

भारतीय प्राथमिक चिकित्सा परिषद् FIRST AID COUNCIL OF INDIA

EDUCATION | TRAINING | CERTIFICATION | RESEARCH

Empowering you to save lives!!
"Building a Nation of Life Savers"



प्राथमिक उपचार

**शैक्षिक
दिग्दर्शिका**

FIRST AID

**EDUCATIONAL
PROSPECTUS**

Bandaru Dattatraya
Governor, Haryana



बंडारु दत्तात्रेय
राज्यपाल, हरियाणा

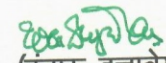
संदेश

मुझे यह जानकारी प्रसन्नता हुई है कि 'भारतीय प्राथमिक चिकित्सा परिषद' द्वारा नवीन सत्र 2024-25 के लिए 'प्राथमिक उपचार शैक्षिक दिग्दर्शिका' का प्रकाशन किया जा रहा है जिसका उपयोग प्रशिक्षकों द्वारा प्राथमिक चिकित्सा में आम आदमी को प्रशिक्षित करने के एक टूल के रूप में और प्राथमिक चिकित्सा प्रदायकों द्वारा एक संदर्भ पुस्तक के रूप में उपयोग की जाएगी। जोकि बेहद सराहनीय है।

यथाशीघ्र समुचित प्राथमिक चिकित्सा से किसी जखमी या रूग्ण व्यक्ति के जीवन की रक्षा की जा सकती है। इस लिए प्राथमिक चिकित्सा को अस्वच्छता दर एवं मृत्यु दर कम करने के लिए प्रभावी कार्यनीति के रूप में माना जाता है। मैं आश्वस्त हूँ कि यह पत्रिका आम आदमी के प्रशिक्षण की गुणवत्ता में सुधार लाने में काफी उपयोगी सिद्ध होगी जो दुर्घटनाओं एवं आपात स्थितियों में हुए हताहतों को राहत प्रदान करने के लिए आवश्यक प्रमुख कौशल तथा इस विषय पर अद्यतन ज्ञान प्राप्त करके समुचित आधारभूत प्राथमिक चिकित्सा आसानी से प्रदान कर सकेंगे।

मैं सभी प्राथमिक चिकित्सा प्रदाताओं से अनुरोध करता हूँ कि वे इस पत्रिका में दी गई विषय-वस्तु का गहन अध्ययन करें, ताकि आपाकालीन स्थिति में, वे पीड़ितों को सर्वोत्तम सेवा प्रदान करने में सक्षम हो सकें।

मुझे पूरा विश्वास है कि यह 'प्राथमिक उपचार शैक्षिक दिग्दर्शिका' उपयोगी साबित होगी। इसके लिए मैं भारतीय प्राथमिक चिकित्सा परिषद को हार्दिक बधाई प्रदान करता हूँ।


(बंडारु दत्तात्रेय)

La. Ganesan
Governor of Nagaland



RAJ BHAVAN
Kohima - 797001

August 22, 2024

MESSAGE

I am delighted to learn that the First Aid Council of India is bringing out its Annual Magazine entitled "First Aid Educational Guidelines" for the session 2024-25.

I extend my hearty greetings and congratulate the Council members and the editorial board for their benevolent efforts to publish their annual magazine emphasizing on the importance of first aid education which act as a guideline for our health and physical well being.

I convey my best wishes to the council and editorial board members in their future endeavours.



(La. Ganesan)

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राज्यपाल, अरुणाचल प्रदेश

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ईटानगर -791111

संदेश

मुझे यह जानकर अति प्रसन्नता हुई कि भारतीय प्राथमिक चिकित्सा परिषद प्राथमिक उपचार सेवाओं को समर्पित नवीन सत्र हेतु अपनी वार्षिक पत्रिका प्राथमिक उपचार शैक्षिक दिग्दर्शिका का प्रकाशन करने जा रही है। भारतीय प्राथमिक चिकित्सा परिषद पिछले कई वर्षों से देश में कौशल योजना के अन्तर्गत प्राथमिक उपचार (First Aid Education) की शिक्षा-दीक्षा को बढ़ावा देकर स्वास्थ्य सुरक्षा व स्वास्थ्य स्तर को बेहतर बनाने, बेरोजगार युवक-युवतियों को शिक्षा, रोजगार एवं स्वरोजगार से जोड़कर, पिछड़े असहाय एवं आदिवासी क्षेत्रों में शिक्षा व रोजगार को बढ़ावा देकर लोगों के जीवन में सकारात्मक परिवर्तन ला रही है। भारतीय प्राथमिक चिकित्सा परिषद जनकल्याण के माध्यम से राष्ट्रीय समरसता के उत्थान में निरंतर सचेष्ट है। इस जनहितकारी कार्य की मैं सराहना करता हूँ।

मुझे पूर्ण विश्वास है कि भारतीय प्राथमिक चिकित्सा परिषद द्वारा प्रकाशित होने वाली वार्षिक पत्रिका प्राथमिक उपचार शैक्षिक दिग्दर्शिका के माध्यम से नवाचार पाठ्यक्रमों का क्रियान्वयन कर देश के अधिक-से-अधिक युवक-युवतियों को कौशल शिक्षा देकर प्राथमिक उपचार सेवाओं से जोड़ने में अहम भूमिका निभायेगी।

उपरोक्त वार्षिक पत्रिका के सफल प्रकाशन तथा संपादक मंडल को गरिमामय सफलता के लिए मैं, अरुणाचल प्रदेश की जनता तथा अपनी ओर से हार्दिक शुभकामनाएँ देता हूँ।

लेफ्टिनेंट जनरल के.टी. पारनाईक
पी.वी.एस.एम., यू.वाई.एस.एम., वाई.एस.एम. (से.नि.)

ADMIRAL D K JOSHI
PVSM, AVSM, YSM, NM, VSM. (RETD.)
Lieutenant Governor, Andaman & Nicobar Islands
And
Vice Chairman, Islands Development Agency



सत्यमेव जयते

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शुभकामना संदेश

भारतीय प्राथमिक चिकित्सा परिषद, इंदिराप्रस्थ भवन, दिल्ली द्वारा प्रकाशित
“प्राथमिक उपचार शैक्षिक दिग्दर्शिका” के सत्र-2024-25 पत्रिका के प्रकाशन पर हार्दिक
शुभकामनाएँ।

First Aid Education की स्वास्थ्य सुरक्षा के क्षेत्र में महत्वपूर्ण भूमिका है। मैं आशा
करता हूँ कि भारतीय प्राथमिक चिकित्सा परिषद द्वारा प्रकाशित “प्राथमिक उपचार शैक्षिक
दिग्दर्शिका” आम-जन को प्राथमिक चिकित्सा के महत्व को समझने और इसे व्यवहार में
लाने में सहायक सिद्ध होगी।

मेरी ओर से इस पत्रिका के प्रकाशन से जुड़े सम्पादक मण्डल को बधाई एवं
शुभकामनाएँ।

(एडमिरल डी. के. जोशी)

पीवीएसएम, एवीएसएम, वाईएसएम, एनएम, वीएसएम (अ.प्रा.)
उप राज्यपाल
अण्डमान तथा निकोबार द्वीपसमूह
एवं
उपाध्यक्ष, द्वीप विकास एजेंसी

ARIF MOHAMMED KHAN
GOVERNOR OF KERALA




RAJ BHAVAN
THIRUVANANTHAPURAM-695 099

07 अगस्त 2024

शुभकामना संदेश

मुझे यह जानकर प्रसन्नता हो रही है कि भारतीय प्राथमिक चिकित्सा परिषद, दिल्ली, एक वार्षिक पत्रिका शीर्षक "प्राथमिक उपचार शैक्षिक दिग्दर्शिका" के सत्र 2024-25 के प्रकाशन किया जा रहा है।

मैं इस प्रयास के पीछे सभी को हार्दिक बधाई देता हूँ और पत्रिका का सफलता के लिए शुभकामनाएं।


(आरिफ मोहम्मद खां)



भारतीय प्राथमिक चिकित्सा परिषद FIRST AID COUNCIL OF INDIA

PREFACE

Welcome!!

The First Aid Council of India (FACI), an organization committed to empowering individuals and communities through the vital knowledge of first aid. As we step into another year, we are proud to continue our mission of making life-saving skills accessible to all, from students to professionals, across the length and breadth of our nation.

The importance of first aid cannot be overstated. In emergencies, the difference between life and death can often be determined by the actions taken in the first few critical moments. FACI understands this imperative and has dedicated itself to equipping individuals with the skills and confidence needed to act swiftly and effectively in such situations.

Our programs are meticulously designed to cater to a diverse audience, ensuring that everyone—from young students in schools to adults in the workplace—has the opportunity to learn and master these essential skills.

Our comprehensive curriculum for students from 1st to 12th standard is a testament to our commitment to nurturing a generation that is not only academically proficient but also well-versed in the critical skills of first aid and emergency response. Together, let us build a safer, more prepared India, where every citizen has the knowledge and confidence to act in the face of an emergency. We look forward to your participation and support in this noble endeavour.

President

First Aid Council of India (FACI)



भारतीय प्राथमिक चिकित्सा परिषद FIRST AID COUNCIL OF INDIA

The First Aid Council of India (FACI) is a pioneering autonomous organization dedicated to the promotion and dissemination of first aid education and training across the country. Established with the mission of equipping individuals with essential life-saving skills, FACI plays a critical role in enhancing public health and safety through its comprehensive programs and initiatives. Recognizing the vital importance of first aid knowledge in emergencies—ranging from minor injuries to life-threatening situations—FACI aims to make first aid education accessible to all sections of society, regardless of age, profession, or location.

FACI's efforts are grounded in a strong commitment to quality education and practical training. The organization collaborates with esteemed academic institutions, including Atal Bihari Vajpayee Hindi University, Bhopal, and Jharkhand State Open University, Ranchi, to develop specialized curricula that integrate first aid training into various educational frameworks. These partnerships enable FACI to reach a broad audience, from school children to professionals, and ensure that first aid skills are taught in a structured, effective manner.

In line with its mission, FACI has also developed a comprehensive first aid curriculum for students from 1st to 12th standard. This curriculum is designed to be age-appropriate, ensuring that students at every level of their schooling receive essential first aid training tailored to their cognitive and physical abilities. Beginning with basic first aid principles in the early grades and advancing to more complex emergency response techniques in the higher grades, this program aims to equip the next generation with the knowledge and confidence needed to respond to medical emergencies effectively. By integrating this curriculum into the school system, FACI is not only empowering students with critical life skills but also fostering a culture of safety and preparedness from a young age, ensuring that these values are carried forward into adulthood.

VISION

The First Aid Council of India envisions a future where every citizen of India has access to quality first aid services in times of emergency. Our aim is to create a culture of preparedness and resilience across the country, where every individual is equipped with the knowledge and skills to provide first aid in case of an accident, injury, or medical emergency.

To achieve this vision, the First Aid Council of India will work towards the following goals:

Develop a comprehensive training program: We will develop a comprehensive training program for individuals, communities, and organizations across India, covering basic first aid, CPR, and other essential skills needed in emergencies.

Partner with educational institutions: We will partner with educational institutions across India to integrate first aid training into their curriculum, making it a mandatory part of the education system.

Create a network of first aid providers: We will create a network of trained first aid providers across India, who can respond quickly in emergencies and provide life-saving assistance to those in need.

Develop a national database: We will develop a national database of trained first aid providers and make it available to emergency services, hospitals, and other relevant stakeholders.

Advocate for policy changes: We will advocate for policy changes that support the development and implementation of first aid training programs across India.

Conduct research: We will conduct research on the effectiveness of first aid training and use the findings to continually improve our programs and services.

Through these initiatives, the First Aid Council of India aims to create a safer and healthier India, where every citizen is prepared to respond to emergencies and save lives.



MISSION

The mission of the First Aid Council of India is to promote and facilitate the availability of high-quality first aid training and services across the country. Our goal is to empower every individual with the knowledge and skills necessary to provide timely and effective first aid in case of an emergency.

To achieve our mission, we will:

Develop and implement training programs: We will develop and implement training programs for individuals, communities, and organizations across India. Our training programs will be designed to equip participants with the skills and knowledge needed to provide first aid in various emergency situations.

Create a network of trained first aid providers: We will create a network of trained first aid providers across India. These individuals will be equipped to provide first aid services in their communities and will be connected to emergency services and healthcare providers.

Promote awareness and education: We will promote awareness and education about the importance of first aid and its potential to save lives. We will work to raise awareness about the availability and benefits of first aid training and services.

Conduct research and evaluation: We will conduct research and evaluation to continuously improve our training programs and services. We will gather feedback from participants and other stakeholders to ensure that our programs are effective and relevant.

Collaborate with partners: We will collaborate with partners, including government agencies, non-profit organizations, and private sector entities, to leverage resources and expertise to expand the reach and impact of our programs.

Our mission is driven by the belief that every individual has the potential to save a life. We are committed to promoting and facilitating the availability of high-quality first aid services across India to create a safer and healthier society.



ASSOCIATED UNIVERSITIES



The First Aid Council of India (FACI) is an organization dedicated to promoting first aid education and training in India. One of the ways they accomplish this is by working with various universities across the country. Here are some of the associated universities working with FACI:

Atal Bihari Vajpayee Hindi University, Bhopal: Located in Bhopal, Madhya Pradesh, this university was established in 2011 by Govt. of Madhya Pradesh and is named after former Indian Prime Minister Atal Bihari Vajpayee. The university offers undergraduate, postgraduate, and research programs in various fields, including language and literature.

The First Aid Council of India (FACI) has established a strategic partnership with Atal Bihari Vajpayee Hindi University in Bhopal to promote and disseminate first aid education across Madhya Pradesh. This collaboration is centered around the development and implementation of specialized first aid programs that cater to a diverse range of learners, from students to professionals. The university, recognized for its commitment to providing accessible education in Hindi, serves as an ideal partner for FACI's mission to make first aid knowledge universally available.

Jharkhand State Open University, Ranchi: The JSOU, Ranchi has been established by the State Government of Jharkhand under the Jharkhand State Open University Act, 2021 (Jharkhand Act, 12, 2021) duly enacted by the Legislature of the State of Jharkhand and approved by the Hon'ble Governor, Jharkhand on 02.11.2021. JSOU provide educational opportunities to those who are unable to go in formal education and wish to upgrade their education in various fields through the distance mode of education.

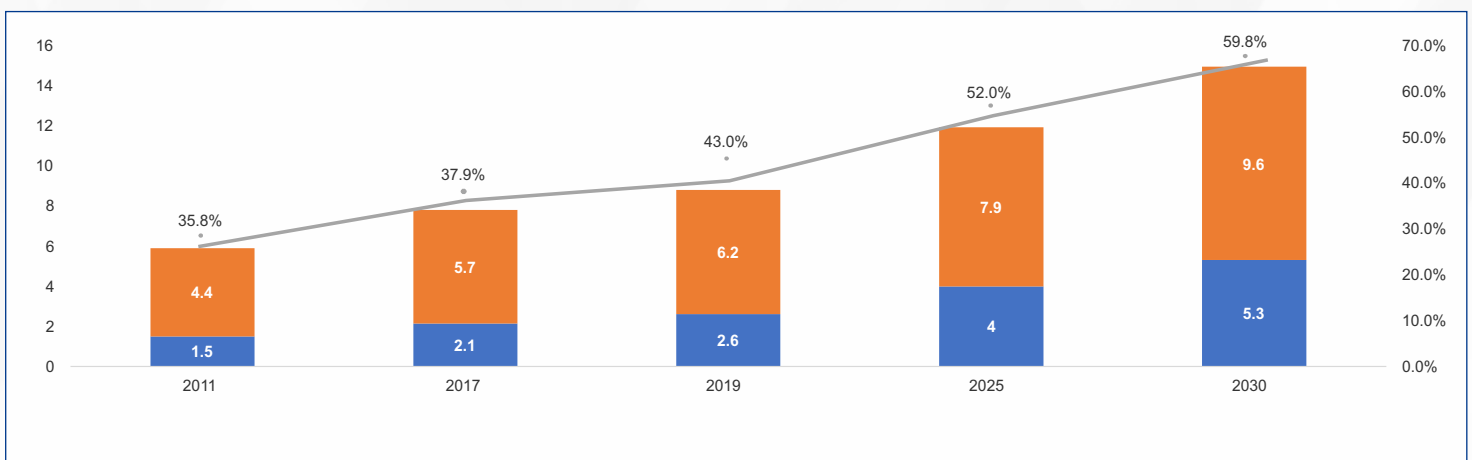
FACI's collaboration with Jharkhand State Open University (JSOU) in Ranchi represents a significant step forward in the dissemination of first aid education across Jharkhand. As an institution committed to providing flexible and accessible education through open and distance learning, JSOU is an ideal partner for FACI's goal of expanding the reach of first aid training to a wider audience. Together, FACI and JSOU have developed specialized diploma courses, including the "First Aid Specialist Diploma Course" and the "Jan Swasthye Rakshak Diploma Course," designed to provide comprehensive training in first aid and emergency response.

By working with these universities, FACI is able to reach a larger audience and promote the importance of first aid education and training.

SCOPE



SKILL GAP - FIRST AID EDUCATION & HEALTHCARE



Year	2021	2022	2023	2024	2025
Incremental growth of Professionals	106,229	113,953	122,204	131,018	140,429

KEY MILESTONES



TECHNOLOGICAL INITIATIVES

FUTURE SKILLS IN FIRST AID EDUCATION & HEALTHCARE



SKILLING INDIA

PROVIDED HEALTHCARE WORKFORCE TO FIGHT COVID19

25000 Certified First Aider
& Healthcare Workforce Provided

DEVELOPED ANIMATED VIDEO CONTENTS FOR FIRST AID IN EMERGENCY & PREVENTION OF SPREADING COVID-19

CONDUCTED WEBINARS & WORKSHOPS FOR CAPACITY BUILDING AND MANAGING COVID-19

SKILLING INDIVIDUAL & COMMUNITY THROUGH HEALTH & SAFETY PROGRAMME

ONLINE LEARNING PLATFORM FOR FIRST AID COURSES AND PREVENTATION OF COVID-19

ANIMATED VIDEOS ON IMMUNITY BOOSTING MEASURES DEVELOPED FOR PUBLIC AWARENESS

SHORT DURATION TRAINING MODULES IDENTIFIED SKILLS & COMPETENCIES FOR EMERGENCY SITUATION AND COVID 19 MANAGEMENT

CERTIFICATION PROGRAMME FOR INDIVIDUALS & FRONT-LINE HEALTH WORKERS

INDUSTRY CONNECT

ECOSYSTEM DEVELOPED

Regional
Committees
And State
Committees

Expert Committees
for standard and
training modules
development

Industry
participation
in Validations of
Qualification
from pan India

MoUs with
Industry partners,
collaboration
with sectoral
associations.

प्राथमिक चिकित्सा विशेषज्ञ डिप्लोमा कोर्स

FIRST AID SPECIALIST DIPLOMA COURSE

Admission Eligibility: XIIth Passed

First Aid Council of India proposes the operation of aforesaid program state wise keeping in view the state health security and is open to update or renew the curriculum and is on the toes to achieve its target and updating and adjusting the syllabus with the assistance from Specialists/Experienced/Skillful persons/ organizations/ State and Central Governments and Union Territories of India.

Duration of the Course : 1 Year

Study Plan :

Theory 40%

Practical/Training: 60%

(Project/ Assignment)

Program	Duration	Compulsory Contact hours	Total Study hours
FIRST AID SPECIALIST DIPLOMA COURSE	One Year	Compulsory hours for Principle instructions/ Practical and Presentation	500 hours

पाठ्यक्रम SYLLABUS

Eligibility : 12th (From Recognised Board)
Duration : 1 Year
Medium : Hindi / English

Examination : Sessional / On Demand
Study : Online / Recorded Lectures / Videos /
E-Book / Hard Copy (On Purchase)
Mode of Examination : Objective (Online)

SYLLABUS AND CURRICULUM FOR FIRST AID SPECIALIST DIPLOMA COURSE

COURSE - I

BASIC LIFE SCIENCE

- UNIT 1 : ANATOMY & PHYSIOLOGY - A
- UNIT 2 : ANATOMY & PHYSIOLOGY - B
- UNIT 3 : NATURAL HEALTH & HYGIENE
- UNIT 4 : HOME CARE & CHILDHOOD
ALIMENTS
- UNIT 5 : NUTRITION
- UNIT 6 : YOGA & EXERCISES

COURSE - II

MATERNAL & CHILD HEALTH CARE

- UNIT 1 : PREGNANCY & CARE OF WOMEN
DURING PREGNANCY
- UNIT 2 : CARE OF WOMEN DURING
INTRANATAL & POSTNATAL PERIOD
- UNIT 3 : BREAST FEEDING
- UNIT 4 : NATIONAL HEALTH PROGRAMMES
- UNIT 5 : IMPORTANCE AND NEEDS OF
FAMILY WELFARE PROGRAMMES
- UNIT 6 : DUTIES OF HEALTH INSPECTOR

COURSE - III

PREVENTION & MANAGEMENT OF DISEASES & EMERGENCY

- UNIT 1 : COMMUNICABLE DISEASES - A
- UNIT 2 : COMMUNICABLE DISEASES - B
- UNIT 3 : PREVENTIVE MEASURES
(ALL 5 STEPS)
- UNIT 4 : FIRST AID
- UNIT 5 : LIFE STYLE DISEASES
- UNIT 6 : PHARMACIES & DRUG REACTION
- UNIT 7 : MANAGEMENT & EMERGENCY

PRACTICAL

1. SKELETAL SYSTEM
2. RESPIRATORY SYSTEM
3. DIGESTIVE SYSTEM
4. ASSESSMENT OF KOSHHA
5. MEASUREMENT & USE OF HEMOGLOBIN
6. BLOOD AGGLUTINATION & RH FACTOR
7. PRACTICE OF FOOT JOINT OPERATION
8. PRACTICE OF HAND JOINT OPERATION
9. ABDOMINAL GROUP EXERCISES

ASSESSMENT REPORT AND ASSIGNMENTS MUST BE SUBMITTED AT THE AUTHORIZED CENTRE.

Basic Life Science

COURSE - I

UNIT 1 ANATOMY & PHYSIOLOGY - A

1. Body Science and Physiology
2. The cell
3. Tissues
4. Organs
5. Structure of Human Body
6. Systems and Structures
 - Integumentary System
 - Skeletal System
 - Muscular System
 - The Respiratory system
 - Digestive System
 - The Circulatory System
 - The Excretory System
 - The Endocrine System
 - The Reproductive System
 - The Nervous System

UNIT 2 ANATOMY & PHYSIOLOGY - B

1. Immune System
2. Types of immunity
3. Innate Immune System
4. Acquired Immune System

UNIT 3 NATURAL HEALTH & HYGIENE

1. Concept of Health
2. Definition of Health and Symptoms of Good Health
3. Factors that affect Health: Personal hygiene,
Exercise, Sound sleep and rest.
4. Cleanliness and Hygiene.

UNIT 4 HOME CARE & CHILDHOOD AILMENTS

1. Prevention from common diseases
2. Home remedies for common diseases
3. Home care and Childhood ailments

UNIT 5 NUTRITION

1. Our food
2. Functions of food
3. Nutrition and Nutritional components
 - Carbohydrates
 - Protein
 - Fat
 - Vitamins
 - Minerals
 - Water

Categories of food (CUISINES)

Balanced Diet

Nutritional Requirements

Nutritional requirements of different age groups

Malnutrition and diseases based on nutrition

Food Chart

Anemia

Food management

UNIT 6 YOGA & EXERCISES

- Introduction to Yoga
- AshtaangYog
- Yogasans and Primary practice
- Some important Aasanas and their practice

Maternal & Child Health Care

COURSE - II

UNIT 1 PREGNANCY & CARE OF WOMEN DURING PREGNANCY

- Puberty & Monthly Cycle
- Physiological changes during Pregnancy, calculating expected delivery date
- Signs and symptoms of pregnancy
- Routine of a pregnant woman during pregnancy
- Various testing of pregnant women
- Assessment of risk factors in pregnancy
- Care of a pregnant woman

UNIT 2 CARE OF WOMEN DURING INTRANATAL & POSTNATAL PERIOD

- Delivery: An introduction, symptoms of actual labour pain
- Assessment of women in labour room
- Assessment of condition of mother and child during delivery
- Getting ready for delivery
- Preparation for delivery, third stage of delivery
- Immediate care of new born baby, breastfeeding
- Care of mother in postnatal period

UNIT 3 BREAST FEEDING

- First milk of mother after delivery

- Benefits of breastfeeding and dangers of bottled milk
- Instructions for breastfeeding in diverse conditions
- Right techniques of breast feeding
- Common problems of breast feeding and its solution

UNIT 4 NATIONAL HEALTH PROGRAMMES

- National Health Programmes
- National vector born disease control program
- Prevention and control of non-communicable diseases
- Amendment in National T. B. control program
- Universal vaccination program
- Reproduction and child health care program
- National AIDS control program
- National Iodine small disorder control program
- National Blindness control Program
- National Deafness Prevention and Control Program
- National Leprosy Elimination Program
- School Health Programs
- National Rural Health Mission

UNIT 5 IMPORTANCE AND NEEDS OF FAMILY HEALTH WELFARE PROGRAMMES

- Importance of family welfare programs
- Universal immunization program
- Needs of family welfare programs
- Family planning
- Temporary Remedies, Barrier Remedies, Chemical barriers, Intrauterine device, Hormone drugs
- Permanent remedies, Vasectomy, Female Sterilization
- Temporary procedure, male condom, female condom, Diachrome, Genital sponge, I.U.D.
- Oral contraceptive pills, mixed tablets.
- Upper skin grafting, hormonal genitals ring centchroman
- Permanent technique, Vasectomy & Female Sterilization
- Post coital birth control

- Cafeteria approach
- Ideal gap between births of two children
- Abortion

UNIT 6 DUTIES OF HEALTH INSPECTOR

- Duties and responsibilities of Health worker
- Mapping the area, survey of houses, remedial responsibilities, prevention measures
- Prevention from highporthia, Kangaroo case. Cleaning and bathing the child
- Breast Feeding
- Nutrition of child (6-7 months) (12-18 months) (18 months-2 years)
- Normal development of the child, weight at the time of birth, measuring weight every month, care of nipple and care of cracked nipple.
- Placing a child during breast feeding and ventilating the stomach.

Prevention & Management of Diseases & Emergency

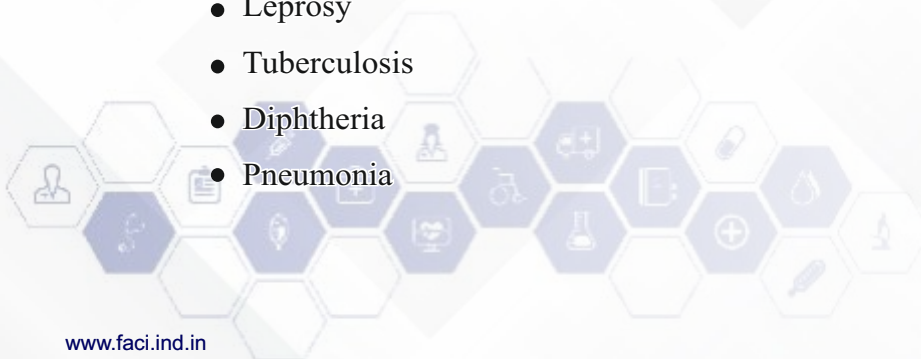
COURSE - III

UNIT 1 COMMUNICABLE DISEASES - A

- Definition, Mediums of spreading, Host agent, Environment
- Spread of diseases, from water, Air to food, Contact diseases from Vector and Parasitic infection

UNIT 2 COMMUNICABLE DISEASES - B

- Parasitic diseases: Dengue, Malaria
- Leprosy
- Tuberculosis
- Diphtheria
- Pneumonia



- Food poisoning
- Sexually transmitted disease
- Syphilis
- Gonorrhea
- Some parasitic infections

UNIT 3 PREVENTIVE MEASURES (ALL 5 TYPES)

- Specific protection
- Rehabilitation primary prevention
- Personal health science
- Quarantine measures
- Informative disease
- Organism, symptoms and list of preventive measures

UNIT 4 FIRST AID

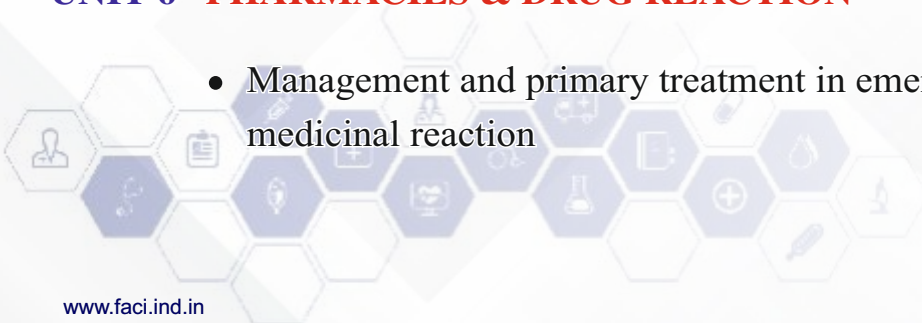
- Blood pressure, temperature, defining measurement of height and weight
- Recognizing Arterial and venial bleeding
- Measuring height and weight
- Nose bleeding
- Contraction bandage
- Internal bleeding- signs, symptoms and emergency measures
- Shock- recognition and emergency measures, electrical shock, emergency condition
- Asphyxia- Types, signs and symptoms, emergency measures

UNIT 5 LIFE STYLE DISEASES

- High Blood Pressure, Diabetes, Obesity, Cancer etc

UNIT 6 PHARMACIES & DRUG REACTION

- Management and primary treatment in emergency caused of medicinal reaction



UNIT 3 MANAGEMENT & EMERGENCY

- Management and preventive measures in emergency of drowning and artificial respiration
 - Management to save in case of unconsciousness
 - Management and primary treatment in emergency arise because of Dog bite, Snake bite, and Insect bite.
 - Emergency measures in case of burning, water treatment and saving the burnt person, fracture and shifting the patient.
 - Care of Paralytic person
 - Emergency measures for unconscious patient
 - Controlling Hyperoxia and heat stroke
 - External elements in trachea, Bandaging wounds
 - Use of Triangular and rolling bandage, Ear bleeding and pain, distributing medicines (Specifically ointment, nasal drops, eye drops, right pace to inject insulin)
- Primary treatment in emergency of severe stomachache

Practical

1. SKELETAL SYSTEM
2. RESPIRATORY SYSTEM
3. DIGESTIVE SYSTEM
4. ASSESSMENT OF KOSHTHA
5. MEASUREMENT AND USE OF HAEMOGLOBIN
6. BLOOD AGGLUTINATION AND RH FACTOR
7. PRACTICE OF FOOT JOINT OPERATION
8. PRACTICE OF HAND JOINT OPERATION
9. ABDOMINAL GROUP EXERCISES

PASSING CRITERIA

S. NO.	SUBJECT OF SKILL TEST	MAX MARKS (THEORY)	MINIMUM PASSING PERCENTAGE	MINIMUM PASSING MARKS
1.	Internal Assessment With Theory (Internal Assessment :30)	$(70+10) \times 3 = 240$ (Written Test = 200)	40 %	96
2.	Internal Assessment With Practical (Internal Assessment :60)	$(100+10) \times 3 = 360$ (Practical Test = 200)	60 %	216

ASSESSMENT PLAN

SUBJECT	THEORY			PRACTICAL/TRAINING			TOTAL MARKS
	EXTERNAL		INTERNAL ASSESSMENT	EXTERNAL		INTERNAL ASSESSMENT	
	Max Marks	Time Hours	Maximum Marks	Max Marks	Time Hours	Maximum Marks	
BASIC LIFE SCIENCE	70	3	10	100	4	20	200
MATERNAL & CHILD HEALTH CARE	70	3	10	100	4	20	200
PREVENTION & MANAGEMENT OF DISEASES & EMERGENCY	70	3	10	100	4	20	200

NOTE:

- The Candidate Has To Score 40% in Theory Exams Along with Internal Assessment.
- The Candidate Has To Score 60% in Practical Exams Along with Internal Assessment.

PROCESS OF CONTINUOUS EVALUATION

Vj gqt{

Total Marks = 30

Three Tests of 10 Marks will be Conducted After Every 50 Days.

PRATICAL/TRAINING (INTERNAL ASSESSMENT)

A Progress Card of Each Candidate will be Made For Evaluation,
In Which Evaluation of Practical/experiment will be Represented.

Total Marks = 60

SYLLABUS

Appendix-1	Public Health Care Planning General Information
Appendix-2	Time Table Of Public Health Care Officer
Chapter-1	Work Responsibilities Of Public Health Guards
Chapter-2	Health Services-structure
Chapter-3	Anatomy And Functions Of Body
Chapter-4	Patient Examination By Public Health Guard
Chapter-5	Nutrition- Baby Food
Chapter-6	Reproduction And Child Health Care Program
Chapter-7	Safe Motherhood
Chapter-8	Care Of New Born
Chapter-9	Important Diseases Of Children
Chapter-10	Vaccination
Chapter-11	Sexually Transmitted Diseases
Chapter-12	Family Welfare Program
Chapter-13	Tuberculosis
Chapter-14	Leprosy
Chapter-15	Preventive Blindness
Chapter-16	Spread Of Disease
Chapter-17	Environment Cleanliness And Personal Habits
Chapter-18	Malaria And Filaria
Chapter-19	Treatment Of Small Diseases
Chapter-20	Symptoms Of Dangerous Diseases
Chapter-21	Precautions And Information About Medicines
Chapter-22	Group Work Skills- Communication Skills
Chapter-23	First Aid In Accidents
Chapter-24	Four Registration- Importance And Procedure
Chapter-25	Statement Of Work

CERTIFICATE COURSES OFFERED BY FACI

Certificate in Advance First Aid

PROGRAMME TYPE	CERTIFICATE
PROGRAMME CODE	AFT
MODE	Regular/Open Distance Learning/Online
ELIGIBILITY	The programme is open for all those who have completed class 10th examination.
DURATION	0 Year, 6 Months
MEDIUM	ENGLISH/SINHALA
SPECIALIZATION	Basic First Techniques
FEE STRUCTURE	USD 750/- for full programme
Medium of Instruction:	English & Sinhala
DESCRIPTION	Certificate in Advance First Aid is a 6 months programme with theory and practical course open to all those who have completed class 10th examination. This programme aims at developing knowledge and skills about first aid to enable the learners to provide first aid in various emergency situations.

COURSE DESCRIPTION	WHO BENEFITS	COURSE LENGTH: INSTRUCTOR	COURSE LENGTH: Candidate
Advanced First Aid Breathing and cardiac emergencies; bleeding and shock, sudden illness and injuries; special situations; natural disasters	Corporate managers and safety personnel, university health administrators, health and safety practitioners	180 Days	1 Hour/Day

Certificate in Basic First Aid Techniques

PROGRAMME TYPE	CERTIFICATE
PROGRAMME CODE	BFT
MODE	Regular/Open Distance Learning/Online
ELIGIBILITY	The programme is open for all those who have completed class 10th examination.
DURATION	0 Year, 3 Months
MEDIUM	ENGLISH/SINHALA
SPECIALIZATION	Basic First Aid Techniques
FEE STRUCTURE	USD 500/- for full programme
Medium of Instruction:	English & Sinhala
DESCRIPTION	Certificate in Basic First Aid Techniques is a 3 months programme with theory and practical course open to all those who have completed class 10th examination. This programme aims at developing knowledge and skills about first aid to enable the learners to provide first aid in various emergency situations.

COURSE DESCRIPTION	WHO BENEFITS	COURSE LENGTH: INSTRUCTOR	COURSE LENGTH: Candidate
Basic First Aid Techniques Breathing emergencies, identifying and caring for bleeding, sudden illness and injuries, preventing disease transmission	Emergency response teams, safety personnel, supervisors, general public	90 Days	1 Hours/Day

CERTIFICATE COURSES OFFERED BY FACI

Certificate in Basic Life Support: Healthcare and Professional Rescuers

PROGRAMME TYPE	CERTIFICATE
PROGRAMME CODE	BLS/HPR
MODE	Regular/Open Distance Learning/Online
ELIGIBILITY	The programme is open for all those who have completed class 10th examination.
DURATION	0 Year, 3 Months
MEDIUM	ENGLISH/SINHALA
SPECIALIZATION	Basic Life Support: Healthcare and Professional Rescuers
FEE STRUCTURE	USD 500/- for full programme
Medium of Instruction:	English & Sinhala
DESCRIPTION	Certificate in Basic Life Support: Healthcare and Professional Rescuers is a 6 months programme with theory and practical course open to all those who have completed class 10th examination. This programme aims at developing knowledge and skills about first aid to enable the learners to provide first aid in various emergency situations.

COURSE DESCRIPTION	WHO BENEFITS	COURSE LENGTH: INSTRUCTOR	COURSE LENGTH: Candidate
Basic Life Support: Healthcare and Professional Rescuers Breathing and cardiac emergencies in infants and children; two-rescuer CPR; using suctioning devices, airway adjuncts and masks, including bag valves	Healthcare providers, emergency response teams, safety personnel, fire personnel, police, ambulance personnel, EMS, athletic trainers, lifeguards	90 Days	1 Hour/Day

Certificate in Coaching the Emergency Vehicle Operator (CEVO)

PROGRAMME TYPE	CERTIFICATE
PROGRAMME CODE	CEVO
MODE	Regular/Open Distance Learning/Online
ELIGIBILITY	The programme is open for all those who have completed class 10th examination.
DURATION	0 Year, 3 Months
MEDIUM	ENGLISH/SINHALA
SPECIALIZATION	Basic Life Support: Healthcare and Professional Rescuers
FEE STRUCTURE	USD 500/- for full programme
Medium of Instruction:	English & Sinhala
DESCRIPTION	Certificate in Coaching the Emergency Vehicle Operator (CEVO) is a 90 days programme with theory and practical course open to all those who have completed class 10th examination. This programme aims at developing knowledge and skills about first aid to enable the learners to provide first aid in various emergency situations.

COURSE DESCRIPTION	WHO BENEFITS	COURSE LENGTH: INSTRUCTOR	COURSE LENGTH: Candidate
Coaching the Emergency Vehicle Operator (CEVO) Operating emergency vehicles with specific handling characteristics, dealing with high-stress driving conditions, traffic and other motorists	Ambulance operators, fire apparatus operators or companies that want to offer a driver improvement course to employees	90 Days	1 Hour/Day

CERTIFICATE COURSES OFFERED BY FACI

Certificate in CPR & AED

PROGRAMME TYPE	CERTIFICATE
PROGRAMME CODE	CPRA
MODE	Regular/Open Distance Learning/Online
ELIGIBILITY	The programme is open for all those who have completed class 10th examination.
DURATION	0 Year, 3 Months
MEDIUM	ENGLISH/SINHALA
SPECIALIZATION	CPR & AED
FEE STRUCTURE	USD 500/- for full programme
Medium of Instruction:	English & Sinhala
DESCRIPTION	Certificate in CPR & AED is a 3 months programme with theory and practical course open to all those who have completed class 10th examination. This programme aims at developing knowledge and skills about first aid to enable the learners to provide first aid in various emergency situations.

COURSE DESCRIPTION	WHO BENEFITS	COURSE LENGTH: INSTRUCTOR	COURSE LENGTH: Candidate
Standard First Aid, CPR & AED Online The course covers all of the material in our CPR and AED course without the skills practice. The online option is a more affordable and convenient way to learn lifesaving skills.	Emergency response teams, safety personnel, supervisors, general public	90 Days	1 Hour/Day

Certificate in Emergency Medical Response

PROGRAMME TYPE	CERTIFICATE
PROGRAMME CODE	EMR
MODE	Regular/Open Distance Learning/Online
ELIGIBILITY	The programme is open for all those who have completed class 10th examination.
DURATION	0 Year, 3 Months
MEDIUM	ENGLISH/SINHALA
SPECIALIZATION	Emergency Medical Response
FEE STRUCTURE	USD 500/- for full programme
Medium of Instruction:	English & Sinhala
DESCRIPTION	Certificate in Emergency Medical Response is a 3 months programme with theory and practical course open to all those who have completed class 10th examination. This programme aims at developing knowledge and skills about first aid to enable the learners to provide first aid in various emergency situations.

COURSE DESCRIPTION	WHO BENEFITS	COURSE LENGTH: INSTRUCTOR	COURSE LENGTH: Candidate
Emergency Medical Response Breathing and cardiac emergencies in adults, children and infants; identifying and caring for bleeding, sudden illness and injuries; preventing disease transmission; oxygen administration and AED	Emergency response teams, safety personnel, fire personnel, police, ambulance personnel, EMS, healthcare providers, athletic trainers	90 Days	1 Hour/Day

CERTIFICATE COURSES OFFERED BY FACI

Certificate in First Aid for Blood Borne and Airborne Pathogens

PROGRAMME TYPE	CERTIFICATE
PROGRAMME CODE	BBAP
MODE	Regular/Open Distance Learning/Online
ELIGIBILITY	The programme is open for all those who have completed class 10th examination.
DURATION	0 Year, 3 Months
MEDIUM	ENGLISH/SINHALA
SPECIALIZATION	Basic Life Support: Healthcare and Professional Rescuers
FEE STRUCTURE	USD 500/- for full programme
Medium of Instruction:	English & Sinhala
DESCRIPTION	Certificate in First Aid for Blood Borne and Airborne Pathogens is a 90 days programme with theory and practical course open to all those who have completed class 10th examination. This programme aims at developing knowledge and skills about first aid to enable the learners to provide first aid in various emergency situations.

COURSE DESCRIPTION	WHO BENEFITS	COURSE LENGTH: INSTRUCTOR	COURSE LENGTH: Candidate
First Aid for Blood Borne and Airborne Pathogens			
Disease transmission and prevention, universal precautions, exposure control, labeling, exposure determination, influenza pandemic	Individuals who may come in contact with infectious materials as part of their job as responders, healthcare professionals, lab technicians, dentists, dental hygienists, fire personnel, police, ambulance personnel, EMS, etc.	90 Days	1 Hour/Day

CERTIFICATE IN FIRST AID

PROGRAMME TYPE	CERTIFICATE
PROGRAMME CODE	CFA
MODE	Regular/Open Distance Learning/Online
ELIGIBILITY	The programme is open for all those who have completed class 10th examination.
DURATION	0 Year, 3 Months
MEDIUM	ENGLISH/SINHALA
SPECIALIZATION	FIRST AID
FEE STRUCTURE	USD 500/- for full programme
Medium of Instruction:	English & Sinhala
DESCRIPTION	Certificate in First Aid is a 3 months programme with theory and practical course open to all those who have completed class 10th examination. This programme aims at developing knowledge and skills about first aid to enable the learners to provide first aid in various emergency situations.

COURSE DESCRIPTION	WHO BENEFITS	COURSE LENGTH: INSTRUCTOR	COURSE LENGTH: Candidate
Certificate in First Aid	Emergency response teams, safety personnel, supervisors, general public	90 Days	1 Hours/Day
Breathing emergencies, identifying and caring for bleeding, sudden illness and injuries, preventing disease transmission			

CERTIFICATE COURSES OFFERED BY FACI

Certificate in Standard First Aid, CPR & AED

PROGRAMME TYPE	CERTIFICATE
PROGRAMME CODE	SFACA
MODE	Regular/Open Distance Learning/Online
ELIGIBILITY	The programme is open for all those who have completed class 10th examination.
DURATION	0 Year, 6 Months
MEDIUM	ENGLISH/SINHALA
SPECIALIZATION	Standard First Aid, CPR & AED
FEE STRUCTURE	USD 750/- for full programme
Medium of Instruction:	English & Sinhala
DESCRIPTION	Certificate in Standard First Aid , CPR & AED is a 6 months programme with theory and practical course open to all those who have completed class 10th examination. This programme aims at developing knowledge and skills about first aid to enable the learners to provide first aid in various emergency situations.

COURSE DESCRIPTION	WHO BENEFITS	COURSE LENGTH: INSTRUCTOR	COURSE LENGTH: Candidate
Standard First Aid, CPR & AED Breathing and cardiac emergencies in adults, children and infants; identifying and caring for bleeding, sudden illness and injuries; preventing disease transmission.	Emergency response teams, safety personnel, supervisors, individuals requiring certification, general public	180 Days	1 Hour/Day

First Aid Specialist Diploma

PROGRAMME TYPE	DIPLOMA
PROGRAMME CODE	FASD
MODE	Regular/Open Distance Learning
ELIGIBILITY	The programme is open for all those who have completed class 12th examination.
DURATION	1 Year, 0 Months
MEDIUM	ENGLISH/SINHALA
SPECIALIZATION	Basic Life Support: Healthcare and Professional Rescuers
FEE STRUCTURE	USD 2000/- for full programme
Medium of Instruction:	English & Sinhala
DESCRIPTION	First Aid Specialist Diploma is a 365 days programme with theory and practical course open to all those who have completed class 12th examination. This programme aims at developing knowledge and skills about first aid to enable the learners to provide first aid in various emergency situations.

COURSE DESCRIPTION	WHO BENEFITS	COURSE LENGTH: INSTRUCTOR	COURSE LENGTH: Candidate
First Aid Specialist Diploma Basic Life Sciences, Maternal & Child Health Care, Prevention & Management of Disease & Emergency, Disease transmission and prevention, universal precautions, exposure control, labeling, exposure determination, influenza pandemic	Individuals who want to make career as First Responders, healthcare professionals, lab technicians, dentists, dental hygienists, fire personnel, police, ambulance personnel, EMS, etc.	365 Days	1 Hour/Day



**Government Recognised / Approved Organisation Established Under Section 8
Ministry of Corporate Affairs Govt. of India in Collaboration**

PASTE HERE
THE PHOTO OF STUDENT

DO NOT ATTEST

Signature of the Student

STUDENT REGISTRATION FORM

**Write in Hindi or English (CAPITAL). Use only Blue/Black Ball Point Pen Write one letter in one Box.
Do not write outside the Boxes. Do not use Photocopy of this form Use Numericals only.**

Identity Number

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--	--	--	--

1. Name of Candidate in full in CAPITAL Letters

[illegible]

2. Father's or Guardian's Name in CAPITAL Letters

[illegible]

3. Mother's or Mentor Mother's Name in CAPITAL Letters

[illegible]

4a. Postal Address in CAPITAL Letters

[illegible]

4b. Permanent Address

[illegible][illegible]

5. Date of Birth

--	--	--	--	--	--	--	--

Date Month Year

6(a). Male

11

6(b). Female

11

6(c). Others

11

7. Category	
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Page 10

8. Disability

7

9. Disadvantaged Group

7

10. Medium of Study

Hindi		English	
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11. Nationality

11

12. Religion

11

16. Which Course Applied for Please Put the mark ✓.

(i) **First Aid Specialist Diploma Course**

11

(ii) Jan Swasthye Rakshak Diploma Course

--	--

(iii) First Aid Certificate Courses

11

Declaration by the Student

I hereby declare that i have read and understood the Prospectus of **First Aid Council of India** and after being fully satisfied with the recognition status have applied for examination. I have the minimum qualification prescribed for the examination and the information given in the application form is correct. at any stage on finding the detail incorrect university has right to cancel the examination or debar from appearing in the examination. I promise to follow the rules & regulation of the university.

The following declaration must be furnished by each student appearing in the examination to **First Aid Council of India**

I have read about recognition / rules and regulations etc. in respect of programmes conduct by **First Aid Council of India** and fully satisfying myself this application in submitted. In future under no circumstances i shall go against the rules & regulations of the university.

Countersignatures of Parent / Guardian Date.....

Signature of Candidate

Date.....

CHECKLIST OF ENCLOSURES Please tick

Duplicate copy of the admission form ☐

Photograph duly pasted ☐

Certificate of Date of Birth ☐

Educational qualification ☐

Experience Certificate, if applicable ☐

Aadhar Card Mandatory ☐

Dated :

Full Signatures with seal of Extension Centre

FOR OFFICE USE ONLY

प्राथमिक उपचार

**शैक्षिक
दिग्दर्शिका**

FIRST AID

**EDUCATIONAL
PROSPECTUS**

**भारतीय प्राथमिक चिकित्सा परिषद
FIRST AID COUNCIL OF INDIA**

Empowering you to save lives!!
"Building a Nation of Life Savers"

First Aid Council of India (FACI)

1/95, Indraprastha Bhawan

G. T. Road, Opp. Shahdara Bus Depot,
Shahdara, Delhi-110032

Tel : 011-22322883, **Mobile:** 8448383281

Email : info@faci.ind.in

Website: www.faci.ind.in

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