“FIRST AID TRAINING PROGRAMME” 7th SEP 2023

Introduction:

First Aid Training Programme and Hands on training session for NSS volunteers was organized on 7th September 2023 at Auditorium by Ramachandra Medical College. The training programme aimed to provide basic knowledge and skills to the volunteers about first aid, its importance, and hands-on training to handle emergency situations.

Training Programme:

The training programme started with an introduction to first aid and its importance in emergency situations. An expert trainer delivered lectures on the topic and explained the common types of injuries, their causes, and how to manage them. The trainer also demonstrated how to use different first aid equipment such as bandages, antiseptics, and other medical supplies.

The trainer also discussed the necessary precautions to be taken while providing first aid, such as checking for allergies, sanitizing hands, and wearing gloves. The participants were also taught how to record the details of the injured person, including their name, age, and the type of injury.

Hands-on Training:

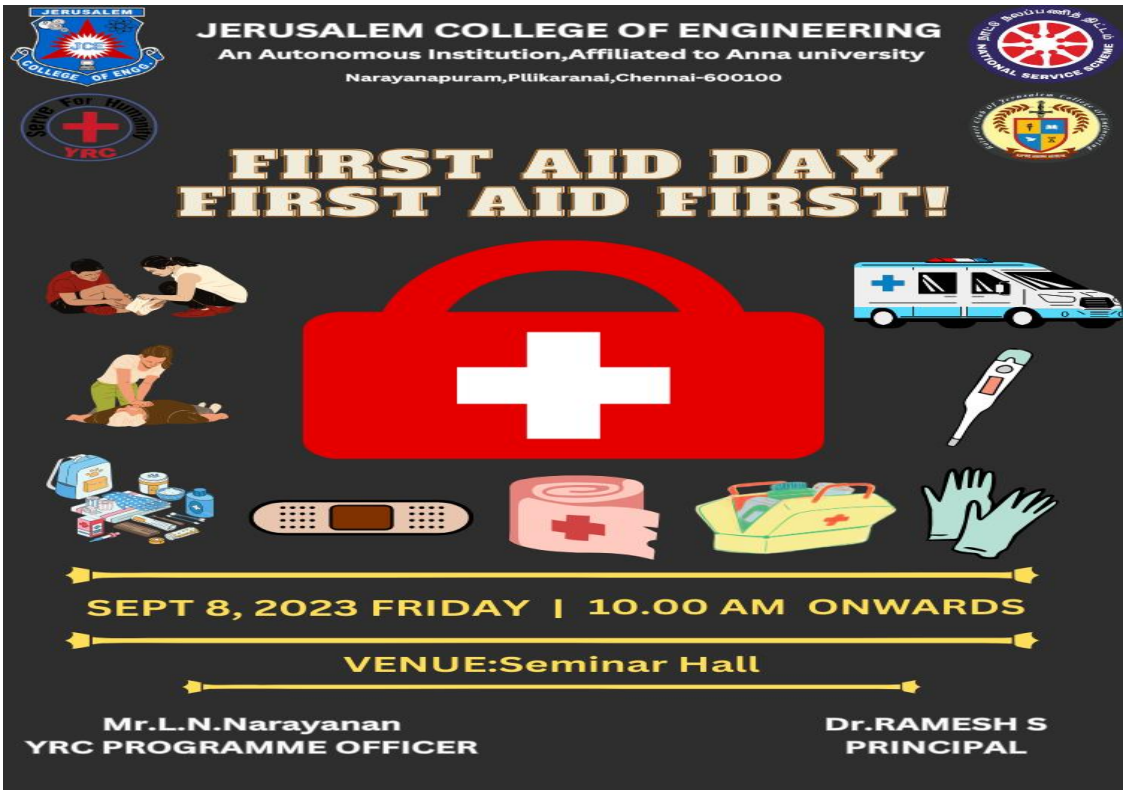
After the theoretical session, the volunteers participated in hands-on training, where they were divided into groups and given different scenarios of emergency situations. The volunteers were provided with first aid supplies, and they had to use their knowledge and skills to manage the situation.

The scenarios included treating a person with a minor burn, a person with a sprained ankle, and a person with a bleeding nose. The volunteers were also taught how to perform CPR (Cardiopulmonary Resuscitation) on a person who has stopped breathing.

Conclusion:

The First Aid Training Programme and Hands on training session for NSS volunteers were successful in providing the volunteers with the necessary knowledge and skills to handle emergency situations. The volunteers were able to practice their skills in a safe and controlled environment and gain confidence in providing first aid.

We hope that the training programme will enable the volunteers to provide timely assistance to those in need and save lives in emergency situations. We would like to thank the trainer for sharing their knowledge and expertise and the volunteers for their active participation in the training programme.



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AROGYABHARATHI TAMILNADU
HEALTH PROGRAMME
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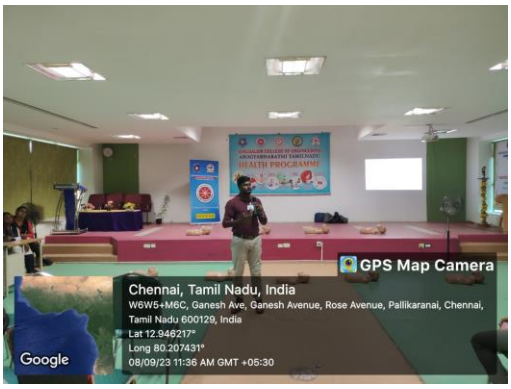
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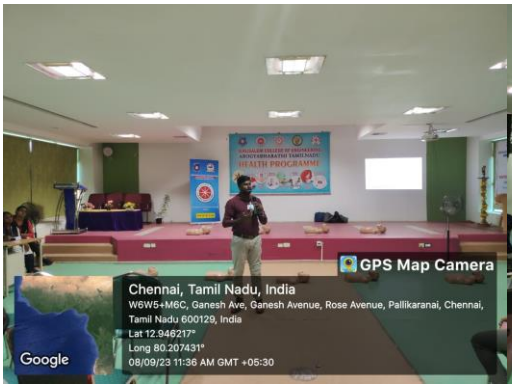
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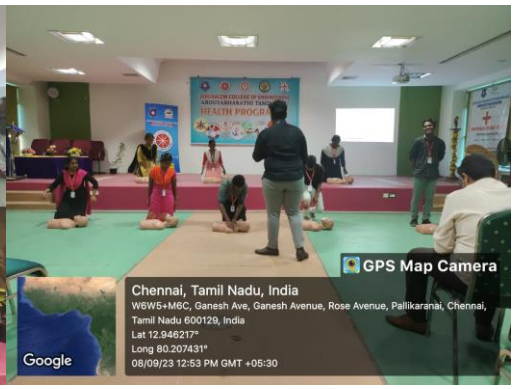
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