



Report-10th April 2019

Name of the workshop: First Aid Skills

Organized by Commerce Department, Govt Hrangbana College

Date: 10th April 2019

Venue: Conference Hall

Resource Person: Zohmungliani Ralte, Tutor, RIPANS

No of participants: 127

- As part of their ongoing personality development programme, the Commerce Department of GHBC organized a workshop on "First Aid Skills" was organized for the students. The aim of the workshop was to equip students with essential knowledge and skills to provide immediate assistance in emergency situations.
- The workshop was expected to provide a comprehensive understanding of the principles of first aid, including assessing the situation, identifying potential risks, and prioritizing treatment.
- Students need to be educated on how to act promptly and responsibly in emergency situations, including calling emergency services, prioritizing and providing initial care, and maintaining a calm and composed demeanor
- Through role-playing and practical exercises, the workshop aimed to build confidence and enhance empathy among students, enabling them to respond appropriately and provide comfort to those in need.



OUTCOME

- Students received hands-on training on cardiopulmonary resuscitation (CPR) techniques and the usage of automated external defibrillators (AEDs), equipping them with the skills to respond effectively to cardiac emergencies
- Participants learned how to handle common injuries such as burns, fractures, sprains, and cuts. They were taught proper bandaging techniques, wound care, and immobilization methods.
- The workshop covered techniques for handling choking and suffocation incidents, demonstrating the Heimlich maneuver and the recovery position.
- By the end of the workshop, students had developed a foundation in first aid skills, enabling them to respond effectively in emergency situations both within the college community and beyond. The workshop not only provided them with knowledge and practical experience but also instilled a sense of responsibility and preparedness that could potentially save lives.