



# FIRST AID SPECIALIST DIPLOMA COURSE

## Admission Eligibility: XIIth Passed

*First Aid Council of India proposes the operation of aforesaid program state wise keeping in view the state health security and is open to update or renew the curriculum and is on the toes to achieve its target and updating and adjusting the syllabus with the assistance from Specialists/Experienced/Skillful persons/ organizations/ Stateland Central Governments and Union Territories of India.*

*Duration of the Course: 1 Year*

*Study Plan:*

*Theory 40%*

*Practical/Training: 60%*

*(Project Assignment)*

*Medium: Hindi / English*

*Examination: Sessional / On Demand*

*Study: Online / Recorded Lectures / Videos / E-Book / Hard Copy (On Purchase)*

*Mode of Examination: Objective (Online)*

Program	Duration	Compulsory Contact Hours	Total Study Hours
First Aid Specialist Diploma	One Year	Compulsory hours for Principle instructions/Practical and Presentation	500 hours





# SYLELABUS

## COURSE - I

### Basic Life Science

Unit 1 : Anatomy & Physiology - A

Unit 2 : Anatomy & Physiology - B

Unit 3 : Natural Health & Hygiene

Unit 4 : Home Care & Childhood ailments

Unit 5 : Nutrition

Unit 6 : Yoga & Exercises

## COURSE - II

### Maternal & Child Health Care

Unit 1 : Pregnancy & Care Of Women During Pregnancy

Unit 2 : Care Of Women During Intranatal & Postnatal Period

Unit 3 : Breast Feeding

Unit 4 : National Health Programmes

Unit 5 : Importance And Needs Of Family Welfare Programmes

Unit 6 : Duties Of Health Inspector

## COURSE - III

### Prevention & Management Of Diseases & Emergency

Unit 1 : Communicable Diseases - A

Unit 2 : Communicable Diseases - B

Unit 3 : Preventive Measures (All 5 Steps)

Unit 4 : First Aid

Unit 5 : Life Style Diseases

Unit 6 : Pharmacies & Drug Reaction

Unit 7 : Management & Emergency

## Practical

1. Skeletal System
2. Respiratory System
3. Digestive System
4. Assessment Of Koshtha
5. Measurement & Use Of Hemoglobin
6. Blood Agglutination & Rh Factor
7. Practice Of Foot Joint Operation
8. Practice Of Hand Joint Operation
9. Abdominal Group Exercises





# BASIC LIFE SCIENCE COURSE-1

## Unit 1 Anatomy & Physiology - A

1. Body Science and Physiology
2. The cell
3. Tissues
4. Organs
5. Structure of Human Body
6. Systems and Structures
  - Integumentary System
  - Skeletal System
  - Muscular System
  - The Respiratory system
  - Digestive System
  - The Circulatory System
  - The Excretory System
  - The Endocrine System
  - The Reproductive System
  - The Nervous System

## Unit 2 Anatomy & Physiology - B

1. Immune System
2. Types of immunity
3. Innate Immune System
4. Acquired Immune System

## Unit 3 Natural Health & Hygiene

1. Concept of Health
2. Definition of Health and Symptoms of Good Health
3. Factors that affect Health:  
Personal hygiene,  
Exercise, Sound sleep, and rest.
4. Cleanliness and Hygiene.

## Unit 4 Home Care & Childhood Ailments

1. Prevention from common diseases
2. Home remedies for common diseases
3. Home care and Childhood Ailments

## Unit 5 Nutrition

1. Our food
2. Functions of food
3. Nutrition and Nutritional components
  - Carbohydrates
  - Protein
  - Fat
  - Vitamins
  - Minerals
  - Water
4. Categories of food (CUISINES)
5. Balanced Diet
6. Nutritional Requirements
7. Nutritional requirements of different age groups
8. Malnutrition and diseases based on nutrition
9. Food Chart
10. Anemia
11. Food management

## Unit 6 Yoga & Exercises

- Introduction to Yoga
- AshtaangYog
- Yogasans and Primary practice
- Some important Asanas and their practice





# MATERNAL & CHILD HEALTH CARE COURSE II

## Unit 1 Pregnancy & Care Of Women During Pregnancy

- Puberty & Monthly Cycle
- Physiological changes during Pregnancy, calculating expected di
- Signs and symptoms of pregnancy
- Routine of a pregnant woman during pregnancy
- Various testing of pregnant women
- Assessment of risk factors in pregnancy
- Care of a pregnant woman

## Unit 3 Breast Feeding

- First milk of mother Ser delivery
- Benefits of breastfeeding and dangers of bottled milk
- Instructions for breastfeeding in diverse conditions
- Right techniques of breast feeding
- Common problems of breast feeding and its solution

## Unit 5 Importance And Needs Of Family Health Welfare programmes

- Importance of family welfare programs
- Universal immunization program
- Negds of family welfare programs
- Family planning
- Temporary Remedies, Barrier Remedies, Chemical barriers, Intrauterine device, Hormone drugs
- Permanent remedies, Vasectomy, Female Sterilization
- Temporary procedure, male condom, female condom, Diachrome, Genital sponge
- Oral contraceptive pills, mixed tablets.
- Upper skin grafting, hormonal genitals ring centchroman
- Permanent technique, Vasectomy & Female Sterilization
- Post coital birth control
- Cafeteria approach
- Ideal gap between births of two children
- Abortion

## Unit 2 Care Of Women During Intranatal & Postnatal Period

- Delivery: An introduction, symptoms of actual labour pain
- Assessment of women in labourroom
- Assessment of condition of mother and child during delivery
- Getting ready for delivery
- Preparation for delivery, third stage of delivery
- Immediate care of new born baby, breastfeeding
- Care of mother in postnatal period

## Unit 4 National Health Programmes

- National Health Programmes
- National vector born disease control program
- Prevention and control of non-communicable diseases
- Amendment in National T. B. control program
- Universal vaccination program
- Reproduction and child health care program
- National ADS control program
- National Iodine small disorder control program
- National Blindness control Program
- National Deafness Prevention and Control Program
- National Leprosy Elimination Program
- School Health Programs
- National Rural Health Mission

## Unit 6 Duties Of Health Inspector

- Duties and responsibilities of Health worker
- Mapping the area, survey of houses, remedial responsibilities, prevention measures
- Prevention from highporthia, Kangaroo case. Cleaning and bathing the child
- Breast Feeding
- Nutrition of child (6-7 months) (12-18 months) (18 months-2 years)
- Normal development of the child, weight at the time of birth, measuring weight every month, care of nipple and care of cracked nipple.
- Placing a child during breast feeding and ventilating the stomach.





# PREVENTION & MANAGEMENT OF DISEASES & EMERGENCY COURSE III

## Unit 1 Communicable Diseases - A

- Definition, Mediums of spreading, Host agent, Environment
- Spread of diseases, from water, Air to food, Contact diseases from Ve Parasitic infection

## Unit 2 Communicable Diseases - B

- Parasitic diseases: Dengue, Malaria
- Leprosy
- Tuberculosis
- Diphtheria
- Pneumoni
- Food poisoning
- Sexually transmitted disease
- Syphilis
- Gonorrhoea
- Some parasitic infections

## Unit 3 Preventive Measures (All 5 Types)

- Specific protection
- Rehabilitation primary prevention
- Personal health science
- Quarantine measures
- Informative disease
- Organism, symptoms and list of preventive measures

## Unit 4 First Aid

- Blood pressure, temperature, defining measurement of height and weight
- Recognizing Arterial and venial bleeding
- Measuring height and weight
- Nose bleeding
- Contraction bandage
- Internal bleeding- signs, symptoms and emergency measures
- Shock- recognition and emergency measures, electrical shock, emergency condition
- Asphyxia- Types, signs and symptoms, emergency measures

## Unit 5 Life Style Diseases

- High Blood Pressure, Diabetes, Obesity, Cancer etc

## Unit 6 Pharmacies & Drug Reaction

- Management and primary treatment in emergency caused of medicinal reaction





# PRACTICAL

- Skeletal System
- Respiratory System
- Digestive System
- Assessment Of Koshtha
- Measurement And Use Of Haemoglobin
- Blood Agglutination And Rh Factor
- Practice Of Foot Joint Operation
- Practice Of Hand Joint Operation
- Abdominal Group Exercises

## PASSING CRITERIA

S.No.	Subject Of Skill Test	Max Marks (Theory)	Minimum Passing Percentage	Minimum Passing Marks
1.	Internal Assessment With Theory (Internal Assessment :30)	$(70+10)*3 = 240$ (Written Test= 200)	40%	96
2.	Internal Assessment With Practical (Internal Assessment :60)	$(100+20)*3 = 360$ (Written Test= 200)	60%	216





# ASSESSMENT PLAN



Subject	Theory			Practical/Training			Total Marks
	External		Internal Assessment	External		Internal Assessment	
	Max Marks	Time Hours	Maximum Marks	Max Marks	Time Hours	Maximum Marks	
Basic Life Science	70	3	10	100	4	20	200
Maternal & Child Health Care	70	3	10	100	4	20	200
Prevention & Management of Diseases & Emergency	70	3	10	100	4	20	200

• **Note:**

- The Candidate Has To Score 40% in Theory Exams Along with Internal Assessment.
- The Candidate Has To Score 60% in Practical Exams Along with Internal Assessment.

• **PROCESS OF CONTINUOUS EVALUATION**

- Theory Total Marks = 30
- Three Tests of 10 Marks will be Conducted After Every 50 Days.

• **PRATICAL/TRAINING (INTERNAL ASSESSMENT)**

- A Progress Card of Each Candidate will be Made For Evaluation, In Which Evaluation of Practical/experiment will be Represented. Total Marks = 60

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