

Co-Curricular Course

Course Code: Z020201

Course Title: First Aid and First Aid and Health

Programme/Class: Certificate Year: First

Semester: Second

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.

In charge

Dr. Rajan Bhatia
Associate Professor
Deptt. Of Physical Education