

SYLLABUS

HEALTH AND HYGIENE (FIRST AND HEALTH)

Semester-II, Paper -I

Unit-I

A. Basic First Aid

- ☆ Aims of first aid & First aid and the law.
- ☆ Dealing with an emergency, Resuscitation (basic CPR).
- ☆ 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.
- ☆ 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

- ☆ Basic of The heart and the blood circulation.
- ☆ Chest discomfort, bleeding.

E. First aid related with Wounds and Injuries

- ☆ Type of wounds, Small cuts and abrasions.
- ☆ Head, Chest, Abdominal injuries.
- ☆ Amputation, Crush injuries, Shock.

F. First aid related with Bones, joints Muscle related injuries

- ☆ Basics of The skeleton, Joints and Muscles.
- ☆ Fractures (injuries to bones).

Unit-II

G. First aid related with Nervous system and Unconsciousness

- ☆ Basics of the nervous system.
- ☆ Unconsciousness, Stroke, Fits—convulsions-seizures, Epilepsy.

H. First aid related with Gastrointestinal

- ☆ Basics of The gastrointestinal system.
- ☆ Diarrhea, Food poisoning.

I. 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.
- J. First aid related with Poisoning**
- ☆ Poisoning by swallowing, Gases, Injection, Skin.
- K. First aid related with Bites and Stings**
- ☆ Animal bites, Snake bites, Insect stings and bites.
- L. First aid related with Sense organs**
- ☆ Basic of Sense organ.
 - ☆ Foreign objects in the eye, ear, nose or skin.
 - ☆ Swallowed foreign objects.
- M. 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.

Unit-III

N. Emergency Child birth 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.

Unit-IV

O. 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 Phsychosis