

First Aid and Safety Measures Training (FAST)



1. Course Title - First Aid and Safety Measures Training (FAST)

2. Department/ Society/ MOU etc. – Physical Education Department, Janki Devi Memorial College in collaboration with Al-Falah School of Medical Sciences and Research Center, Faridabad, Haryana

3. Resource Persons – List s as following -

1. Maj Gen PK Singh vsm (Retd)
2. Dr Nitesh Virmani
3. Dr Chirag Sethi
4. Dr Ajay Verma
5. Dr Sanjeev Sehgal
6. Dr Megha Goswami
7. De Asma Orooj
8. Dr. Imtiyaz Ali
9. Dr. Sameer Chattopadhyay
10. Dr. Bhupinder Kaur Aanand
11. Dr. Seema Nigam

4. Report (300 words) –

The department of Physical Education under Dr. Abha Jain began a *7 weeks add on course* on ***First Aid and Safety Measures Training (FAST)*** course in collaboration with *Al-Falah School of Medical Sciences and Research Centre* for students of Janki Devi Memorial College from February 19, 2022 onwards with 35 participants from the registered for the course with 32 successfully completing the course

First Aid and Safety Measures training course is designed to enhance health and safety standards at schools, colleges, official space, public place, on roads, home or and any other place . It emphasizes the importance of First Aid response in case of medical emergencies. The students are trained to support their friends, family, relatives or any other person in need in case of any medical emergencies.

Considering the COVID Pandemic, it is designed to offer this program on online platform (ZOOM) with support and collaboration, and a few practical sessions in physical mode, if situations permit, we look forward to the continuous support to make the community a better place for the future of next generation.

5. Outline and output of course - *First Aid and Safety Measures Training Course* does not only give students the ability to save lives, when there in an emergency, but it also boosts their confidence creating leadership quality in them. The most accredited benefit is CPR that one learns in this course that will equip participants – the ability to save lives in critical situations. Emergency situations always need immediate action especially CPR as the ambulance does not arrive right away. Providing CPR immediately to the patient decreases the risk of brain damage or death. Onsite support from trained first aid personnel trained the students to save precious treatment time and can improve survival chances and decrease the odds of death, critical damage to brain, and other vital organs, because they can be used before emergency medical service (EMS) personnel arrive. A heart rhythm in ventricular fibrillation may only be restored to the normal by an electric shock. To help the students become responsible and compassionate citizens of our country, to enrich them with proper education to deal with any emergency, first aid care, and a learned first aid provider

- Promoting life-saving awareness training to implement safety measures
- Life-saving training
- Trauma management training
- Rescue activity
- AED training
- First aid training
- Road safety activity
- CPR training

5. Output of the FAST Course –

1. Roles and responsibilities of a first aider
2. How to conduct a scene survey
3. How to conduct a casualty survey
4. First aid for a choking casualty
5. First aid for an unresponsive casualty
6. How to put a casualty in the recovery position
7. Protection from infection
8. knowledge about pathogens
9. Action at an emergency
10. Good Samaritan law
11. Choking Infant Child & Adult.
12. How to perform CPR (Cardio Pulmonary Resuscitation during Pandemic, Covid - 19)
13. Identifying and managing casualties with external bleeding, shock, minor burns and scalds.
14. How to recognize, get help for and provide first aid for a heart attack.
15. Implement appropriate first aid for focal and generalized seizures.
16. More information related to the safety and first aid.

6. Evaluated Method – Weekly Assignments and a final 30 Multiple Choice Questions (MCQ) after the conclusion of the course

7. Lecture recording link -

<https://drive.google.com/drive/folders/1x3VHthYJWduQ37l-vygl1f12AUTF4K7Z?usp=sharing>

8. Feedback and attendance link –

<https://docs.google.com/spreadsheets/d/1nwQbDju8RHmscUWlnfgq4OKnjgKcxzTt/edit?usp=sharing&ouid=111635627199569091486&rtpof=true&sd=true>

Attendance Link of FAST

<https://docs.google.com/spreadsheets/d/1BDpFIM-TRW1dC75Tqp-U8rP2lgGnRuiE/edit?usp=sharing&ouid=111635627199569091486&rtpof=true&sd=true>

9. Strong and weak points of course-

Strong Points -It's a very a useful and life-saving on hand skills acquisition course that will help students become responsible, valuable and compassionate citizens of the nation, understand the value of human lives, importance of saving precious time and presence of mind at the scene of accidents, that can save lives

Weak Points – Due to Covid 19 pandemic, the course had to be conducted online platform. Though, being online it's has its own merits and demerits also. The online platform makes it a monotonous and sometimes fails to hold the attention level of participants for a long time. Also, owing to it's very technical and medical background with a strong practical oriented nature. Its theoretical content becomes a bit difficult to understand for the uninitiated. Hence, online mode it even more difficult to comprehend some times

10. Date when started- Feb 19, 2022

11. No. of Student enrolled -35

12. Course fee and total amount – Rs. 200/* 32 = Rs 6400/

13. Poster and brochures-



JANKI DEVI MEMORIAL COLLEGE (University of Delhi)

Department of Physical Education

Under the aegis of

JDMC – IQAC Center of Career Counseling, Career Opportunities & Skill Enhancement

In collaboration with

AL-FALAH SCHOOL OF MEDICAL SCIENCES AND RESEARCH CENTER

Presents

A 30 Hours Add on Course on

FIRST AID & SAFETY MEASURE TRAINING (FAST) COURSE

Date – 19th Feb. to 9th April, 2022

Time – 9.00 AM Onwards

Classes Only on Saturday and Sunday

Coordinator-
Dr. Abha Jain
(TIC, Phys. Edu. Dept., JDMC)

Coordinator – Prof. (Dr.) Bhupinder Kaur,
Head, Community Medicine Dept., ASMSRC
Co-coordinator – Dr. Seema Nigam
Tutor, Physiology Dept., ASMSRC

Prof. Swati Pal
Principal, JDMC
Maj. Gen. (Dr.) P. K. Singh VSM (Retd.)
Principal, AFSMS & RC

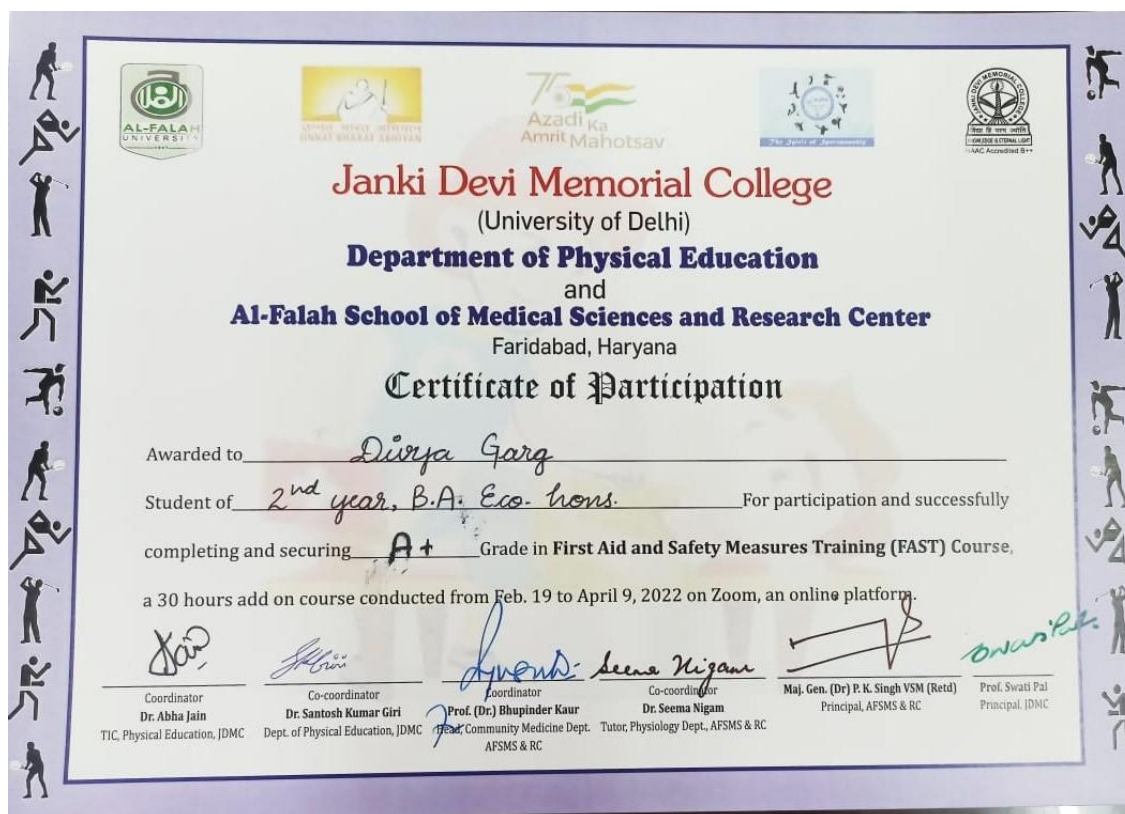
14. **Course Coordinators – Dr. Abha Jain & Prof Bhupinder Kaur**

Course Co-coordinators – Dr. Seema Nigam & Dr. Santosh K. Giri

15. **Future planning and Scope** –Intend to extend it to Level -2 and with international collaborations

16. **Certificate pattern and Others Details –**

- a) **Modules/Units along with Learning Outcomes for each module: 26 modules**
- b) **Teaching Methodology/Pedagogies Used:** Demonstration in practical mode
- c) **Modes of Assessment and Evaluation-** A set of time based questionnaire including 30 questions



Certificate of a Participant

Add-On Course Coordinator:-

Dr. Abha Jain

Head, Physical Education Dept.

Prof. (Dr.) Bhupinder Kaur,

Head, Community Medicine Dept., ASMSRC

Co-coordinator -

Dr. Santosh Kumar Giri,

Physical Education Dept.

Prof Swati Pal

Principal

Maj. Gen. (Dr.) P. K. Singh VSM (Retd.)

Principal, AFSMS & RC

Dr. Seema Nigam

Tutor, Physiology Dept., ASMSRC

9. Course Coordinators and principal name with photographs



Dr. Abha Jain
Head, Physical Education Dept.



Prof Swati Pal
Principal, JDMC

Coordinator, FAST Course



Prof. (Dr.) Bhupinder Kaur,
Head, Community Medicine Dept., ASMSRC
Coordinator, FAST Course



Maj. Gen. (Dr.) P. K. Singh VSM (Retd.)
Principal, AFSMS & RC

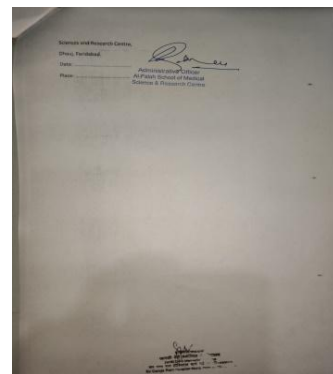
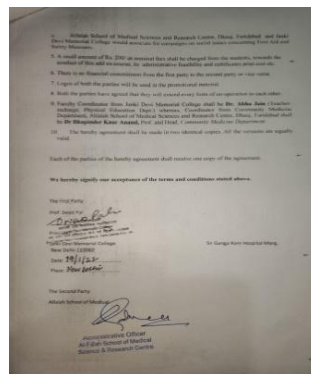
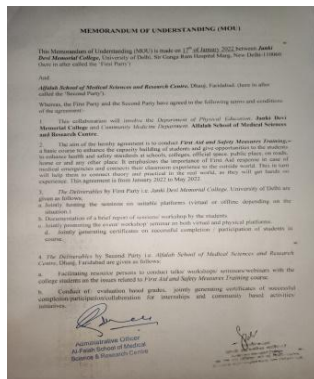


Dr. Santosh Kumar Giri
Physical Education Dept.
Co-coordinator, Fast Course

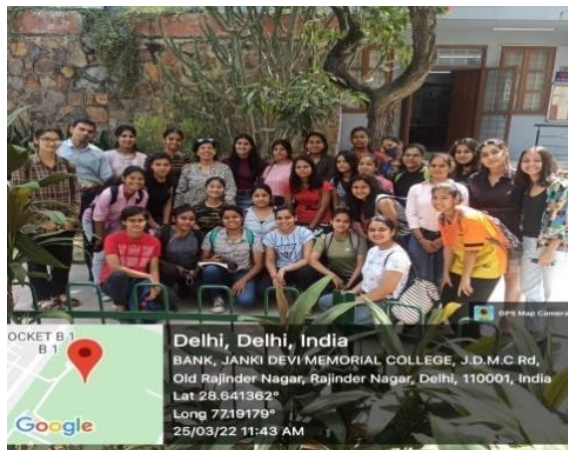


Dr. Seema Nigam
Tutor, Physiology Dept., ASMSRC
Co-coordinator, Fast Course

Pictures-



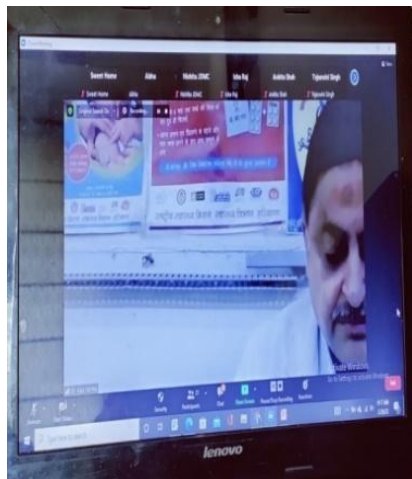
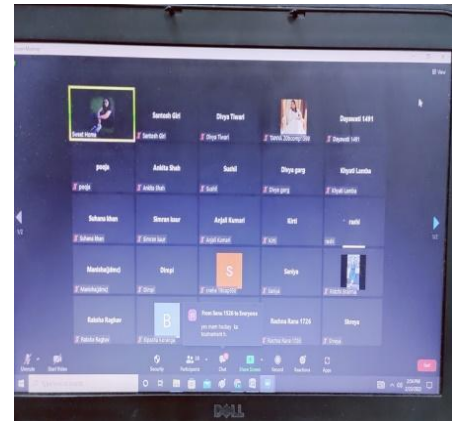
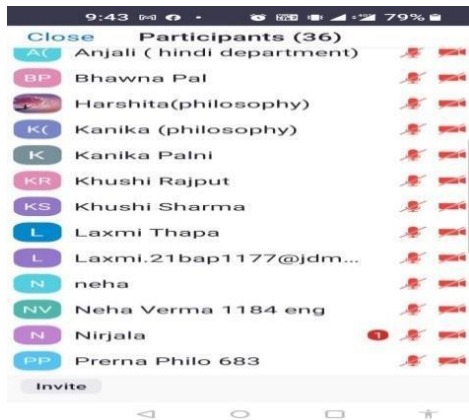
MOU of Collaboration between JDMC & AFSMSRC



First Aid Expert **Ms. Krishi Shokeen** with Principal Prof Swati Pal & Physical Education Dept. & Participants



Ms. Krishi Shokeen with Physical Education Dept. & participants of FAST Course



Attendance of the participants in the course & Online session with Dr. Ajay Verma in progress