



DR. DHAIMODKER-GGVTC FIRST AID TRAINING ACADEMY



INSTITUTE FOR
FIRST AID, DISASTER MANAGEMENT,
OCCUPATIONAL & INDUSTRIAL HEALTH &
ALLIED SCIENCES

| A COLLABORATION OF |
DR. VALLABH DHAIMODKER FOUNDATION &
GOA GROUP VOCATIONAL TRAINING CENTRE

DR. DHAIMODKER-GGVTC FIRST AID TRAINING ACADEMY
3rd Floor, Supriya Apartments, Haveli, Curti, Ponda-Goa. 403401
Mob.: 9422438155 / 8390200693 WhatsApp:7507272921

DR. DHAIMODKER - GGVTC FIRST AID TRAINING ACADEMY

DR. VALLABH DHAIMODKER FOUNDATION

Sir/Madam,

DR. DHAIMODKER-GGVTC- FIRST AID TRAINING ACADEMY is a collaboration of Goa Group Vocational Training Centre and Dr. Vallabh Dhaimodker Foundation for promoting awareness, education, hands on training and practical aspects of day-to-day requirements in health sector. The Programs related to First Aid, Disaster Management, Emergency Medicine, Occupational & Industrial Health, Life style diseases and allied sciences are conducted in tailor made modules to fit in the requirements of Factories, Mines, Industries, Corporate houses, Hotels, resorts, Schools, colleges and social organizations. The topics can be selected by clientele units .

PROGRAM DESIGNS

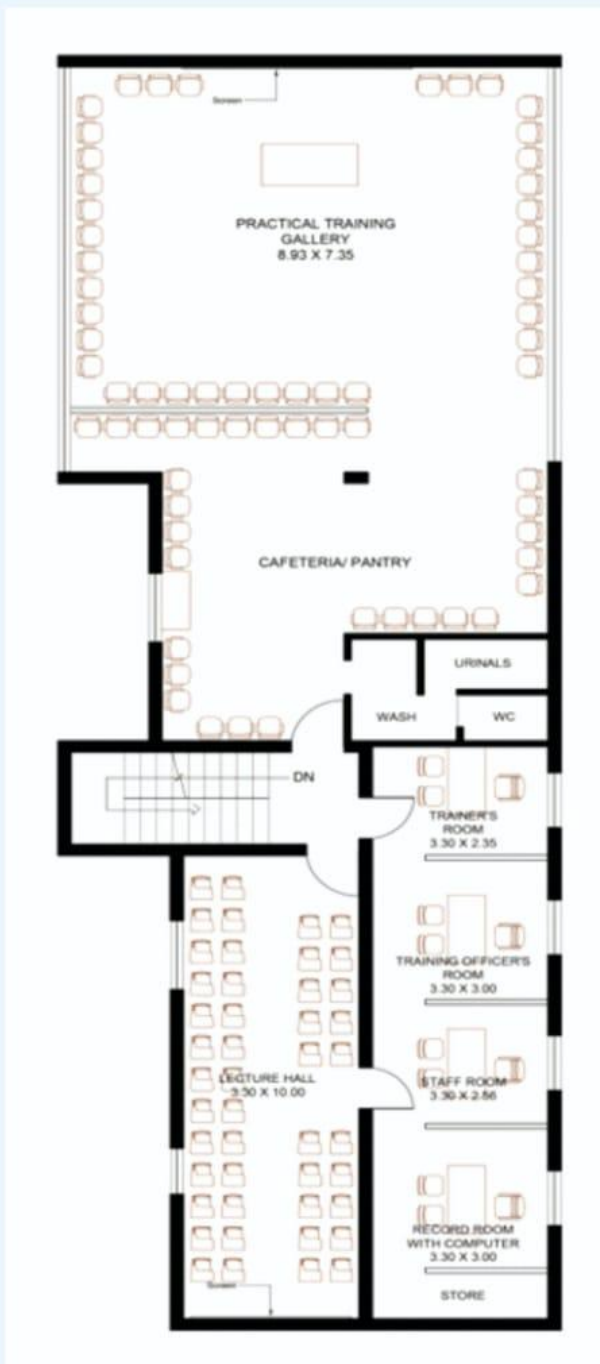
1. First Aid
2. Disaster Management and Emergency Medicine.
3. Occupational Health & Industrial Medicine.

FIRST AID

- First Aid Voucher / Medallion Certificate Program of Forty hours / ten days duration.
- First Aid Awareness / Refresher program of eight hours duration.
- First Aid Awareness and Disaster Management program Sixteen hours duration.
- First Aid Orientation program four hours duration.
- School Health First Aid Program three hours duration.

FIRST AID SYLLABUS & EXAMINATION (DGMS RECOMMENDED) FORTY HOURS (TEN DAYS) DURATION

- 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
- Emergency Scene Management, Patient Assessment: The Primary Survey; The Physical Examination;
- History Taking; Head-to-Toe examination; Vital signs. Practical-Patient Assessment
- Dressings and Bandages: Functions of Bandages; Types of bandages and dressings; General rules for using bandages and dressings.
- Introduction to basic anatomy: Musculoskeletal system ; Central nervous system
- **Practical:** Different knots, triangular bandage and its application to different part of body and Arm sling and its application.
- Fracture: Identifying fracture (sign and symptom); Type of fracture; Immobilization of fracture
- **Practical:** Immobilization of fracture: Depressed fracture of skull, Lower Jaw, Ribs, Breastbone, Collar – Bone, Shoulder – Blade, Arm, Forearm, Hand.
- Management of Medical Shock: Type of Shock; Identifying Shock (sign and symptom) Treating Shock (first aid)



**LAYOUT OF
DR. DHAIMODKER-GGVTC FIRST AID TRAINING ACADEMY**

Interior Planning by Vaibhav Dhaimodkar Associates

REGISTRATION DETAILS

- Dr. Dhaimodker-GGVTC-First Aid Academy (Academy) conducts Training courses for the desirous candidates.
 - First Aid Voucher/Medallion course is of forty hours / Ten days duration,
 - Disaster Management, Emergency Medicine with workshops and Mock Drill of eight to sixteen hours duration are conducted only at Goa Group Vocational Training Centre (GGVTC), 3rd floor, Supriya Apartments, Haveli Curti, Ponda-Goa on working days
 - First Aid Awareness/Refresher courses, Occupational & Industrial Health and Allied Sciences Trainings are conducted at GGVTC as well as at other venues subject to facilities available at the site.
- Registration form with necessary details along with full payments is to be submitted before the programs.

• The following information is mandatory for Certificate courses .

- 1) Name, 2) Father's Name 3) Aadhaar Card self attested copy
- 4) Email ID 5) Whatsapp No. 6.) Recent copy of passport size photo
- 7) Previous records of self attested First Aid certificates (Voucher)

• For other programs registration form with

- 1) Name in full 2) Organisation 3) Email ID 4) Whatsapp No.

COMMERCIALS

- Full payments to be made in advance along with above details .
- Registration fees is inclusive of TDS and 18 % GST.
- Refund of delegate fees is at the discretion of the Academy .
- Payments to be made favoring "**Dr. Vallabh Dhaimodker Foundation**" by cheque / NEFT / DD.

• Bank details:

- **Bank:** State Bank of India, **Branch:** Ponda **Account No:** 39731996170
- **IFS Code :** SBIN0000557.
- **GSTIN No:** 30AAVFD6166H1Z8

CONTACT DETAILS

(For registration and information)

- **Dr. Vallabh Dhaimodker Foundation:**
451, Near Satyanarayan Temple, Dhavalimal, Ponda-Margao Highway,
Ponda Goa, 403,401
- **Whatsapp:** 7507272921; **Mobile:** 9422438155,
- **Email:** vdpl.dhaimodker@gmail.com | **website:** www.dhaimodker.in

GGVTC

OCCUPATIONAL HEALTH & INDUSTRIAL MEDICINE

- Introduction to Occupational Health
- Basic Occupational Health Services (BOSH)
- International code of ethics for occupational health professionals
- Men Maintenance Program
- Occupational Health, Safety & Environment – A Triad
- Ergonomics at workplace
- Musculoskeletal and Cumulative trauma disorders
- Noise Induces Hearing Loss (NIHL) & Hearing Conservation Program
- Occupational lung diseases
- Diabetes at workplace
- Occupational Dermatitis
- Alcoholism effects on productivity
- Sickness absenteeism & return to work
- Occupational injuries & Occupational rehabilitation
- Occupational cancers
- Physical fitness and life style diseases control
- Eye morbidity and colour vision dilemma in pre placement
- Travel medicine and International travel health
- Management of Industrial biomedical waste
- Industrial burns
- Stress assessment and Stress management
- HIV – AIDs at workplace
- Women at workplace
- Legal aspects of Occupational health
- Accident prevention and safety
- Behavior and safety

PROGRAM MODULES

- The programs are tailor made on the basis of job profile, workplace hazards, \ nature of industry, statutory compliance and company employees' wellness policy.
- The program modules are designed and time duration varies from three hours to forty hours.
- Lectures are delivered by senior and expert faculty members from respective fields.
- The topics are essential for Factories, Mines, docks, Major accident hazard and hazardous industries, mutual aid group aids, industrial estates, educational institutions, corporate houses, resorts and government organizations.

• Batch Capacity:

- First Aid Voucher / Medallion certificate course..... Limited to Thirty
- Disaster management workshops..... Twenty Four to thirty
- Occupational Health & Industrial medicine..... Twenty

- **Practical:** Immobilisation of Fracture : Pelvis, Thigh, Knee-cap, Leg and Foot. Dislocations, sprains, strains- signs, symptoms and treatment.
- Wounds-types & Management
Bleeding: Types of Bleeding ;Methods to control external bleeding; specific Types of Bleeding.
- **Practical:** Control of external bleeding ; Nosebleed – control
Introduction to cardiovascular system:
Coronary Heart Disease and Risk Factors , Heart attack and Angina
- Cardiopulmonary Resuscitation (CPR); Practical – Practice of CPR on manikin
- Introduction to Respiratory system, Causes of Airway obstruction; Methods of removing an airway obstruction. Asphyxia, hypoxia, Carbon monoxide poisoning
- **Practical:**
Airway Obstruction – Conscious (Heimlich Manoeuvre); Airway Obstruction - Unconscious Victim; Care of Unconscious victim . (Recovery position)
- Head & Spinal Injury – Management of Spinal Injury:
Identifying Spinal Injuries; Care of the injured victim; Immobilisation and transportation
- **Practical:** Stabilisation of neck in spinal injury
Stretcher loading – unloading of person having spinal injury.
- Ambulance & Equipment; Burn, Electrocutation; Effect of Heat and cold and Management;
Transport of the injured person.
- **Practical:** Transport of the injured person: Loading & unloading on the stretcher loading & unloading in the Ambulance.
- Drowning, Chocking; Convulsion & epilepsy
- Foreign bodies in Eye, Ear, Nose and throat
- Diabetes; poisoning; Bites and Stings
First – Aid legislation in mines; Group Discussion
- **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.

DISASTER MANAGEMENT & EMERGENCY MEDICINE



- Introduction to Emergency Medicine
- Disaster Management Awareness & Preparedness
- Overview of Hazards
- Pre Hospital Management of Medical Emergencies
- Hospital Preparedness for Emergencies
- Techno Industrial Disasters
- Triage in Mass Casualty Management
- Handling , Transfer and Transportation
- Hospital Incident Command System
- Rehabilitation in Post Disaster Management
- Community based Disaster Risk Management
- Inter Agency Coordination
- Management issues in ensuring Hospital Security
- Palliative Care in Disaster Management



**DR. VALLABH B. DHAIMODKER | DR. VALLABH DHAIMODKER FOUNDATION
DR. DHAIMODKER'S OCCUPATIONAL HEALTH & RESEARCH CENTRE
VIDHYA DIAGNOSTICS PVT. LTD.**

ASSOCIATE ORGANISATIONS SINCE 1983






 WITH REFERENCE to India
 नमो नमो नमो नमो
 Ministry of Labour/Employment
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 Directorate General of Mines Safety
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 Occupational Health

 OGH/ADCH/2023/1944 Date: 05/07/2023

 To
 Dr.VallabhBapuDhaimodker MBBS,DA, DCH
 DrDhaimodker's Occupational Health & Research Center
 Florida, Goa

Letter of Appreciation for Contribution

 Sir,
 This office expresses its sincere appreciation while acknowledging your contribution in the field of Occupational Health, First-Aid, Disaster Management and Training for more than three decades, with relentless effort, dedication and commitment.
 Your subject Knowledge, expertise and impeccable integrity towards your profession had always been exemplary and worth emulating.
 This Office wishes that you continue to contribute for many more years in the field of protection of human life at work places, with same zeal and enthusiasm.

 Yours Sincerely

 Dr Kaushik Sarkar^{MA}
 Inspector of Mines (OH) & Certifying Surgeon
 Western Zone, Nagpur



DR. VALLABH B. DHAIMODKER completed HOSPITAL PREPAREDNESS FOR EMERGENCIES (HOPE) Course at Dehradun, Uttarakhand from 14th to 17th June 2023



DR. VALLABH B. DHAIMODKER completed HOSPITAL PREPAREDNESS FOR EMERGENCIES TRAINING FOR INSTRUCTORS (H-TI) | REGIONAL COURSE at Kathmandu Nepal from 27th February to 2nd March 2022



Dr. Vallabh Dhaimodker Foundation

Establishments

- ▶ Dr. Dhaimodker-GGVT-First Aid Training Academy (Academy)
- ▶ Dr. Dhaimodker's Occupational Health & Research Centre

Associates

- ▶ Dr. Dhaimodker's Occupational Health & Research Centre
 - ▶ Goa Group Vocational Training centre.
- ▶ Dr. Dhaimodker-GGVT-First Aid Training Academy

Support Group

- ▶ **Dr. Lalana Bakhale**
Chairperson, Academy - First Aid Examination Board
- ▶ **Dr. Ajay Pednekar** - Head, First Aid Faculty Group
- ▶ **Mr. Shriram Dhaimodker** - Head - Technical
- ▶ **Mrs. Anita Khandeparkar** - Head - Administration
- ▶ **Arch. Vaibhav Dhaimodkar** - Interiors & Designing
- ▶ **M/s. Viraj Marketing** - Product & Services

Activities

- A. First Aid Voucher / Medallion Certificate Courses - Forty Hours
- B. First Aid Awareness & Disaster Management Course – Sixteen Hours
- C. First Aid Awareness / Refresher Courses – Eight Hours
- D. Disaster Management Course - Eight Hours
- E. First Aid Awareness / Disaster Management Course - Eight Hours
- F. Pre Hospital Emergency Management Course - Eight Hours
- G. First Aid Orientation Course - Four Hours
- H. School Health First Aid Course - Three Hours
- I. Occupational Health - Eight Hours