

Name: **Associate Professor Amrita Pritam**  
 Class and Section: **B.Sc II – Phy. Ed., Health Ed. & Sports Sciences**  
 Subject: **Health Ed., Safety Ed. First Aid & Rehabilitation**

Week	Date	Topic
<b>1</b>	1-Jan-18	Meaning of First Aid
	2-Jan-18	Scope of First Aid
	3-Jan-18	Aims of First Aid
	4-Jan-18	Objectives of First Aid
	5-Jan-18	Importance of First Aid
	6-Jan-18	Revision & Discussion
	7-Jan-18	<b>Sunday</b>
<b>2</b>	8-Jan-18	Types of First Aid
	9-Jan-18	First Aid Box & Its Articles
	10-Jan-18	Revision
	11-Jan-18	Test
	12-Jan-18	Sports Injuries Meaning
	13-Jan-18	Types of Sports Injuries
	14-Jan-18	<b>Sunday</b>
<b>3</b>	15-Jan-18	Sprain Causes
	16-Jan-18	Strain
	17-Jan-18	Contusion
	18-Jan-18	Abrasion
	19-Jan-18	Laceration
	20-Jan-18	Wounds
	21-Jan-18	<b>Sunday</b>
<b>4</b>	22-Jan-18	<b>Basant Panchami</b>
	23-Jan-18	Types of Wounds
	24-Jan-18	<b>Sir Chhotu Ram Jayanti</b>
	25-Jan-18	First Aid in case of Injuries
	26-Jan-18	<b>Republic Day</b>
	27-Jan-18	First Aid in case of Injuries
	28-Jan-18	<b>Sunday</b>
<b>5</b>	29-Jan-18	Revision of Sports Injuries
	30-Jan-18	Principles of First Aid
	31-Jan-18	Qualities of First Aider

Week	Date	Topic
<b>1</b>	1-Feb-18	Functions of First Aider
	2-Feb-18	Drowning – Reason
	3-Feb-18	First Aid in case of Drowning
	4-Feb-18	<b>Sunday</b>
<b>2</b>	5-Feb-18	Dislocation
	6-Feb-18	First Aid in case of Dislocation
	7-Feb-18	Fracture Causes
	8-Feb-18	Types of Fractures
	9-Feb-18	Comminuted Fracture
	10-Feb-18	<b>Maharishi Dayanand Saraswati Jayanti</b>

	11-Feb-18	<b>Sunday</b>
<b>3</b>	12-Feb-18	Green Stick
	13-Feb-18	<b>Mahashivratri</b>
	14-Feb-18	Compression
	15-Feb-18	Depressed
	16-Feb-18	Twisting
	17-Feb-18	First Aid in case of Fracture
	18-Feb-18	<b>Sunday</b>
<b>4</b>	19-Feb-18	Burns Causes
	20-Feb-18	First Aid in case of burns
	21-Feb-18	Electric Shock Reasons
	22-Feb-18	First Aid in case of Electric Shock
	23-Feb-18	First Aid in Snake bite
	24-Feb-18	Poison Causes
	25-Feb-18	<b>Sunday</b>
<b>5</b>	26-Feb-18	First Aid in Poison
	27-Feb-18	Revision of Unit II
	28-Feb-18	<b>University Holidays</b>

<b>Week</b>	<b>Date</b>	<b>Topic</b>
<b>1</b>	1-Mar-18	<b>University Holidays</b>
	2-Mar-18	<b>University Holidays</b>
	3-Mar-18	<b>University Holidays</b>
	4-Mar-18	<b>University Holidays/Sunday</b>
<b>2</b>	5-Mar-18	Safety measures in building
	6-Mar-18	Safety measures in playground
	7-Mar-18	Safety measures in water
	8-Mar-18	Safety regarding Equipment
	9-Mar-18	Safety regarding Dress
	10-Mar-18	Floods, Reasons
	11-Mar-18	<b>Sunday</b>
<b>3</b>	12-Mar-18	Safety during floods
	13-Mar-18	Hurricane causes
	14-Mar-18	Safety during hurricane
	15-Mar-18	Safety during thunder
	16-Mar-18	Safety during lightening
	17-Mar-18	Safety during Air raids
	18-Mar-18	<b>Sunday</b>
<b>4</b>	19-Mar-18	Pedestrian Safety on Road
	20-Mar-18	Safety on road during driving
	21-Mar-18	Safety in camps
	22-Mar-18	Safety in Picnics
	23-Mar-18	<b>Shahidi diwas of Bhagat Singh</b>
	24-Mar-18	Safety in Tours
	25-Mar-18	<b>Sunday</b>
<b>5</b>	26-Mar-18	Revision of Unit III Class Discussion

	27-Mar-18	Revision of Unit III Class Discussion
	28-Mar-18	Test of Unit III
	29-Mar-18	<b>Mahavir Jayanti</b>
	30-Mar-18	Disability – Meaning
	31-Mar-18	Types of Disability

<b>Week</b>	<b>Date</b>	<b>Topic</b>
	1-Apr-18	<b>Sunday</b>
<b>1</b>	2-Apr-18	Vision Impairment
	3-Apr-18	Deaf or hard of hearing
	4-Apr-18	Mental Health Conditions
	5-Apr-18	Intellectual Disability
	6-Apr-18	Physical Disability
	7-Apr-18	Causes of Disability
	8-Apr-18	<b>Sunday</b>
<b>2</b>	9-Apr-18	Causes of Disability
	10-Apr-18	Problems of Disabled Persons
	11-Apr-18	Problems of Disabled Persons
	12-Apr-18	Prevention measures of Disability
	13-Apr-18	Prevention measures of Disability
	14-Apr-18	<b>Dr. Ambedkar Jayanti and Vaisakhi</b>
	15-Apr-18	<b>Sunday</b>
<b>3</b>	16-Apr-18	Revision
	17-Apr-18	Test
	18-Apr-18	<b>Parshuram Jayanti</b>
	19-Apr-18	
	20-Apr-18	
	21-Apr-18	
	22-Apr-18	<b>Sunday</b>
<b>4</b>	23-Apr-18	
	24-Apr-18	
	25-Apr-18	
	26-Apr-18	
	27-Apr-18	
	28-Apr-18	