

DR. DHAIMODKER – GGVTC – FIRST AID TRAINING ACADEMY
DGMS RECOMMENDED FIRST AID SYLLABUS & EXAMINATION
VENUE : GOA GROUP VOCATIONAL TRAINING CENTRE , HAVELI, CURTI . PONDA GOA
DATES : TUESDAY 19th May 2026 to SATURDAY 23rd May 2026

| DAY | DATE : TUESDAY 19th May 2026 | |
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| TIME | TOPIC | LECTURER |
| | SESSION - I | |
| 9.00 AM | 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 | |
| | SESSION - II | |
| TIME | TOPIC | LECTURER |
| 2.00 PM | 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. | |
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| DAY | DATE: WEDNESDAY 20 th May 2026 | |
| TIME | TOPIC | LECTURER |
| | SESSION - III | |
| 9.00 AM | Fracture: Identifying fracture (sign and symptom); Type of fracture ; Immobilization of fracture | |
| 10.30 AM | TEA BREAK | |
| 10.45 AM | Practical – Immobilization of fracture: Depressed fracture of skull, lower jaw, Ribs, Breastbone , collar – bone , shoulder – blade ,Arm , forearm , Hand. | |
| 1.00 PM | LUNCH | |
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| TIME | TOPIC | LECTURER |
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| | SESSION – IV | |
| 2.00 PM | 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- Immobilization of Fracture : Pelvis , Thigh, Knee-cap, Leg and Foot. | |
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| DAY | DATE : THURSDAY 21st May 2026 | |
| TIME | TOPIC | LECTURER |
| | SESSION - V | |
| 9.00 AM | Wounds-types & Management Bleeding: Types of Bleeding ;Methods to control external bleeding; specific Types of Bleeding. Snake & Scorpion Bite . | |
| 10.30 AM | TEA BREAK | |
| 10.45 AM | Practical-Control of external bleeding ; Nosebleed – control . Blood & Lymphatic system , Blood Group & Blood Transfusions , | |
| 1.00 PM | LUNCH | |
| TIME | TOPIC | LECTURER |
| | SESSION - VI | |
| 2.00 PM | Introduction to cardiovascular system Coronary Heart Disease and Risk Factors Heart attack and Angina , Cardiopulmonary Resuscitation (CPR) | |
| 3.30 PM | TEA BREAK | |
| UP TO 5.00PM | Practical – Practice of CPR on manikin | |
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| DAY | DATE : FRIDAY 22nd May 2026 | |
| TIME | TOPIC | LECTURER |
| | SESSION - VII | |
| 9.00 AM | Introduction to Respiratory system Causes of Airway obstruction; Methods of removing an airway obstruction Asphyxia, hypoxia, Chocking Carbon monoxide poisoning Foreign bodies in Eye, Ear and Nose | |
| 10.30 AM | TEA BREAK | |
| UP TO 1.00 PM | Practical: Airway Obstruction – Conscious (Heimlich Manoeuvre); Airway Obstruction – Unconscious Victim; Care of Unconscious victim (Recovery position) | |
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| LUNCH | | |
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| TIME | TOPIC | LECTURER |
| | SESSION - VIII | |
| 2.00 AM | Head & Spinal Injury – Management of Spinal Injury: Identifying Spinal Injuries ; Care of the injured victim ;Immobilisation and transportation | |
| 3.30 AM | TEA BREAK | |
| UP TO 5.00 PM | Practical – Stabilisation of neck in spinal injury Stretcher loading – unloading of person having spinal injury. | |
| DAY | DATE : SATURDAY 23rd May 2026 | |
| TIME | TOPIC | LECTURER |
| | SESSION – IX | |
| 9.00 AM | Ambulance & Equipment ; Burn , Electrocution; Effect of Heat and cold and Management; Transport of the injured person. | |
| 10.30 AM | TEA BREAK | |
| UP TO 11.30 AM | Practical - Transport of the injured person: Loading & unloading on the stretcher loading & unloading in the Ambulance. | |
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| 12.00 PM | | |
| | Drowning ; Diabetes; poisoning ; Bites and Stings ; convulsion & epilepsy; first –aid legislation in mines; Group Discussion | |
| 1.15 PM | LUNCH | |
| 2.15 PM ONWARDS | EXAMINATION | EXAMINERS |
| | 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. | |

- Lectures are likely to be reshuffled
- All Candidates will have to follow Universal precautions
- Candidates should read First Aid Guide to get oriented with the program