



DR. DHAIMODKER - IMA
FIRST AID TRAINING ACADEMY
— | PONDA-GOA | —

DR. DHAIMODKER-IMA
FIRST AID TRAINING ACADEMY, PONDA.

INFORMATION TO FIRST AID PROGRAM PARTICIPANTS

Greetings from Dr. Dhaimodker-IMA- First Aid Training Academy, Ponda.

Sir/Madam,

We are pleased to inform you that The Directorate General of Mines Safety, Ministry of Labour & Employment, Government of India has approved First Aid Training programs which are conducted by Dr. Dhaimodker-IMA-First Aid Training Academy, Ponda at its registered office, IMA House Ponda, Kurtarkar Commercial Arcade, Phase II, 2nd floor, Kazi Wada, Ponda-Goa

First Aid course is of forty hours duration to be covered in ten sessions of four hours each. You are requested to enroll for the course following the sequential manner as under:

First Aid program Circulars with programs details will be sent for the desirous participants. on whatsapp or email and should be read carefully.

Participating delegates/organizations should reply with following details mentioned in the attached delegate form.

- ▶ Name of participant in full,
- ▶ Father's name,
- ▶ Self attested Aadhaar card copy,
- ▶ Mobile/ Whatsapp number,
- ▶ Email ID,
- ▶ Two copies of recent postage stamp size photographs.
- ▶ Previous records of First aid (Voucher) certificates, self attested, should be sent along with registration forms

Registration form duly filled in along with advance payments @ **Rs 5,000/-** (Rupees Five Thousand only) per participant to be sent.

Cheaque or NEFT favoring " Dr. Vallabh Dhaimodker Foundation" **Ac No:** 39731996170, State Bank of India Ponda, **ISF Code:** SBIN0000557, **Branch:** Ponda, Google payments can also be done on **Mob No:** 7507272921

Copy of First Aid Guide and syllabus shall be handed over or sent by speed post or courier to the registered candidates at least two weeks prior to the course, so as to get oriented with First Aid syllabus. In case Guide and syllabus are not collected from our office, shall be sent by speed post or courier at additional cost.

Dates of First aid training programs shall be announced once 30 participants are enrolled for a batch.

- Participants once enrolled shall not be permitted to cancel the registration. However Academy shall consider refund of registration fees in genuine circumstances. Participants will have to attend the course for total 40 hours. Absenteeism during the course shall not be permitted and will not be allowed to appear for examination.

→ Catering arrangements (morning tea with snacks, lunch, evening tea and mineral water) for participants & faculty shall be done by Academy at the program venue.

► Receipts of the payments shall be issued along with course material

► Contents of course material

► **Before the course**

- Copy of First Aid Guide and syllabus shall be given 15 days prior to the scheduled program date
- Delegate bag, Folder, writing pad, pen, One Triangular bandage and one roller bandage.

► **After the course**

- Certificate of participation for qualified participants.
- Candidates who don't qualify will have to undergo repeat vigorous training and re-appear for the examination.

Participants can make their own arrangements of accommodation by contacting selected hotel of choice and make direct transactions with the respective hotel management.

► **Details of Hotels in Ponda**

► **Menino Executives**

8329924261/8322974588
Info@hotelmeninoexecutive.com

► **Hotel Menino**

9309958604
hotelmenino@gmail.com

► **Shakti Palace**

7875226713/7875968565
hotelshaktip@gmail.com

► **City Central Goa**

72549494456
citycentralgoa@gmail.com

► **Hotel Sun Inn**

0832-2318180
suninn8180@gmail.com

► **Hotel Sun Grace**

0832-2311238
Hotelsungrace1@rediffmail.com



DR. DHAIMODKER-IMA
FIRST AID TRAINING ACADEMY,
PONDA.

Academy shall provide the best possible support for First Aid training program participants.
Anticipating your kind co-operation

With best wishes and kind regards

Dr. Vallabh Dhaimodker

Head & Training Officer
Dr. Dhaimodker-IMA- First Aid Training Academy, Ponda
7507272921

FIRST AID TRAINING



DR. DHAIMODKER - IMA
FIRST AID TRAINING ACADEMY
PONDA-GOA

Registered Office:

IMA House Ponda,

2nd Floor, Kurtarkar Commercial Arcade, Phase II,
Kaziwada, Ponda - Goa, 403,401

Phone: 0832-2314463/2312148

Mobile: 9422438155

Whatsapp: 7507272921

Email: vdpl.dhaimodker@gmail.com

Website: www.dhaimodker.in

For More Information Contact-

Dr. Vallabh Dhaimodker Foundation

451, Near Satyanarayan Temple, Dhavalimal, Ponda - Goa, 403 401

Phone: 0832-2314463 / 2312148, **Mobile:** 9422438155, **Whatsapp:** 7507272921,

Email: vdpl.dhaimodker@gmail.com, **Website:** www.dhaimodker.in

Contact Persons: Anita / Kavita / Kanchan

DAYDAY	DATE.....	LECTURER
TIME	TOPIC		

9.00 AM SESSION - I

First Aid Basic principles
 Definition of First Aid & First Aider
 Brief of First Aid & Aims of First Aid
 Responsibilities of First Aider
 Golden Rules of First Aid
 Protecting yourself & Victim against contamination

10.30 AM TEA BREAK

10.45 AM

Emergency Scene Management
Patient Assessment :
 The Primary Survey ; The Physical Examination;
 History Taking ; Head –To -Toe examination;
 Vital signs.
 Practical – Patient Assessment

1.00 PM LUNCH

2.00 PM SESSION - II

Dressings and Bandages :
 Functions of Bandages ; Types of bandages and dressings;
 General rules for using bandages and dressings.

3.30 PM TEA BREAK

Introduction to basic anatomy:
 Musculoskeletal system ; Central nervous system

UP TO 5.00 PM

Practical – Different knots, triangular bandage and its application to different part of body and Arm sling and its application.

DAYDAY	DATE.....	LECTURER
TIME	TOPIC		

9.00 AM SESSION - III

Fracture:
 Identifying fracture (sign and symptom); Type of fracture ; Immobilisation of fracture

10.30 AM TEA BREAK

10.45AM

Practical – Immobilisation of fracture: Depressed fracture of skull, lower jaw, Ribs, Breastbone, collar – bone, shoulder – blade, Arm, forearm, Hand.

1.00 PM LUNCH

2.00 PM SESSION - IV

Management of Medical shock :
Type of Shock ; Identifying shock (sign and symptom);
Treating shock (first aid)
Dislocations, sprains , strains- signs, symptoms and treatment.

3.30 PM TEA BREAK

UP TO 5.00 PM

Practical- Immobilisation of Fracture :
Pelvis , Thigh, Knee-cap, Leg and Foot.

DAY TIMEDAY TOPIC	DATE.....	LECTURER
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9.00 AM SESSION - V

Wounds-types & Management
Bleeding:
Types of Bleeding ;Methods to control external bleeding;
specific Types of Bleeding.

3.30 PM TEA BREAK

10.45AM

Practical-Control of external bleeding ; Nosebleed – control

1.00 PM LUNCH

2.00 PM SESSION - VI

Introduction to cardiovascular system
Coronary Heart Diseases and Risk Factors
Heart attack and Angina, Cardiopulmonary Resuscitation (CPR)

3.30 PM TEA BREAK

UP TO 5.00 PM

Practical – Practice of CPR on manikin

DATE.....	LECTURER
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9.00 AM SESSION - VII

Introduction to Respiratory system
Causes of Airway obstruction;
Methods of removing an airway obstruction
Asphyxia, hypoxia, choking Carbon monoxide poisoning
Foreign bodies in Eye, Ear and Nose

10.30 AM TEA BREAK

UP TO 5.00 PM

Practical:
Airway Obstruction – Conscious (Heimlich
Manoeuvre); Airway Obstruction – Unconscious
Victim; Care of Unconscious victim (Recovery position)

DATE..... LECTURER

9.00 AM **SESSION - VIII**

Head & Spinal Injury – Management of Spinal Injury:
Identifying Spinal Injuries ; Care of the injured victim ;
Immobilisation and transportation

10.30 AM TEA BREAK

UP TO 5.00 PM

Practical – Stabilisation of neck in spinal injury
Stretcher loading – unloading of person having spinal injury.

DATE..... LECTURER

9.00 AM **SESSION - IX**

Ambulance & Equipment; Burn, Electrocutation; Effect
of Heat and cold and Management; Transport of the injured person.

10.30 AM TEA BREAK

UP TO 1.00 PM

Practical - Transport of the injured person:
Loading & unloading on the stretcher, loading & unloading in the
Ambulance.

1.00 PM LUNCH BREAK

2.00 PM ONWARDS

Drowning ; Diabetes; poisoning ; Bites and Stings ;
convulsion & epilepsy; first-aid legislation in mines; Group Discussion

EXAMINATION

Examination – total 200 marks;
Practical – Full marks 160, pass Marks 80;
Practical – 4 components ;
1.CPR , 2.Control of bleeding 3.Fracture management
4.Transportation;
Each Practical component carries 40 marks;
Oral – Full Marks 40, Pass marks -20 ;
Oral – 10 Questions shall be asked , each question
carries 4 marks ;
Candidates shall pass in practical and oral examination separately.