KASHI NARESH UNIVERSITY, BHADOHI

Syllabus

of

Co-Curricular Course

Semester I

Course Title : First Aid and Health

(National Education Policy-2020)

(w.e.f. Academic Session 2026-2027)

For Undergraduates (B.A./B.Sc./B.Com.)

Approved by

Board of Studies

Department of Home Science

Faculty of Arts

Kashi Naresh University

Bhadohi

BOS Approval and Signatures :

Dr. Isa Tripathi – Isa Tripathi

Dr. Janhvi Tripathi – Janhvi

Dr. Madhu – Madhu

Manisha

Dr. Pragya Verma

Dean: Prof. R. P Yadav – R P Yadav

Department of Higher Education
U.P. Government, Lucknow

National Education Policy-2020
Common Minimum Syllabus for all U.P. State Universities

Co-curricular course: Semester-1

Course Title: First Aid and Health

Name	Designation	Affiliation
Steering Committee		
Mrs. Monika S. Garg, (I.A.S.). Chairperson Steering Committee	Additional Chief Secretary	Dept. of Higher Education U.P., Lucknow
Prof. Poonam Tandan	Professor, Dept. of Physics	Lucknow University, U.P.
Prof. Hare Krishna	Professor, Dept. of Statistics	CCS University Meerut, U.P.
Dr. Dinesh C. Sharma	Associate Professor	K.M. Govt. Girls P.G. College Badalpur, G.B. Nagar, U.P.

Syllabus Developed by:

S. No.	Name	Designation	Department	College/ University
1	Dr. Monisha Banerjee	Professor & Dean, Research	Zoology	University of Lucknow, Lucknow
2	Dr. Dinesh C. Sharma	Associate Professor	Zoology	K.M. Govt. Girls P.G. College Badalpur, G.B. Nagar, U.P.

Co-curricular course

Programme/Class: Certificate	Year: First	Semester: First
Co-Curricular Course		
Course Code: Z020201	Course Title: First Aid and First Aid and Health	

Course outcomes:

- *Learn the skill needed to assess the ill or injured person.*
- *Learn the skills to provide CPR to infants, children and adults.*
- *Learn the skills to handle emergency child birth*
- *Learn the Basic sex education help young people navigate thorny questions responsibly and with confidence.*
- *Learn the Basic sex education help youth to understand Sex is normal. It's a deep, powerful instinct at the core of our survival as a species. Sexual desire is a healthy drive.*
- *Help to understand natural changes of adolescence*
- *Learn the skill to identify Mental Health status and Psychological First Aid*

Credits: 2 (1Theory+1 Practical)	Compulsory
Max. Marks: 25+75	Min. Passing Marks:
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 2-0-0	

Unit	Topics	No. of Lectures Total= 15 Theory+ 30 Practical
I	**A. *Basic First Aid*** • Aims of first aid & First aid and the law. • Dealing with an emergency, Resuscitation (basic CPR). • Recovery position, Initial top to toe assessment. • Hand washing and Hygiene • Types and Content of a First aid Kit **B *First AID Technique*** • Dressings and Bandages. • Fast evacuation techniques (single rescuer). • Transport techniques. **C. *First aid related with respiratory system*** • Basics of Respiration.	2 (Theory) 10 (Practical)

	• No breathing or difficult breathing, Drowning, Choking, Strangulation and hanging. • Swelling within the throat, Suffocation by smoke or gases and Asthma ***D. First aid related with Heart, Blood and Circulation*** • Basics of The heart and the blood circulation • Chest discomfort, bleeding. ***D. First aid related with Wounds and Injuries*** • Type of wounds, Small cuts and abrasions • Head, Chest, Abdominal injuries • Amputation, Crush injuries, Shock ***E. First aid related with Bones, Joints Muscle related injuries*** • Basics of The skeleton, Joints and Muscles. • Fractures (injuries to bones).	
II	***F. First aid related with Nervous system and Unconsciousness*** • Basics of the nervous system. • Unconsciousness, Stroke, Fits – convulsions – seizures, Epilepsy. ***G. First aid related with Gastrointestinal Tract*** • Basics of The gastrointestinal system. • Diarrhea, Food poisoning. ***H. First aid related with Skin, Burns*** • Basics of The skin. • Burn wounds, Dry burns and scalds (burns from fire, heat and steam). • Electrical and Chemical burns, Sun burns, heat exhaustion and heatstroke. • Frost bites (cold burns), Prevention of burns, Fever and Hypothermia. ***I. First aid related with Poisoning*** • Poisoning by- swallowing, Gases, Injection, Skin ***J. First aid related with Bites and Stings*** • Animal bites, Snake bites, Insect stings and bites ***K. First aid related with Sense organs*** • Basic of Sense organ. • Foreign objects in the eye, ear, nose or skin. • Swallowed foreign objects. ***L. Specific emergency satiation and disaster management*** • Emergencies at educational institutes and work • Road and traffic accidents. • Emergencies in rural areas. • Disasters and multiple casualty accidents. • Triage. ***M. Emergency Child birth***	2 (Theory) 10 (Practical)
III	***Basic Sex Education*** • Overview, ground rules, and a pre-test • Basics of Urinary system and Reproductive system. • Male puberty — physical and emotional changes • Female puberty — physical and emotional changes • Male-female similarities and differences • Sexual intercourse, pregnancy, and childbirth • Facts, attitudes, and myths about LGBTQ+ issues and identities • Birth control and abortion • Sex without love — harassment, sexual abuse, and rape • Prevention of sexually transmitted diseases.	9 (Theory)
IV	Mental Health and Psychological First Aid • What is Mental Health First Aid? • Mental Health Problems in the India • The Mental Health First Aid Action Plan • Understanding Depression and Anxiety Disorders • Crisis First Aid for Suicidal Behavior & Depressive symptoms • What is Non-Suicidal Self-Injury? • Non-crisis First Aid for Depression and Anxiety • Crisis First Aid for Panic Attacks, Traumatic events • Understanding Disorders in Which Psychosis may Occur • Crisis First Aid for Acute Psychosis	2 (Theory) 10 (Practical)

	• Understanding Substance Use Disorder • Crisis First Aid for Overdose: Withdrawal • Using Mental Health First Aid	

Suggested Readings:

- Indian First Aid Manual-https://www.indianredcross.org/publications/FA-manual.pdf
- Red Cross First Aid/CPR/AED Instructor Manual
- https://mhfa.com.au/courses/public/types/youthedition4
- Finkelhor, D. (2009). The prevention of childhood sexual abuse. Durham, NH: Crimes Against Children Research Center. www.unh.edu/ccrc/pdf/CV192..pdf
- Kantor L. & Levitz N. (2017). Parents' views on sex education in schools: How much do Democrats and Republicans agree? PLoS ONE, 12(7): e0180250
- Orenstein, P. (2016). Girls and sex: Navigating the complicated new landscape. New York, NY: Harper
- Schwiegershausen, E. (2015, May 28). The Cut. www.thecut.com/2015/05/most-women-are-catcalled-before-they-turn-17.html
- Wiggins, G. & McTighe, J. (2008). Understanding by design. Alexandra, VA: ASCD.
- https://marshallmemo.com/marshall-publications.php#8

Suggested Continuous Evaluation Methods:

Assignments, Presentation, Group Discussion, and MCQ

Suggested equivalent online courses:

- https://www.redcross.org/take-a-class/first-aid/first-aid-training/first-aid-online
- https://www.firstaidforfree.com/
- https://www.coursera.org/learn/psychological-first-aid
- https://www.coursera.org/learn/mental-health

Further Suggestions:.....