

**DR. DHAIMODKER-GGVTC - FIRST AID TRAINING ACADEMY
DR. VALLABH DHAIMODKER FOUNDATION**

BASIC FIRST AID AWARENESS PROGRAM

VENUE :- :- DR.DHAIMODKER'S OCCUPATIONAL HEALTH & RESEARCH CENTRE
GIDC QTRS, 1ST FLOOR, VERNA INDUSTRIALESTATE VERNA GOA
DATE TUESDAY , 14TH APRIL 2026 TIME : 9.00 AM TO 4.30 PM

PROGRAM

TIME	TOPIC
9.00 AM	REGISTRATION
9.15 AM	Introduction To First Aid, Structure And Functions of Human Body.
9.45 AM	Wounds & Bleeding, Burns & scalds, First Aid Boxes.
10.15 AM	TEA
10.30 AM	Poisons, Snake – Dog- Insect bite, Diabetic Coma
11.00 AM	Injuries to Bones, Joints & Muscles
11.45 AM	Spinal Injuries , Shock .
12.30 PM	Injuries to Ear, Nose, Throat, Eye Injuries & Foreign Bodies in eye, Heart Stroke
1.15 PM	LUNCH
2.00 PM	Cardio Pulmonary Resuscitation (CPR) – Demo Drowning and Chocking , AED
3.00 PM	Dressings, Bandages & Slings – Demo
3.40 PM	TEA
4.50 PM	Transfer , Handling & Transportation- Mock drill
4.30 PM	Participants' Interaction and concluding remarks

- ❖ Participation subject to prior registration.
- ❖ Delegates will have to maintain time décor.
- ❖ Delegates interested in doing CPR practice on mannequin, practical on Dressing & Bandages and Transportation can do so even after the concluding session.