

## Sanjay Gandhi Post Graduate Institute of Medical Sciences

Value added Certification Course on Self Defence, Fire Fighting and First Aid Course (VAC 103)

Duration: 30 Hours
Timing: 12.00 PM to 6.00 P.M.
1.11.2022 to 5.11.2022

Venue: SS Agarwal Auditorium, SGPGI

### Organising Secretary:

Dr Anurag Baghel
Associate Professor
Speciality of Orthopaedics
Apex Trauma Centre
SGPGI, Lucknow

Course Code: VAC100

### Course Objective:

This course aids in building and improving self-confidence. The students opting for this course would be trained by experts of Medical, UP Fire Fighter and Civil Defense on various techniques of self defense, fire safety and First aid

Course Outcomes: The course aims to teach the students regarding situational awareness of potential threats by teaching the standard physical techniques using state of mind, posture along with the fundamental principles of self-respect, responsibility and mutual trust between them. Fire fighting and first aid training would provide them with life-saving skills.

#### Course Outline

Basic knowledge of self defense

Self defense on Harrasement at bus stop/while travelling/hitting on the head/holding from back,under, arm pit/holding neck or chocking/attacking with knife/stick etc.

Fire fighting: Fire and its types, chemistry, principles of combustion, prevention, do's and don't's, fire fighting equipment, fire extinguisher and practice

Disaster definition, types, causes, earthquakes, flood disaster,do's and don't's,rescue strategies and techniques, search and location techniques, emergency methods of rescue using ropes and knots and practice.

First aid golden rules, CPR, Bleeding, Fractures, Wounds etc

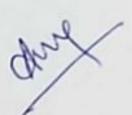
S.No	Topic	Date		
1	Basics Knowledge of Self Defense	1/11/2022		







2	Self defense on Harrasement at bus stop/while travelling/hitting on the head/holding from back,under, arm pit/holding neck or chocking/attacking with knife/stick	2/11/2022
3	Fire and its types, chemistry, principles of combustion, prevention, do's and don't's, fire fighting equipment, fire extinguisher and practice	3/11/2022
4	Disaster definition, types, causes, earthquakes, flood disaster,do's and don't's,rescue strategies and techniques, search and location techniques, emergency methods of rescue using ropes and knots and practice	4/11/2022
5	First aid golden rules, CPR,Bleeding, Fractures, Wounds	5/11/2022





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#### **Organising Secretary:**

Dr Anurag Baghel

#### Course Code VAC100

		List of enrolled students and attendence						
Sno	Name of the student	Program	1.11.22	2.11.22	3.11.22	4.11.22	5.11.22	
	student							
1	Dr. Sasapardhi	M.Ch.	Р	P	P	Р	Р	
	Sudhir Bisan							
2	Dr. Sreenivas Reddy	M.Ch.	Р	Р	Р	Р	Р	
	Biravely							
3	Dr. Swapnil Suresh	DM	Р	P	Р	Р	Р	
	Jagtap							
4	Dr. Kartik Agarwal	DM	Р	Р	Р	Р	Р	
5	Dr. Dhiraj Kumar	DM	Р	Р	Р	Р	Р	
6	Dr. Ravi Ranjan	M.Ch.	Р	Р	Р	Р	P	

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7	Dr. Prachi	M.Ch.	Р	Р	Р	Α	Р
	Krishnatrey						
8	Dr. Aditya	DM	Р	Р	Р	Α	Р
	Srivastava						
9	Dr. Priyansh Jain	DM	Р	Α	Р	Р	Р
10	Dr. Prabhat Kumar	DM	Р	Р	Р	Р	Р
	Verma						
11	Dr. Ashish Mishra	M.Ch.	Р	Р	Р	Р	Р
12	Dr. Prashant	MD	Р	Р	P	Р	Р
	Swaroop						
13	Dr. Chandan	MD	P	P	P	P	P
	Mundra						
14	Dr. Nivedita	PDCC	Р	Р	P	P	Р
	Prabhakar						
	Yerramilli						
15	Dr. Khushboo	PDCC	Р	Р	Р	А	Р
16	Arpita Singh	BSc Nursing	Р	Р	Р	Α	Р
17	Roli Shukla	BSc Nursing	Р	Α	P	P	Р
18	Jyoti	BSc Nursing	Α	Р	P	P	P
19	Aman Gupta	BSc Nursing	Р	Р	P	P	P
20	Mohini Choudhary	BSc Nursing	Р	Р	Р	Р	Р
21	Aryan Dubey	BSc Nursing	Р	Р	Р	Р	Р
22	ARUN GAUTAM	PDCC	Р	Р	Р	Р	Р
23	Satya Prakash	SR HS	Р	Р	Р	Р	Α
	Shankaram						
24	Saurabh Chaturvedi	Ph.D	Р	Р	Α	Р	Р
25	Mokshadayini S	PDCC	Р	Р	Р	Р	Р
26	Zubair Sarkar	D.M.	Р	Р	Р	Р	Р
27	Shalini singh	PDCC	Р	Р	Р	Р	Р
28	Durgesh Kumar	D.M.	Р	Р	Р	Р	Р
	Pushkar						
29	Prakhar Gupta	PDCC	Р	Р	Р	Р	Р

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## **Specialty of Orthopaedics**

**APEX TRAUMA CENTRE** 

Sanjay Gandhi Post Graduate Institute of Medical Sciences

ACKNOWLEDGES THAT

## Dr. Chandan Mundra

HAS SUCCESSFULLY COMPLETED THE FOLLOWING VALUE ADDED
COURSE

SELF DEFENCE, FIRE FIGHTING AND FIRST AID COURSE (VAC 100)

1.11.2022 - 5.11.2022

Dr Anurag Baghel

Lt Col Varun Bajpai VSM
Executive Registrar
SGPGIMS, Lucknow



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ACKNOWLEDGES THAT

# Dr. Prashant Swaroop

HAS SUCCESSFULLY COMPLETED THE FOLLOWING VALUE ADDED
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ACKNOWLEDGES THAT

# Dr. Ashish Mishra

HAS SUCCESSFULLY COMPLETED THE FOLLOWING VALUE ADDED
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**ACKNOWLEDGES THAT** 

# Dr. Aditya Shrivastava

HAS SUCCESSFULLY COMPLETED THE FOLLOWING VALUE ADDED
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ACKNOWLEDGES THAT

# Dr. Kartik Agarwal

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