by Soma Adhikary programme Co-ordinator and head of the department of Education, speech by respected principal Dr. Ratan kumar Samanta, Importance of this certificate course by Prasad Ranjan Chakrabarty, IQAC, Co-Ordinator, Swarnamoyee Jogendranath Mahavidyalaya		
		26.12.2022	10.00AM – 2PM	-First aid, importance of first aid, laws of first aid. -Content of an ideal first aid kit, dealing with an emergency. -Personal protection, importance of warning gloves.	Soumen Gayen, Assistant Teacher, Dept. of Physical Education, Madhyapalli Siksha Niketan	
	Tuesday	27.12.2022	10.00AM – 2.30 P.M	-CPR, steps for performing CPR, recovery position. - Understand what a heart attack is and be able to treat someone suspected of having a heart	Miss Debalina Pradhan, Guest Teacher, Department of Physiology Swarnamoyee Jogendranath Mahavidyalaya	

		(30minutes break at 12.00NOON)	attack. -Pressure checking, understand what is faint and be able to treat someone who feels faint.		
Wednesday	28.12.2022	10.00AM – 2.30 P.M (30minutes break at 12.00NOON)	-Causes of burns and treatment. Types of Burnes, danger of Burns. -First aid in dry burns, electrical Burns, Heat stroke, recovery position.	Nayan kumar bera, SACT, Department of Botany Swarnamoyee Jogendranath Mahavidyalaya	
Thursday	29.12.2022	10.00AM – 2.30 P.M (30minutes break at 12.00 NOON)	-Causes of injuries, fractures of bones, types of wounds. -Small cuts, head injuries, nose bleeding, bleeding from various veins. -Shocks - causes of shock and it's first aid, sports injuries.	Sanjay Samanta, SACT & Head, Department of Physical Education. Swarnamoyee Jogendranath Mahavidyalaya	
Friday	30.12.2022	9.00AM – 2.30 P.M (30minutes break at 12.00NOON)	-Poisoning by injection, animal bites, snake bite, and insect bites. - Dehydration, diarrhoea, and vomiting.	Miss Tanushree Das, Guest Teacher, Department of Zoology, Swarnamoyee Jogendranath Mahavidyalaya	
Saturday	31.12.2022	9.00AM – 2.30 P.M (30minutes break at 12.00NOON)	-Body temperature. -Common seasonal viral fever. -Dengue. -Malaria. -Typhoid. -Effects of heat and cold. -Hypothermia.	Miss Arpita Majumdar, Assistant Professor, Department of Geography Swarnamoyee Jogendranath Mahavidyalaya	
Sunday	01.01.2023	9.00AM – 11AM	-Travelling first aid kits -First Aiders. -Health and safety (first aid) regulations 1981.	Dr. Ratan Kumar Samanta, Principal, Assistant Professor of Geography, Department of Geography Swarnamoyee Jogendranath Mahavidyalaya	

		01.01.2023	11.30AM-3.30PM	<ul style="list-style-type: none"> -Using of items of first aid box. -Role play: safety, seek help, observe consciousness and breathing, hand hygiene, give CPR, put victim in recovery position. -Stop bleeding: direct pressure, compressive bandage. -Dealing with wounds and injuries: dressing, bandage. -Handling of a burn victim and cooling process. -Handling of a victim of snake bites, animal bites -Taking temperature of fever. -Dealing with dehydration, diarrhoea, and vomiting. -Pressure checking. 	<p>Sanjay Samanta, SACT & Head, Department of Physical Education. Swarnamoyee Jogendranath Mahavidyalaya</p> <p>Soumen Gayen, Assistant Teacher, Dept. of Physical Education, Madhyapalli Siksha Niketan</p> <p>Miss Tanushree Das, Guest Teacher, Department of Zoology, Swarnamoyee Jogendranath Mahavidyalaya</p>	
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S. Adhikary. 10.11.2022
Programme co-ordinator
Course Coordinator
Swarnamoyee Jogendranath Mahavidyalaya

Ramat
Principal 10/11/22

Swarnamoyee Jogendranath Mahavidyalaya
Principal
Swarnamoyee Jogendranath Mahavidyalaya
Amdabad :: Purba Medinipur :: Pin-721650

Registers of student for Add-on course on
'First Aid'. [Session 2022-2023]

Sl.No	Name of the student	Semester/ Year	Roll No	Caste	Religion	Contact No	Signature with Date
1	SUBHADEEP MALAKAR	3rd Sem	05	OBC-B	Hindu	8927080238	Subhadeep Malakar. 22/11/2022
2	SOURAV KUMAR BERA DAS	3rd Sem	02	General	Hindu	8918079029	Sourav kumar Bera Das. 22.11.22
3	RUPASHRI BERA	3rd Sem	63	General	Hindu	8927688983	Rupashri bera 22/11/2022
4	ANIMA KAPILAS	3rd Sem	03	General	Hindu	7710160967	Anima Kapilas 22.11.22
5	PRIYANKA SINGHA	3rd Sem	51	SC	Hindu	9832554387	Priyanka Singha 23.11.2022
6	RUMA KHATUA	3rd Sem	61	General	Hindu	6296400789	Ruma Khatus 23/11/2022
7	SUJATA DAS	3rd Sem	131	General	Hindu	7797601577	Sujata Das. 23/11/2022
8	MAMATA SAMAI	1st Sem	28	General	Hindu	9635597351	Mamata Samai. 25.11.2022
9	DEBABRATA BERA	1st Sem	134	SC	Hindu	8663993141	Debabrata Bera. 25.11.2022
10	ANJANA GIRI	1st Sem	34	General	Hindu	9882002326	Anjana Giri. 25/11/2022
11	MOUMITA PANDA	1st Sem	33	General	Hindu	9002464944	Moumita Panda. 25.11.2022
12	RUMPA JANA	1st Sem	39	General	Hindu	7479333836	Rumpa Jana. 28.11.2022
13	SUDIPA DAS	1st Sem	44	General	Hindu	9907591993	Sudipa Das 28/11/2022
14	SHEULI MAITY	1st Sem	41	General	Hindu	7364941395	Sheuli Maity 29.11.2022
15	SUNITA PRADHAN	1st Sem	152	SC	Hindu	9002323767	Sunita Pradhan 29.11.2022
16	GOURHARI DAS	1st Sem	07	SC	Hindu	7863907309	Gourhari Das 29/11/2022
17	PUJA PAL	1st Sem	16	General	Hindu	9547066898	Puja pal 29.11.2022
18	LAKSHMI RANI GIRI	1st Sem	20	General	Hindu	9799267566	Lakshmi Rani Giri 29.11.2022
19	JOYSREE BERA	1st Sem	55	General	Hindu	7479836398	Joysree Bera 29.11.2022
20	KRISHNA KHATUA	1st Sem	14	General	Hindu	9883843211	Krishna Khatus 29.11.2022
21	ANJALI JANA	3rd Sem	04	General	Hindu	8101869408	Anjali Jana 30.11.22
22	SUJAY BARIK	3rd Sem	100	General	Hindu	9382092349	Sujay Barik 30/11/22
23	SUKAMAL MAITY	3rd Sem	101	General	Hindu	7319131763	Sukamal Maity 30.11/2022
24	DIPANWITA JANA	3rd Sem	24	General	Hindu	7501356638	Dipanwita Das 30.11.2022
25	SUSANTA DAS	3rd Sem	122	General	Hindu	7719119306	Susanta Das 30.11.22
26	SUSAMA GAYEN	1st Sem	169	SC	Hindu	9933792133	Susama Gayen 30.11.22
27	SATYAJIT SAU	1st Sem	148	OBC	Hindu	7811924658	Satyajit sau 30.11.22
28	BUDDHADEV PRADHAN	3rd Sem	135	General	Hindu	9564080822	Buddhadev pradhan 30.11.2022
29	PALLABI KAMILA	3rd Sem	47	General	Hindu	7477881144	Pallabi Kamila 06.12.22
30	SHRABANI MANNA	3rd Sem	76	General	Hindu	6296129442	Shrabani Manna 07.12.2022

S. Adhikary
Course Coordinator
Swamamoyee Jogendranath Mahavidyalaya

B. Mani
Principal
Swamamoyee Jogendranath Mahavidyalaya
Amdabad - Purba Medinipur - Pin-721650

Report

Add on course

On

First Aid

Organized by

Department of Education

Swarnamoyee Jogendranath Mahavidyalaya

For the Session 2022-2023

Dated- **26.12.2022 to 01.01.2023**

Offline Mode

No. of students registered for the course: 30

No. of students completed the course: 30

classes held during the course: (30 hrs.)

No. of recourse person delivered their lecture: 08

Course Outcome: - We get the below outcomes from this course:

The entire sessions focused on the basics of first aid, and how to provide first aid in wounds, bleeding, burns, heatstroke, poisoning, bites, drowning, fainting, and unconsciousness. All teachers had hands-on experience of dressing the wound, applying different types of bandages, splinting the injured body part, providing cardiopulmonary resuscitation, and transferring the victim. There was active participation by all the teachers and students. They expressed that the course will be very useful for them.

S. Adhikary. 01.01.23

Programme Coordinator

Course Coordinator

Swarnamoyee Jogendranath Mahavidyalaya

Bamant
01.01.23

Principal

Principal

Swarnamoyee Jogendranath Mahavidyalaya
Amdabad :: Purba Medinipur :: Pin-721650



Swarnamoyee Jogendranath Mahavidyalaya
(A Govt. Aided General Degree College:: Affiliated to Vidyasagar University)
At+ P.O.: Amdabad, P.S.: Nandigram, Dist.: Purba Medinipur, PIN- 721650

Certificate of Participation

This is to certify that Subhadeep Maklakar of 3rd Semester has successfully completed the Add-on course on 'First Aid' organised by the Department of Education of Swarnamoyee Jogendranath Mahavidyalaya held during 26/12/2022 to 01/01/2023.

S. Adhikary
Course Coordinator
Swarnamoyee Jogendranath Mahavidyalaya

Samanta

Dr. Ratan Kumar Samanta
Principal
Swarnamoyee Jogendranath Mahavidyalaya
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