

Name : Dr. Amrita Pritam  
 Class and Section : B.Sc. IInd year , IVth sem,Phy.Edu. Health & Sports Sciences  
 Subject : First-Aid & Rehabilitation Paper-II

Week	Date	Topic
1	1-Jan-19	Meaning of First Aid
	2-Jan-19	Scope of First Aid
	3-Jan-19	Objectives of First Aid
	4-Jan-19	Importance of First Aid
	5-Jan-19	<b>Aims of First Aid</b>
	6-Jan-19	<b>Sunday</b>
2	7-Jan-19	<b>Revision &amp; Discussion</b>
	8-Jan-19	Types of First Aid
	9-Jan-19	First Aid box and its Articles
	10-Jan-19	Revision
	11-Jan-19	Test
	12-Jan-19	Sports injuries meaning
13-Jan-19	<b>Sunday</b>	
3	14-Jan-19	<b>Types of sports injuries</b>
	15-Jan-19	Causes of sprain
	16-Jan-19	Strain
	17-Jan-19	Contusion
	18-Jan-19	Abrassion
	19-Jan-19	Laceration
20-Jan-19	<b>Sunday</b>	
4	21-Jan-19	<b>Wounds</b>
	22-Jan-19	<b>Types of wounds</b>
	23-Jan-19	Revision
	24-Jan-19	<b>Test</b>
	25-Jan-19	<b>Sir Chhotu Ram Jayanti</b>
	26-Jan-19	<b>Republic Day</b>
27-Jan-19	<b>Sunday</b>	
5	28-Jan-19	<b>First Aid in case of injuries</b>

	29-Jan-19	-----Continued-----
	30-Jan-19	Revision
	31-Jan-19	<b>Principles of First Aid</b>

<b>Week</b>	<b>Date</b>	<b>Topic</b>
<b>1</b>	1-Feb-19	Qualities of First Aid
	2-Feb-19	Functions of First Aid
	3-Feb-19	<b>Sunday</b>
<b>2</b>	4-Feb-19	<b>Drowning Reasons</b>
	5-Feb-19	First Aid in case of drowning
	6-Feb-19	Dislocation
	7-Feb-19	Causes of dislocation
	8-Feb-19	First Aid in case of dislocation
	9-Feb-19	Fracture
	10-Feb-19	<b>VasantPanchami / Sunday</b>
<b>3</b>	11-Feb-19	<b>Causes of fracture</b>
	12-Feb-19	Types of fracture
	13-Feb-19	<b>Comminuted fracture</b>
	14-Feb-19	Green stick
	15-Feb-19	Compression
	16-Feb-19	Depressed
	17-Feb-19	<b>Sunday</b>
<b>4</b>	18-Feb-19	<b>Twisting</b>
	19-Feb-19	<b>Guru Ravi Dass Birthday</b>
	20-Feb-19	First Aid in case of fracture

	21-Feb-19	Burns
	22-Feb-19	Causes of burns
	23-Feb-19	First Aid in case of burns
	24-Feb-19	<b>Sunday</b>
<b>5</b>	25-Feb-19	<b>Electric shock reasons</b>
	26-Feb-19	First Aid in case of Electric shock
	27-Feb-19	First Aid in snake bite
	28-Feb-19	<b>Poison Causes</b>

<b>Week</b>	<b>Date</b>	<b>Topic</b>
<b>1</b>	1-Mar-19	<b>MahaShivratri</b>
	2-Mar-19	<b>First Aid in Poison</b>
	3-Mar-19	<b>Sunday</b>
<b>2</b>	4-Mar-19	<b>Revision of unit II</b>
	5-Mar-19	Test of unit II
	6-Mar-19	Safety Education meaning
	7-Mar-19	Safety measures in building
	8-Mar-19	Safety measures in Playground
	9-Mar-19	Drowning safety measures in water
	10-Mar-19	<b>Sunday</b>
<b>3</b>	11-Mar-19	<b>Safety regarding Equipment</b>
	12-Mar-19	Safety regarding Dress
	13-Mar-19	Floods , Reasons
	14-Mar-19	Safety during floods
	15-Mar-19	Hurricane causes
	16-Mar-19	Safety during hurricane
	17-Mar-19	<b>Sunday</b>

<b>4</b>	18-Mar-19	<b>University Holidays</b>
	19-Mar-19	<b>University Holidays</b>
	20-Mar-19	<b>University Holidays</b>
	21-Mar-19	<b>University Holidays</b>
	22-Mar-19	<b>University Holidays</b>
	23-Mar-19	<b>University Holidays</b>
	24-Mar-19	<b>Sunday</b>
<b>5</b>	25-Mar-19	<b>Safety during Thunder</b>
	26-Mar-19	Safety during Lighting
	27-Mar-19	Safety during Air raids
	28-Mar-19	Pedestrian safety on road
	29-Mar-19	<b>Safety on Road during Driving</b>
	30-Mar-19	Safety in camps
	31-Mar-19	<b>Sunday</b>

<b>Week</b>	<b>Date</b>	<b>Topic</b>
<b>1</b>	1-Apr-19	Safety in Picnics
	2-Apr-19	Safety in Tours
	3-Apr-19	Revision of unit III
	4-Apr-19	Test
	5-Apr-19	Disability meaning
	6-Apr-19	Types of disability
	7-Apr-19	<b>Sunday</b>
<b>2</b>	8-Apr-19	<b>Vision Impairment</b>
	9-Apr-19	Deaf or hard of hearing
	10-Apr-19	Mental health conditions
	11-Apr-19	Intellectual disability
	12-Apr-19	Physical disability
	13-Apr-19	Causes of disability

	14-Apr-19	<b>Vaisakhi / AmbedkarJyanti / Sunday</b>
<b>3</b>	15-Apr-19	<b>Problems of disabled persons</b>
	16-Apr-19	-----Continued-----
	17-Apr-19	<b>MahavirJayanti</b>
	18-Apr-19	Preventive measures of disability
	19-Apr-19	-----Continued-----
	20-Apr-19	Revision of unit IV
	21-Apr-19	<b>Sunday</b>
	<b>4</b>	22-Apr-19
23-Apr-19		Revision of syllabus
24-Apr-19		Revision of syllabus
25-Apr-19		
26-Apr-19		
27-Apr-19		
28-Apr-19		<b>Sunday</b>
<b>5</b>	29-Apr-19	
	30-Apr-19	