

### Format for developing syllabus for a Co-curricular course

Programme/Class: Certificate	Year: First	Semester: Second
Co-Curricular Course		
Course Code:	Course Title: Health and Hygiene	
<b>Course outcomes:</b> <ul style="list-style-type: none"> <li>• Learn the skill needed to assess the ill or injured person.</li> <li>• Learn the skills to provide CPR to infants, children and adults.</li> <li>• Learn the skills to handle emergency child birth</li> <li>• Learn the Basic sex education help young people navigate thorny questions responsibly and with confidence.</li> <li>• Learn the Basic sex education help youth to understand Sex is normal. It's a deep, powerful instinct at the core of our survival as a species. Sexual desire is a healthy drive.</li> <li>• Help to understand natural changes of adolescence</li> <li>• Learn the skill to identify Mental Health status and Psychological First Aid</li> </ul>		
Credits: 2 (1 Theory+1 Practical)		Compulsory
Max. Marks: 25+75		Min. Passing Marks:
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 2-0-0		
Unit	Topics	No. of Lectures Total= 15 Theory+ 30 Practical
I	<p><b>A. Basic First Aid</b></p> <ul style="list-style-type: none"> <li>• Aims of first aid &amp; First aid and the law.</li> <li>• Dealing with an emergency, Resuscitation (basic CPR).</li> <li>• Recovery position, Initial top to toe assessment.</li> <li>• Hand washing and Hygiene</li> <li>• Types and Content of a First aid Kit</li> </ul> <p><b>B. First Aid Technique</b></p> <ul style="list-style-type: none"> <li>• Dressings and Bandages.</li> <li>• Fast evacuation techniques (single rescuer).</li> <li>• Transport techniques</li> </ul> <p><b>C. First aid related with respiratory system</b></p> <ul style="list-style-type: none"> <li>• Basics of Respiration.</li> <li>• No breathing or difficult breathing. Drowning, Choking, Strangulation and hanging.</li> <li>• Swelling within the throat. Suffocation by smoke or gases and Asthma.</li> </ul> <p><b>D. First aid related with Heart, Blood and Circulation</b></p> <ul style="list-style-type: none"> <li>• Basics of The heart and the blood circulation.</li> <li>• Chest discomfort, bleeding.</li> </ul> <p><b>D. First aid related with Wounds and Injuries</b></p> <ul style="list-style-type: none"> <li>• Type of wounds. Small cuts and abrasions</li> <li>• Head, Chest, Abdominal injuries</li> <li>• Amputation, Crush injuries, Shock</li> </ul> <p><b>E. First aid related with Bones, Joints Muscle related injuries</b></p> <ul style="list-style-type: none"> <li>• Basics of The skeleton, Joints and Muscles.</li> <li>• Fractures (injuries to bones).</li> </ul>	2 (Theory) 10 (Practical)
II	<p><b>F. First aid related with Nervous system and Unconsciousness</b></p> <ul style="list-style-type: none"> <li>• Basics of the nervous system.</li> <li>• Unconsciousness, Stroke, Fits – convulsions – seizures. Epilepsy.</li> </ul> <p><b>G. First aid related with Gastrointestinal Tract</b></p> <ul style="list-style-type: none"> <li>• Basics of The gastrointestinal system.</li> <li>• Diarrhea, Food poisoning.</li> </ul> <p><b>H. First aid related with Skin, Burns</b></p> <ul style="list-style-type: none"> <li>• Basics of The skin.</li> <li>• Burn wounds, Dry burns and scalds (burns from fire, heat and steam).</li> <li>• Electrical and Chemical burns, Sun burns, heat exhaustion and heatstroke.</li> <li>• Frost bites (cold burns), Prevention of burns, Fever and Hypothermia.</li> </ul> <p><b>I. First aid related with Poisoning</b></p> <ul style="list-style-type: none"> <li>• Poisoning by swallowing, Gases, Injection, Skin</li> </ul> <p><b>J. First aid related with Bites and Stings</b></p> <ul style="list-style-type: none"> <li>• Animal bites, Snake bites, Insect stings and bites</li> </ul>	2 (Theory) 10 (Practical)

	<p><b>K. First aid related with Sense organs</b></p> <ul style="list-style-type: none"> <li>• Basic of Sense organ.</li> <li>• Foreign objects in the eye, ear, nose or skin.</li> <li>• Swallowed foreign objects.</li> </ul> <p><b>L. Specific emergency situation and disaster management</b></p> <ul style="list-style-type: none"> <li>• Emergencies at educational institutes and work</li> <li>• Road and traffic accidents.</li> <li>• Emergencies in rural areas.</li> <li>• Disasters and multiple casualty accidents.</li> <li>• Triage.</li> </ul> <p><b>M. Emergency Child birth</b></p>	
III	<p><b>Basic Sex Education</b></p> <ul style="list-style-type: none"> <li>• Overview, ground rules, and a pro-test</li> <li>• Basics of Urinary system and Reproductive system.</li> <li>• Male puberty — physical and emotional changes</li> <li>• Female puberty — physical and emotional changes</li> <li>• Male-female similarities and differences</li> <li>• Sexual intercourse, pregnancy, and childbirth</li> <li>• Facts, attitudes, and myths about LGBTQ+ issues and identities</li> <li>• Birth control and abortion</li> <li>• Sex without love — harassment, sexual abuse, and rape</li> <li>• Prevention of sexually transmitted diseases.</li> </ul>	9 (Theory)
IV	<p><b>Mental Health and Psychological First Aid</b></p> <ul style="list-style-type: none"> <li>• What is Mental Health First Aid?</li> <li>• Mental Health Problems in the India</li> <li>• The Mental Health First Aid Action Plan</li> <li>• Understanding Depression and Anxiety Disorders</li> <li>• Crisis First Aid for Suicidal Behavior &amp; Depressive symptoms</li> <li>• What is Non-Suicidal Self-Injury?</li> <li>• Non-crisis First Aid for Depression and Anxiety</li> <li>• Crisis First Aid for Panic Attacks, Traumatic events</li> <li>• Understanding Disorders in Which Psychosis may Occur</li> <li>• Crisis First Aid for Acute Psychosis</li> <li>• Understanding Substance Use Disorder</li> <li>• Crisis First Aid for Overdose, Withdrawal</li> <li>• Using Mental Health First Aid</li> </ul>	2 (Theory) 10 (Practical)
<p><b>Suggested Readings:</b></p> <ul style="list-style-type: none"> <li>• Indian First Aid Manual-<a href="https://www.indianredcross.org/publications/FA-manual.pdf">https://www.indianredcross.org/publications/FA-manual.pdf</a></li> <li>• Red Cross First Aid CPR A&amp;D Instructor Manual</li> <li>• <a href="https://nifa.com.au/images/publications/publications4">https://nifa.com.au/images/publications/publications4</a></li> <li>• Finkehor, D. (2005). The prevention of childhood sexual abuse. Durham, NH: Crimes Against Children Research Center. <a href="http://www.unh.edu/ccrc/pdf/05_14_2.pdf">www.unh.edu/ccrc/pdf/05_14_2.pdf</a></li> <li>• Kantor L. &amp; Levitz N. (2017). Parents' views on sex education in schools: How much do Democrats and Republicans agree? PLoS ONE. 12(7): e0182249</li> <li>• Orenstein, P. (2014). Girls and sex: Navigating the complicated new landscape. New York, NY: Harper.</li> <li>• Schwiegerhausen, E. (2015, May 28). The Cat. <a href="http://www.the-cut.com/2015/05/most-women-are-cat-called-before-they-turn-17.html">www.the-cut.com/2015/05/most-women-are-cat-called-before-they-turn-17.html</a></li> <li>• Wiggins, G. &amp; McTeague, J. (2008). Understanding by design. Alexandria, VA: ASCD.</li> <li>• <a href="https://marshallmemo.com/marshall-publications.php#8">https://marshallmemo.com/marshall-publications.php#8</a></li> </ul>		
<p><b>Suggested Continuous Evaluation Methods:</b> Assignments, Presentation, Group Discussion, and MCQ</p>		
<p><b>Suggested equivalent online courses:</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.redcross.org/take-a-class/first-aid/first-aid-training/first-aid-online">https://www.redcross.org/take-a-class/first-aid/first-aid-training/first-aid-online</a></li> <li>• <a href="https://www.firstaidforfree.com/">https://www.firstaidforfree.com/</a></li> <li>• <a href="https://www.coursera.org/learn/psychological-first-aid">https://www.coursera.org/learn/psychological-first-aid</a></li> <li>• <a href="https://www.coursera.org/learn/mental-health">https://www.coursera.org/learn/mental-health</a></li> </ul>		
<p><b>Further Suggestions:</b>.....</p>		