



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

Lt Col Varun Bajpai VSM
Executive Registrar
SGPGIMS, Lucknow

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

Chre

Varun

Lt Col Varun Bajpai VSM
Executive Registrar
SGPGIMS, Lucknow

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

Course Code VAC100

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


Lt Col Varun Bajpai VSM
Executive Registrar
SGPGIMS, Lucknow

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





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



Speciality of Orthopaedics

APEX TRAUMA CENTRE

Sanjay Gandhi Post Graduate Institute of Medical Sciences

ACKNOWLEDGES THAT

Dr. Prashant Swaroop

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



Speciality of Orthopaedics

APEX TRAUMA CENTRE

Sanjay Gandhi Post Graduate Institute of Medical Sciences

ACKNOWLEDGES THAT

Dr. Ashish Mishra

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



Speciality of Orthopaedics

APEX TRAUMA CENTRE

Sanjay Gandhi Post Graduate Institute of Medical Sciences

ACKNOWLEDGES THAT

Dr. Aditya Shrivastava

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



Specialty of Orthopaedics

APEX TRAUMA CENTRE

Sanjay Gandhi Post Graduate Institute of Medical Sciences

ACKNOWLEDGES THAT

Dr. Kartik Agarwal

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