



# Office-Principal

## Govt. Jagannath Munnalal Choudhary Mahila Mahavidyalaya, Mandla, Madhya Pradesh



Towards Excellence...

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## Report

### Title of the Programme: 15 Days Certificate Course on "Training on Techniques of First Aid"

The 15 Days Certificate Course was begun with the welcome speech by the Trainer and Coordinator of the Programme, Dr. Aradhna Dubey (Associate Professor, Home Science; Coordinator, IQAC) after that the patron of the institution Dr. S.N. Khare also shared his view on the significance of the course in the day-to-day lives of the students and how this course can be the life saving measure for health issue situations. The trainer of the programme clarified the significance of the knowledge of Basic Skills related with providing First Aid to any patient during these 15 Days of the duration of the course. The topics discussed thoroughly were:-

- ✦ Meaning and objectives of First Aid.
- ✦ Principles of First Aid.
- ✦ Golden rules of First Aid.
- ✦ First Aid skills.
- ✦ Applications of first aid for unconsciousness, wounds, fracture and dislocation, electric shocks and other shocks, stuck things in eyes, ears and nose.
- ✦ Burn and half burn.
- ✦ Identification of burn.
- ✦ Types of burn- First Aid and treatment of burns.
- ✦ First Aid in poisoning and animal bites- Snake Bite, Dog Bite and Insect Bite.
- ✦ Definition and meaning of bandage.
- ✦ Types of bandages- making slings and uses.
- ✦ Hot and Cold compress.
- ✦ Bleeding.
- ✦ Pressure Points.
- ✦ Use of Tourniquet.
- ✦ Application of Artificial Breathing.

During the course, the students were made more aware of the techniques to be applied as the first aid in:

- ✚ Cardiopulmonary Resuscitation. Those trained in cardiopulmonary resuscitation (CPR) can help a victim of cardiac arrest to start breathing again. ...
- ✚ Bleeding. It's important to stop a wound from bleeding to prevent the loss of too much blood. ...
- ✚ Burns.
- ✚ Choking.
- ✚ Broken Bones.

**Govt. J.M.C. Mahila Mahavidyalaya, Mandla, M.P.**



**Department of Home Science in collaboration with IQAC organizes**

**15 Days Skill Based Certificate Course on “Training on Techniques of First Aid”**

**Date:** 13/11/2019-29/11/2019 **Time:** 12:00 Hrs-14:00 Hrs **Venue:** Seminar Hall (Room No. 10)



**Organizer & Coordinator:**  
Dr. Aradhna Dubey  
IQAC Coordinator



**Principal :**  
Dr. S.N. Khare



## Principles of First Aid

- I. Preserve Life.
- II. Prevent Deterioration.
- III. Promote Recovery.
- IV. Taking immediate action.
- V. Calming down the situation.
- VI. Calling for medical assistance.
- VII. Apply the relevant treatment.

## The 7 Steps of First Aid

- Step 1: Ensure Safety.  
Step 2: Call for Help.  
Step 3: Assess the Situation.  
Step 4: Provide Basic First Aid Procedures if Necessary.  
Step 5: Provide Comfort and Reassurance.  
Step 6: Handover to Professional Medical Help.  
The Most Important Step.

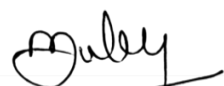
In first aid, **ABC** stands for **Airway, Breathing, and Circulation**. This means ensuring that the airway is clear, checking to see if the patient is breathing and observing the circulation (pulse or observation of colour and temperature of hands or fingers).

## Golden rules of First Aid:

- ✚ Prioritise Safety
- ✚ Assess the Situation and victim
- ✚ Call for help
- ✚ Control bleeding.
- ✚ Treat for shock.
- ✚ Be mindful of head and spinal injuries and attend to burns.

The certificate course was wrapped up after distribution of the course completion certificates by the trainer of the programme Dr. Aradhna Dubey (Coordinator, IQAC) among the enrolled students.

The number of enrolled as well as the benefitted students was 92.



**Trainer and Coordinator**

Dr. Aradhna Dubey  
(Associate Professor, Home Science)  
Coordinator, IQAC



**Principal**

Govt. Jagadamba Prasad Choudhary  
Mahila Mahavidyalaya, Mandla (M.P.)  
Govt. J.M.C. Mahila Mahavidyalaya,  
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