

N. C. JINDAL PUBLIC SCHOOL, PUNJABI BAGH

FIRST AID CLUB, 2017-2018

CLASS – X

Activities:-

1st Term

April & May

1. Meaning of First Aid & its importance
2. Preparation of First Aid Kit

July

3. Emergency Phone Numbers in case of emergencies.
4. Poster making under the theme of WHO.
5. PPT on Bandage Technique.

August

6. Meaning of personal hygiene & community hygiene.
7. Training of students to attend the minor injuries – cuts, wounds etc.
8. To know about basic emergency care- burns, fainting.
9. Nose bleeding, Heat stroke, Sprains etc.

September

10. Exhibition

nd Term

October


1. Measuring of blood pressure
2. BMI – Meaning and its calculation

November

3. Quiz Time
4. To know about common diseases – dengue, malaria, anaemia etc.
5. Discussion on Epilepsy – a neurological disorder, symptom and prevention
6. Workshop organised by Department of Disaster Management

December

7. To know about CPR activities
8. Contd. CPR Activities
9. Stress Management – A talk by School Counsellor
10. Visit to a Rehabilitation Centre


(Mrs - S.A. SHARMA)