



**GOVERNMENT DEGREE COLLEGE FOR WOMEN (A)  
GUNTUR**

**DEPARTMENT OF BIOCHEMISTRY**

**CERTIFICATE COURSE  
2023-24**



**Government College for Women**  
Sambasiva Pet, Guntur-522001  
(NAAC Accredited B++ Grade Institution)  
Phone: (Off) 0863 – 222093, Fax: 0862-2230149



**Department of Biochemistry**  
**A Certificate course on First Aid**



CIRCULAR

The department of Biochemistry is organizing the value-added certificate course on **“First Aid”** from **15<sup>th</sup> Feb 2024 between 4 to 5pm**. First Aid is mandatory in emergency before approaching the doctor. So, the course is taught by the expertized faculty from Govt. Nursing College. Hence, we request all the faculty to inform to the students of second semester from all streams to get enrolled before 14<sup>th</sup> 4.30 pm in the department of Biochemistry. Student strength is limited to 30. Interested students can contact Ms. M. Padmaja, Lecturer in Biochemistry.

In-charge of Dept.

Principal  
GOVT. COLLEGE FOR WOMEN (A)  
GUNTUR

[illegible]

**Course details**

- Number of participants-33
- Duration of the course-30 hours

**Criteria of assessment**-summative: at the end of the course

**No of credits**-2

**Eligibility criteria to get the certificate**

- 75 % attendance
- Attending Summative Assessment
- Securing minimum of 40% marks.

The course is conducted in offline

modeOffline: Timings: 4 PM To 5 PM

Venue: Biochemistry Lab, Government College for Women (A), Guntur

Resource person: Mrs B Suhasini

Lecturer in Nursing, Guntur

Course starting date: 22-02-2024

Course ending date: 02-04-2024



## Certificate Course on First Aid

### About the Course-

The Department of Biochemistry offers a Certificate Course in First Aid to the final-year students of the college. This 2-credit course, spread over 30 hours, provides essential knowledge and practical skills to handle emergencies and injuries effectively. Since First Aid skills are universally beneficial, students from various streams, including BCom, BSc, and those with a biology background, have enrolled. The course was inaugurated by the Vice Principal Mrs KMS Sailaja Rani. The faculty of Department of Biochemistry Mrs Vijaya Sri, Mrs B Dorka, Ms M Padmaja, and the resource person Mrs B Suhasini, were present on the occasion.



**Student Enrollment List**

<b>SNO</b>	<b>Regd No</b>	<b>Name of the Students</b>	<b>Class</b>
1	23403001	A Navya	II BSc Biochemistry
2	23403002	B Aparna	II BSc Biochemistry
3	23403003	B Delores	II BSc Biochemistry
4	23403004	K Chandini	II BSc Biochemistry
5	23403005	G Lakshmi Vijayendra	II BSc Biochemistry
6	23403006	G Meghana	II BSc Biochemistry
7	23403007	K Reshma	II BSc Biochemistry
8	23403008	K Reethika	II BSc Biochemistry
9	23403009	K Pavani Sai	II BSc Biochemistry
10	23403010	M Navyateja	II BSc Biochemistry
11	23403011	M Sameera	II BSc Biochemistry
12	23403012	P Tejeswari	II BSc Biochemistry
13	23403013	P Sowmya	II BSc Biochemistry
14	23403014	S Naga Divya	II BSc Biochemistry
15	23403015	A Vijaya Bharathi	II BSc Biochemistry
16	23403016	CH Keerthana	II BSc Biochemistry
17	23403017	B Divya	II BSc Biochemistry
18	23403018	G Poojitha	II BSc Biochemistry
19	23403019	R Metilda	II BSc Biochemistry
20	23202005	B Meenakshi Rajyam	II Bcom CA
21	23202006	B Rupa	II Bcom CA
22	23202007	CH Bharathi	II Bcom CA
23	23202012	G Sivani	II Bcom CA
24	23202013	G Valli Padma	II Bcom CA
25	23202026	K Pallavi	II Bcom CA
26	23202035	K Sonu	II Bcom CA
27	232020037	M Madhu Bala	II Bcom CA

28	23202044	M Nagamani	II Bcom CA
29	23202045	N Vineetha	II Bcom CA
30	23202046	N Pavanya	II Bcom CA
31	23202054	R Reshma	II Bcom CA
32	23202058	Sk Meera Jasmin	II Bcom CA
33	232022063	Y Sharmila	II Bcom CA

## **Objectives of the Course-**

The objectives of the certificates course are to

Understand First Aid Principles, Recognize Emergency Situations, Provide Immediate Care, Handle Special Conditions, Promote Safety Awareness, Develop Communication Skills, Encourage Use of First-Aid Equipment

## **What is First aid-**

First aid refers to the immediate and temporary care given to an individual who is injured or suddenly becomes ill before professional medical help can be provided. First aid can include cleaning minor cuts, scrapes, or scratches; treating a minor burn; applying bandages and dressings; the use of non-prescription medicine; draining blisters; removing debris from the eyes; massage; and drinking fluids to relieve heat stress.

First aid training helps non-medical professionals to provide assistance in times of crisis, for a wide range of conditions, including:

- Asthma emergencies
- Anaphylaxis
- Burns
- Choking
- Diabetic emergencies
- External bleeding and severe trauma
- Environmental emergencies
- Heart Attack
- Poisoning
- Neck, head and spinal injuries
- Stroke
- Seizure
- CPR (Chest compressions and rescue breaths)
- AED (Automated External Defibrillator)

## **Importance of First aid-**

First aid is considered crucial because timely help in case of an emergency can save the injured person's life. In most medical emergencies, it is always a race against time, and acting right on time is of crucial essence. In critical situations, a sick or injured person may not be in a position to hang on till proper medical care arrives.





**Qualities of a First aider-**

Good Communication Skills, Ability to Work in a Team, Compassion and Empathy, Knowledge and Training, Adherence to Safety Protocols, Ethical and Professional Conduct regardless of the circumstances are some of the qualities of a first aider.

In conclusion, the Certificate Course on First Aid has equipped students with essential knowledge and practical skills to respond effectively to medical emergencies. First aid is not just about saving lives but also about reducing the severity of injuries, promoting recovery, and providing emotional support during critical moments.

### **Course outcomes**

After successful completion of the course, students will be able to:

**CO1:** Demonstrate knowledge of basic first aid principles, legal responsibilities, and limitations when administering aid.

**CO2:** Assess emergencies quickly and determine the best course of action based on the severity of the situation.

**CO3:** Perform essential first aid techniques, such as CPR, choking relief, and bleeding control.

**CO4:** Apply appropriate first aid measures for fractures, burns, cuts, and poisoning incidents.

### **Syllabus**

#### **UNIT-I**

**3 Hrs**

**Introduction to First Aid** - Definition and objectives of first aid, Signs of life; Principles and Responsibilities of first aider- Role of first aider; Immediate action in emergency, Injuries and conditions – assessment with the help of signs

#### **Unit II**

**2 Hrs**

**Emergency Techniques** - Artificial ventilation, External chest compression, Resuscitation by two people

#### **Unit-III**

**8Hrs**

##### **Need of First Aid-**

Bleeding- Wounds and external bleeding, Internal bleeding

Burns- Chemical burns; Chemical burns of eyes Electrical burns, Clothing on fire High temperature burns and scalds

Cardiovascular emergencies- Cardiac arrest, Heart attack; shock

Fractures- Signs & symptoms of fracture, Immobilization and management of fractures

#### **Unit-IV**

**2Hrs**

Miscellaneous- Heat stroke; Nose bleeds; Snake bites; Stings Foreign bodies in the eye

Foreign bodies in the ear, Recovery position

**PRACTICALS:****15 hours**

1. Preparation of First aid kit.
2. Dressings – Types
3. Types of knots
4. Bandages
5. Sling
6. Types of fractures – open, Neck and Spine fractures
7. Oral Rehydration Therapy (ORT)

**Recommended Textbooks:**

1. First aid in emergency – St-john. Ambulance Association.
2. First aid to the injured – St. John Ambulance Association
3. Physiotherapy for burns & Reconstruction – Glassey.
4. Surgical & Medical Procedures for Nurses & Paramedical staff – Nathan.
5. First aid & management of general injuries & common Ailments-Gupta & Gupta

# Assessment Marks

Hours: 30 hrs

Credits Registered-2

SNO	Regd No	Name of the Students	Class	Max Marks 50M
1	23403001	A Navya	II BSc Biochemistry	35
2	23403002	B Aparna	II BSc Biochemistry	36
3	23403003	B Delores	II BSc Biochemistry	A
4	23403004	K Chandini	II BSc Biochemistry	42
5	23403005	G Lakshmi Vijayendra	II BSc Biochemistry	39
6	23403006	G Meghana	II BSc Biochemistry	30
7	23403007	K Reshma	II BSc Biochemistry	A
8	23403008	K Reethika	II BSc Biochemistry	37
9	23403009	K Pavani Sai	II BSc Biochemistry	43
10	23403010	M Navyateja	II BSc Biochemistry	39
11	23403011	M Sameera	II BSc Biochemistry	38
12	23403012	P Tejeswari	II BSc Biochemistry	40
13	23403013	P Sowmya	II BSc Biochemistry	43
14	23403014	S Naga Divya	II BSc Biochemistry	A
15	23403015	A Vijaya Bharathi	II BSc Biochemistry	38
16	23403016	CH Keerthana	II BSc Biochemistry	35
17	23403017	B Divya	II BSc Biochemistry	41
18	23403018	G Poojitha	II BSc Biochemistry	A
19	23403019	R Metilda	II BSc Biochemistry	A
20	23202005	B Meenakshi Rajyam	II Bcom CA	A
21	23202006	B Rupa	II Bcom CA	A
22	23202007	CH Bharathi	II Bcom CA	A
23	23202012	G Sivani	II Bcom CA	A
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25	23202026	K Pallavi	II Bcom CA	A
26	23202035	K Sonu	II Bcom CA	A

7	23202003 7	M Madhu Bala	II Bcom CA	A
28	23202044	M Nagamani	II Bcom CA	A
29	23202045	N Vineetha	II Bcom CA	A

SIGNATURES:

i/c:

Members:

PRINCIPAL

**Outcomes-** After completing the course, the students got basic knowledge about the adulteration of common foods and their adverse impact on health. They able to extend their knowledge to other kinds of adulteration, detection and remedies