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**Class and Section:** B.Sc II – Phy. Ed., Health Ed. & Sports Sciences  
**Subject:** Health Ed., Safety Ed. First Aid & Rehabilitation - Practical

Week	Date	Topic
1	1-Jan-18	First Aid in Drowning
	2-Jan-18	First Aid in Drowning
	3-Jan-18	First Aid in Dislocation
	4-Jan-18	First Aid in Dislocation
	5-Jan-18	First Aid in Dislocation
	6-Jan-18	Revision
	7-Jan-18	Sunday
2	8-Jan-18	Types of Bandages
	9-Jan-18	Reef Knot
	10-Jan-18	Reef Knot
	11-Jan-18	Practice
	12-Jan-18	Granny Knot
	13-Jan-18	Granny Knot
	14-Jan-18	Sunday
3	15-Jan-18	Practice
	16-Jan-18	Bandages
	17-Jan-18	Roller Bandages
	18-Jan-18	Simple Spiral
	19-Jan-18	Reverse Spiral
	20-Jan-18	Practice
	21-Jan-18	Sunday
4	22-Jan-18	Basant Panchami
	23-Jan-18	Figure of Eight
	24-Jan-18	Sir Chhotu Ram Jayanti
	25-Jan-18	Spica
	26-Jan-18	Republic Day
	27-Jan-18	Practice of Figure of Eight
	28-Jan-18	Sunday
5	29-Jan-18	Practice of Roller Bandages
	30-Jan-18	Practice of Roller Bandages
	31-Jan-18	Practice of Roller Bandages

Week	Date	Topic
1	1-Feb-18	Triangular Bandages
	2-Feb-18	For Head
	3-Feb-18	For Elbow
	4-Feb-18	Sunday
2	5-Feb-18	For Ankle
	6-Feb-18	For Foot
	7-Feb-18	For Hand
	8-Feb-18	Practice of Triangular Bandages
	9-Feb-18	Practice of Triangular Bandages
	10-Feb-18	Maharishi Dayanand Saraswati Jayanti

	11-Feb-18	<b>Sunday</b>
<b>3</b>	12-Feb-18	Stings
	13-Feb-18	<b>Mahashivratri</b>
	14-Feb-18	Simple Sting
	15-Feb-18	Cuff & Collar Sting
	16-Feb-18	Triangular Sting
	17-Feb-18	Practice of Stings
	18-Feb-18	<b>Sunday</b>
<b>4</b>	19-Feb-18	Improvised Stings
	20-Feb-18	Practice
	21-Feb-18	Artificial Respiration
	22-Feb-18	Mouth to mouth
	23-Feb-18	External Heart Compression
	24-Feb-18	Practice
	25-Feb-18	<b>Sunday</b>
<b>5</b>	26-Feb-18	Practice of Previous Practical
	27-Feb-18	Practice of Previous Practical
	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	First Aid In Dislocation
	6-Mar-18	First Aid In Dislocation
	7-Mar-18	First Aid In Dislocation
	8-Mar-18	Practice, Types
	9-Mar-18	First Aid in Practice
	10-Mar-18	First Aid in Practice
	11-Mar-18	<b>Sunday</b>
<b>3</b>	12-Mar-18	First Aid in burns
	13-Mar-18	Electric Shock
	14-Mar-18	In Posison
	15-Mar-18	Revision
	16-Mar-18	First Aid in Poison
	17-Mar-18	First Aid in Poison
	18-Mar-18	<b>Sunday</b>
<b>4</b>	19-Mar-18	Transportation of Injured
	20-Mar-18	Crutch (Human)
	21-Mar-18	Crutches
	22-Mar-18	Stretcher
	23-Mar-18	<b>Shahidi diwas of Bhagat Singh</b>
	24-Mar-18	Two Hand Seat
	25-Mar-18	<b>Sunday</b>
<b>5</b>	26-Mar-18	Four Hand Seat

	27-Mar-18	Cradle
	28-Mar-18	Pick a Back
	29-Mar-18	<b>Mahavir Jayanti</b>
	30-Mar-18	Fireman left & carry
	31-Mar-18	Practice of Above methods

<b>Week</b>	<b>Date</b>	<b>Topic</b>
	1-Apr-18	<b>Sunday</b>
<b>1</b>	2-Apr-18	Aft method
	3-Apr-18	Practical Note Book checking
	4-Apr-18	Practice
	5-Apr-18	Practice
	6-Apr-18	Practice
	7-Apr-18	Viva Voca Preparation
	8-Apr-18	<b>Sunday</b>
<b>2</b>	9-Apr-18	Viva Voca Preparation
	10-Apr-18	Viva Voca Preparation
	11-Apr-18	Viva Voca Preparation
	12-Apr-18	Revision of Bandages
	13-Apr-18	Revision of Transportation Methods
	14-Apr-18	<b>Dr. Amedkar Jayanti and Vaisakhi</b>
	15-Apr-18	<b>Sunday</b>
<b>3</b>	16-Apr-18	Viva Preparation
	17-Apr-18	Viva Preparation
	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	