

SYLLABUS पाठ्यक्रम

In collaboration with Recognised universities under
UGC act 1956 / Section 2F / State Govt / Centre Govt
/ Govt of India



भारतीय प्राथमिक चिकित्सा परिषद
FIRST AID COUNCIL OF INDIA

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E-mail - info@faci.ind.in

● PREFACE ●

FIRST AID COUNCIL OF INDIA(FACI) owes to all the institutions laid by State or Central Government who helped in formulating syllabus of first aid at national and international level. India's Government expresses the gratitude and appreciates the steps taken in the field of health and health security for social welfare in past 70 years.

Meanwhile in Corona period, the way health institutions / Doctors/ Directors/ Departments/ Workers have done memorable and courageous tasks so skillfully in whole country from towns to villages, helpless health conditions to disadvantaged classes of the society to secure lives without any discrimination has led to renaissance in health sector. Also, it is working hard to build a self-reliant India and to empower the demolishing economy of the country due to the disastrous conditions arise as the terrible consequences of Corona.

FACI feels immense pleasure to express respect and to thank NIOS advisory committee for drafting syllabus/ Integrated Syllabus/ publishing of syllabus/syllabus prepared by the curriculum committee and to Red Cross Society and also to those international institutions who have contributed in formulating and collecting important parts/units / divisions of the curriculum for First Aid Specialist diploma Course prepared by FACI for the purpose of employment and Self-employment.

FACI proposes the operation of aforesaid program state wise keeping in view the state health security and is open to update or renew the curriculum and is on the toes to achieve its target and updating and adjusting the syllabus with the assistance from Specialists/Experienced/Skillful persons/ organizations/ State and Central Governments and Union Territories of India.

FACI has created the accumulative syllabus for first aid specialist course with a deep thought in public welfare and keeping in view present society's needs and requirements in assistance with Government and governmental organizations.

For the better operation of Skill development scheme of honorable Prime Minister the skills in health sectors have also been given importance and hence has created employment and self-employment opportunities in the field of First aid and primary treatment and to connect the neglected sections of the society to the mainstream and to utilize the available resources for multi purposes to boost national economy and health security and to make a skilled India for the welfare of mankind collaborating Ayurveda, Unani , Homeopathy and siddha alternative allopath.

प्राथमिक चिकित्सा विशेषज्ञ डिप्लोमा कोर्स

FIRST AID SPECIALIST DIPLOMA COURSE

Admission Eligibility: XIIth Passed

First Aid Council of India proposes the operation of aforesaid program state wise keeping in view the state health security and is open to update or renew the curriculum and is on the toes to achieve its target and updating and adjusting the syllabus with the assistance from Specialists/Experienced/Skillful persons/ organizations/ State and Central Governments and Union Territories of India.

Duration of the Course : 1 Year

Study Plan :

Theory 40%

Practical/Training: 60%

(Project/ Assignment)

Program	Duration	Compulsory Contact hours	Total Study hours
FIRST AID SPECIALIST DIPLOMA COURSE	One Year	Compulsory hours for Principle instructions/ Practical and Presentation	500 hours

पाठ्यक्रम SYLLABUS

Eligibility : 12th (From Recognised Board)
Duration : 1 Year
Medium : Hindi / English

Examination : Sessional / On Demand
Study : Online / Recorded Lectures / Videos /
E-Book / Hard Copy (On Purchase)
Mode of Examination : Objective (Online)

SYLLABUS AND CURRICULUM FOR FIRST AID SPECIALIST DIPLOMA COURSE

COURSE - I

BASIC LIFE SCIENCE

- UNIT 1 : ANATOMY & PHYSIOLOGY - A
UNIT 2 : ANATOMY & PHYSIOLOGY - B
UNIT 3 : NATURAL HEALTH & HYGIENE
UNIT 4 : HOME CARE & CHILDHOOD
ALIMENTS
UNIT 5 : NUTRITION
UNIT 6 : YOGA & EXERCISES

COURSE - II

MATERNAL & CHILD HEALTH CARE

- UNIT 1 : PREGNANCY & CARE OF WOMEN
DURING PREGNANCY
UNIT 2 : CARE OF WOMEN DURING
INTRANATAL & POSTNATAL PERIOD
UNIT 3 : BREAST FEEDING
UNIT 4 : NATIONAL HEALTH PROGRAMMES
UNIT 5 : IMPORTANCE AND NEEDS OF
FAMILY WELFARE PROGRAMMES
UNIT 6 : DUTIES OF HEALTH INSPECTOR

COURSE - III

PREVENTION & MANAGEMENT OF DISEASES & EMERGENCY

- UNIT 1 : COMMUNICABLE DISEASES - A
UNIT 2 : COMMUNICABLE DISEASES - B
UNIT 3 : PREVENTIVE MEASURES
(ALL 5 STEPS)
UNIT 4 : FIRST AID
UNIT 5 : LIFE STYLE DISEASES
UNIT 6 : PHARMACIES & DRUG REACTION
UNIT 7 : MANAGEMENT & EMERGENCY

PRACTICAL

1. SKELETAL SYSTEM
2. RESPIRATORY SYSTEM
3. DIGESTIVE SYSTEM
4. ASSESSMENT OF KOSHTHA
5. MEASUREMENT & USE OF HEMOGLOBIN
6. BLOOD AGGLUTINATION & RH FACTOR
7. PRACTICE OF FOOT JOINT OPERATION
8. PRACTICE OF HAND JOINT OPERATION
9. ABDOMINAL GROUP EXERCISES

ASSESSMENT REPORT AND ASSIGNMENTS MUST BE SUBMITTED AT THE AUTHORIZED CENTRE.

Basic Life Science

COURSE - I

UNIT 1 **ANATOMY & PHYSIOLOGY - A**

1. Body Science and Physiology
2. The cell
3. Tissues
4. Organs
5. Structure of Human Body
6. Systems and Structures
 - Integumentary System
 - Skeletal System
 - Muscular System
 - The Respiratory system
 - Digestive System
 - The Circulatory System
 - The Excretory System
 - The Endocrine System
 - The Reproductive System
 - The Nervous System

UNIT 2 **ANATOMY & PHYSIOLOGY - B**

1. Immune System
2. Types of immunity
3. Innate Immune System
4. Acquired Immune System

UNIT 3 **NATURAL HEALTH & HYGIENE**

1. Concept of Health
2. Definition of Health and Symptoms of Good Health
3. Factors that affect Health: Personal hygiene,
Exercise, Sound sleep and rest.
4. Cleanliness and Hygiene.

UNIT 4 HOME CARE & CHILDHOOD AILMENTS

1. Prevention from common diseases
2. Home remedies for common diseases
3. Home care and Childhood ailments

UNIT 5 NUTRITION

1. Our food
2. Functions of food
3. Nutrition and Nutritional components
 - Carbohydrates
 - Protein
 - Fat
 - Vitamins
 - Minerals
 - Water

Categories of food (CUISINES)

Balanced Diet

Nutritional Requirements

Nutritional requirements of different age groups

Malnutrition and diseases based on nutrition

Food Chart

Anemia

Food management

UNIT 6 YOGA & EXERCISES

- Introduction to Yoga
- AshtaangYog
- Yogasans and Primary practice
- Some important Aasanas and their practice

Maternal & Child Health Care

COURSE - II

UNIT 1 **PREGNANCY & CARE OF WOMEN DURING PREGNANCY**

- Puberty & Monthly Cycle
- Physiological changes during Pregnancy, calculating expected delivery date
- Signs and symptoms of pregnancy
- Routine of a pregnant woman during pregnancy
- Various testing of pregnant women
- Assessment of risk factors in pregnancy
- Care of a pregnant woman

UNIT 2 **CARE OF WOMEN DURING INTRANATAL & POSTNATAL PERIOD**

- Delivery: An introduction, symptoms of actual labour pain
- Assessment of women in labour room
- Assessment of condition of mother and child during delivery
- Getting ready for delivery
- Preparation for delivery, third stage of delivery
- Immediate care of new born baby, breastfeeding
- Care of mother in postnatal period

UNIT 3 **BREAST FEEDING**

- First milk of mother after delivery

- Benefits of breastfeeding and dangers of bottled milk
- Instructions for breastfeeding in diverse conditions
- Right techniques of breast feeding
- Common problems of breast feeding and its solution

UNIT 4 NATIONAL HEALTH PROGRAMMES

- National Health Programmes
- National vector born disease control program
- Prevention and control of non-communicable diseases
- Amendment in National T. B. control program
- Universal vaccination program
- Reproduction and child health care program
- National AIDS control program
- National Iodine small disorder control program
- National Blindness control Program
- National Deafness Prevention and Control Program
- National Leprosy Elimination Program
- School Health Programs
- National Rural Health Mission

UNIT 5 IMPORTANCE AND NEEDS OF FAMILY HEALTH WELFARE PROGRAMMES

- Importance of family welfare programs
- Universal immunization program
- Needs of family welfare programs
- Family planning
- Temporary Remedies, Barrier Remedies, Chemical barriers, Intrauterine device, Hormone drugs
- Permanent remedies, Vasectomy, Female Sterilization
- Temporary procedure, male condom, female condom, Diachrome, Genital sponge, I.U.D.
- Oral contraceptive pills, mixed tablets.
- Upper skin grafting, hormonal genitals ring centchroman
- Permanent technique, Vasectomy & Female Sterilization
- Post coital birth control

- Cafeteria approach
- Ideal gap between births of two children
- Abortion

UNIT 6 DUTIES OF HEALTH INSPECTOR

- Duties and responsibilities of Health worker
- Mapping the area, survey of houses, remedial responsibilities, prevention measures
- Prevention from highporthia, Kangaroo case. Cleaning and bathing the child
- Breast Feeding
- Nutrition of child (6-7 months) (12-18 months) (18 months-2 years)
- Normal development of the child, weight at the time of birth, measuring weight every month, care of nipple and care of cracked nipple.
- Placing a child during breast feeding and ventilating the stomach.

Prevention & Management of Diseases & Emergency

COURSE - III

UNIT 1 COMMUNICABLE DISEASES - A

- Definition, Mediums of spreading, Host agent, Environment
- Spread of diseases, from water, Air to food, Contact diseases from Vector and Parasitic infection

UNIT 2 COMMUNICABLE DISEASES - B

- Parasitic diseases: Dengue, Malaria
- Leprosy
- Tuberculosis
- Diphtheria
- Pneumonia

- Food poisoning
- Sexually transmitted disease
- Syphilis
- Gonorrhea
- Some parasitic infections

UNIT 3 PREVENTIVE MEASURES (ALL 5 TYPES)

- Specific protection
- Rehabilitation primary prevention
- Personal health science
- Quarantine measures
- Informative disease
- Organism, symptoms and list of preventive measures

UNIT 4 FIRST AID

- Blood pressure, temperature, defining measurement of height and weight
- Recognizing Arterial and venial bleeding
- Measuring height and weight
- Nose bleeding
- Contraction bandage
- Internal bleeding- signs, symptoms and emergency measures
- Shock- recognition and emergency measures, electrical shock, emergency condition
- Asphyxia- Types, signs and symptoms, emergency measures

UNIT 5 LIFE STYLE DISEASES

- High Blood Pressure, Diabetes, Obesity, Cancer etc

UNIT 6 PHARMACIES & DRUG REACTION

- Management and primary treatment in emergency caused of medicinal reaction

UNIT 3 **MANAGEMENT & EMERGENCY**

- Management and preventive measures in emergency of drowning and artificial respiration
- Management to save in case of unconsciousness
- Management and primary treatment in emergency arise because of Dog bite, Snake bite, and Insect bite.
- Emergency measures in case of burning, water treatment and saving the burnt person, fracture and shifting the patient.
- Care of Paralytic person
- Emergency measures for unconscious patient
- Controlling Hyperoxia and heat stroke
- External elements in trachea, Bandaging wounds
- Use of Triangular and rolling bandage, Ear bleeding and pain, distributing medicines (Specifically ointment, nasal drops, eye drops, right pace to inject insulin)
- Primary treatment in emergency of severe stomachache

Practical

1. SKELETAL SYSTEM

2. RESPIRATORY SYSTEM

3. DIGESTIVE SYSTEM

4. ASSESSMENT OF KOSHTHA

5. MEASUREMENT AND USE OF HAEMOGLOBIN

6. BLOOD AGGLUTINATION AND RH FACTOR

7. PRACTICE OF FOOT JOINT OPERATION

8. PRACTICE OF HAND JOINT OPERATION

9. ABDOMINAL GROUP EXERCISES

PASSING CRITERIA

S. NO.	SUBJECT OF SKILL TEST	MAX MARKS (THEORY)	MINIMUM PASSING PERCENTAGE	MINIMUM PASSING MARKS
1.	Internal Assessment With Theory (Internal Assessment :30)	$(70+10) \times 3 = 240$ (Written Test = 200)	40 %	96
2.	Internal Assessment With Practical (Internal Assessment :60)	$(100+10) \times 3 = 360$ (Practical Test = 200)	60 %	216

ASSESSMENT PLAN

SUBJECT	THEORY			PRACTICAL/TRAINING			TOTAL MARKS
	EXTERNAL		INTERNAL ASSESSMENT	EXTERNAL		INTERNAL ASSESSMENT	
	Max Marks	Time Hours	Maximum Marks	Max Marks	Time Hours	Maximum Marks	
BASIC LIFE SCIENCE	70	3	10	100	4	20	200
MATERNAL & CHILD HEALTH CARE	70	3	10	100	4	20	200
PREVENTION & MANAGEMENT OF DISEASES & EMERGENCY	70	3	10	100	4	20	200

NOTE:

- The Candidate Has To Score 40% in Theory Exams Along with Internal Assessment.
- The Candidate Has To Score 60% in Practical Exams Along with Internal Assessment.

PROCESS OF CONTINUOUS EVALUATION

Theory

Total Marks = 30

Three Tests of 10 Marks will be Conducted After Every 50 Days.

PRACTICAL/TRAINING (INTERNAL ASSESSMENT)

A Progress Card of Each Candidate will be Made For Evaluation,
In Which Evaluation of Practical/experiment will be Represented.

Total Marks = 60

प्राथमिक उपचार में प्रमाण पत्र

CERTIFICATE IN FIRST AID TREATMENT

Admission Eligibility: XIIth Passed

First Aid Council of India proposes the operation of aforesaid program state wise keeping in view the state health security and is open to update or renew the curriculum and is on the toes to achieve its target and updating and adjusting the syllabus with the assistance from Specialists/Experienced/Skillful persons/ organizations/ State and Central Governments and Union Territories of India.

Duration of the Course : 6 Months

Study Plan :

Theory 40%

Practical/Training: 60%

(Project/ Assignment)

Program	Duration	Compulsory Contact hours
CERTIFICATE IN FIRST AID TREATMENT	6 MONTHS	Compulsory hours for Principle instructions/ Practical and Presentation

CERTIFICATE IN FIRST AID TREATMENT

SYLLABUS

COURSE DURATION : 6 MONTHS

UNIT - I	BECOMING A FIRST AIDER
UNIT - II	MANAGING AN INCIDENT
UNIT - III	ASSESSING A CASUALTY
UNIT - IV	THE UNCONSCIOUS CASUALTY
UNIT - V	RESPIRATORY PROBLEMS
UNIT - VI	WOUNDS AND CIRCULATION
UNIT - VII	BONE, JOINT AND MUSCLE INJURIES
UNIT - VIII	EFFECTS OF HEAT AND COLD
UNIT - IX	FOREIGN OBJECTS, POISONING, BITES & STINGS
UNIT - X	MEDICAL CONDITIONS
UNIT - XI	TECHNIQUES AND EQUIPMENT
UNIT - XII	EMERGENCY FIRST AID

UNIT - I - BECOMING A FIRST AIDER

What is a first aider?, How to prepare yourself, Protection from infection, Dealing with a casualty, Requesting help, The use of medication, Remember your own needs

UNIT - II - MANAGING AN INCIDENT

Action at an emergency, Traffic accidents Fires, Electrical incidents, Water incidents, Major incident / Mass casualties.

UNIT - III - ASSESSING A CASUALTY

Assessing the sick or injured, Mechanisms of injury, Primary survey, Secondary survey, Head-to-toe examination, Monitoring vital signs

UNIT - IV - THE UNCONSCIOUS CASUALTY

Breathing and circulation, Life-saving priorities, Unconscious adult, Unconscious child, Unconscious infant, How to use an AED.

UNIT - V - RESPIRATORY PROBLEMS

The respiratory system, Hypoxia, Airway obstruction, Choking adult, Choking infant, Choking child, Hanging and strangulation, Inhalation of fumes, Drowning, Hyperventilation Asthma, Croup, Penetrating Chest Wound.

UNIT - VI - WOUNDS AND CIRCULATION

The heart and blood vessels, Bleeding and types of wound, Shock, Severe external bleeding, Impalement, Amputation, Crush injury, cuts and scrapes, Bruising, Blisters, Infected wound, Foreign object in a wound, Scalp and head wound, Eye wound, Bleeding from the ear, Nosebleed, Knocked-out adult tooth, Bleeding from the mouth, Finger wound, Wound to the palm, Wound at a joint crease, Abdominal wound, Vaginal bleeding, Bleeding varicose vein.

UNIT - VII - BONE, JOINT AND MUSCLE INJURIES

The skeleton, Bones, muscles and joints, Fractures, Dislocated joint, Strains and Sprains, The nervous system, Head injury, Facial injury, Lower jaw injury, Cheekbone and nose injury, Collarbone injury, Upper arm injury, Elbow injury. Forearm and wrist injuries, Hand and finger injuries, Rib injury, Fractured pelvis, Back pain, Spain injury, Hip and thigh injuries, Lower leg injuries, Knee injury, Ankle injury, Foot and toe injuries, Cramps.

UNIT - VIII - EFFECTS OF HEAT AND COLD

The skin, Assessing a burn, Severe burns and scalds, Minor burns and scalds, Burns to the airway, Electrical burn, Chemical burn to the eye, Flash burn to the eye, Incapacitant Spray exposure, Dehydration Sunburn, Heat exhaustion, Heatstroke, Hypothermia, Frostbite.

UNIT - IX - FOREIGN OBJECTS, POISONING BITES & STINGS

The sensory organs, Splinter, Embedded fishhook, Swallowed foreign object, Foreign object in the eye, Foreign object in the ear, Foreign object in the nose, How poisons affect the body, Types of poisons, Swallowed poisons, Drug poisoning, Alcohol, poisoning, Animal and human bites, Insect sting, Tick bite Other bites and stings, Snake Stings from sea creatures, Marine puncture wound.

UNIT - X - MEDICAL CONDITIONS

Angina, Heart attack, Stroke Diabetes mellitus, Hyperglycemia, Hypoglycemia, Seizures in adults, Seizures in children, Fever meningitis, Fainting, Allergy, Anaphylactic shock, Headache, Migraine, Sore throat, Earache and toothache, Abdominal pain, Vomiting and diarrhea, Childbirth, Emergency childbirth.

UNIT - XI - TECHNIQUES AND EQUIPMENT

Removing clothing, Removing headgear, Casualty handling, First aid materials, Dressings, Cold compresses, Principles of bandaging, Roller bandages, Tubular gauze bandages, square knots, hand and foot cover, Arm sling, Elevation sling, improvised slings

UNIT - XII - EMERGENCY FIRST AID

Action in an emergency, CPR for an adult, chest compression only CPR, CPR for an infant, child, Community emergencies such as fire explosions, earth quakes, flood and famine.

EVALUATION

Unit tests, term examinations and assignments

1. Test Papers
2. Final practical

REFERENCES

1. The authorized manual of St. John Ambulance, St. Andrew's Ambulance associations and the British red cross society, First Aid Manual, 9th edition Dorling Kindersely, London.
2. American college of emergency physicians, First Aid manual, 5th edition, Dorling Kindersley, London
3. Clement Text book on First Aid & Emergency Nursing, First edition, JP brothers, 2012.
4. Philip Jevon, Emergency care and First Aid for Nurses, A practical guide, Churchill Living Stone, 2007.

योग एवं प्राकृतिक चिकित्सा डिप्लोमा कोर्स

YOG AND NATURAL TREATMENT DIPLOMA COURSE

Admission Eligibility: XIIth Passed

First Aid Council of India proposes the operation of aforesaid program state wise keeping in view the state health security and is open to update or renew the curriculum and is on the toes to achieve its target and updating and adjusting the syllabus with the assistance from Specialists/Experienced/Skillful persons/ organizations/ State and Central Governments and Union Territories of India.

Duration of the Course : 1 Year

Study Plan :

Theory 40%

Practical/Training: 60%

(Project/ Assignment)

Program	Duration	Compulsory Contact hours	Total Study hours
YOGA AND NATURAL TREATMENT DIPLOMA COURSE	One Year	Compulsory hours for Principle instructions/ Practical and Presentation	500 hours

पाठ्यक्रम SYLLABUS

Eligibility : 12th (From Recognised Board)
Duration : 1 Year
Medium : Hindi / English

Examination : Sessional / On Demand
Study : Online / Recorded Lectures / Videos /
 E-Book / Hard Copy (On Purchase)
Mode of Examination : Objective (Online)

SYLLABUS AND CURRICULUM FOR YOG AND NATURAL TREATMENT DIPLOMA COURSE

COURSE- I

PRIMARY YOGA(THEORY)

FIRST UNIT : General Introduction of Primary Yoga
SECOND UNIT : Yogic Authority
THIRD UNIT : Yogic Perspective of Psychological behavior
FOURTH UNIT : Theory of Evidence
FIFTH UNIT : Features of Pranidhan

COURSE- III

PRIMARY YOGA (PRACTICAL)

FIRST UNIT : Initial readiness for Yoga, Modesty of practice, Right place to practice, Right costume
SECOND UNIT : Pranayam-complement, Kumbhak, Rechak, Suryabhedan, Ujjayi, Teetli, Seetkari, Bhastrika
THIRD UNIT : Bandh-Uddyan Bandh, Moolbandh, Jivha bandh, Jalandhar Bandh, Maha Bandh
FOURTH UNIT : Bhaatkriya- KapalBhati, TraatakNauli, Neti, Dhauti, Basti
FIFTH UNIT : Practice of Patanjali Dhyan, Practice of BhavateetDhyan, Practice of Yogic Fly

COURSE- II

PRIMARY YOGA (SADHANA)

FIRST UNIT : Yam- Ahimsa, Satya-Asatya, Brahmacharya, Aprigrah
SECOND UNIT : Assumption form and Process
THIRD UNIT : Bandh Form, importance and utilization
FOURTH UNIT : Yogic food- Definition and importance, components and functions
FIFTH UNIT : Development of theory of Yoga treatment Special features of Yoga Treatment

COURSE- IV

SANSKRIT & PRIMARY YOGA SCIENCE

FIRST UNIT : General introduction of Vedic Science
SECOND UNIT : Philosophy of Samhita, Rishi, Dev and Chhed
THIRD UNIT : Study of Scriptures of Specified Subjects
FOURTH UNIT : Introduction of Adjectives and types and introduction of case
FIFTH UNIT : Introduction of Sandhi and Types

ASSESSMENT REPORT AND ASSIGNMENTS MUST BE SUBMITTED AT THE AUTHORIZED CENTRE.

COURSE- I

PRIMARY YOGA (THEORY)

FIRST UNIT

General introduction of Primary Yoga. Meaning of Term Yoga and its definition, Bhavateet Dhyana-Form, Yogic Fly-Form, Types of Yoga and its Features, the tradition of Yoga, Study of basic scriptures of Yoga, Patanjali Yogdarshanam, HathayogPradipika, Gherandsamhita, YogVashishtha, Goraksh Samhita

SECOND UNIT

Yogic Authority, The Creation and Form of the Individual, Dvait Siddhant, Nature and Form of Man, The Beginning of Creation, Origin of 23 elements, Rebirth and cycle of world, Description of Salvation

THIRD UNIT

Yogic perspective of psychological behavior, Materialistic Grief, Divine Grief and intellectual grief. Five grounds of moods and vritis of mind, Disruption of mind, Controlling Mind- Practice and Salvation

FOURTH UNIT

Theory of Evidence. Achieving control from knowledge, Removal of ignorance through practice of Yoga, theory of Bhram(delusion), Types of siddhis acquired from Control

FIFTH UNIT

Features of Pranidhan. The form of Aum and importance in Yoga, importance of friendliness to make your heart happy, the form of Salvation. The form of liberal soul and its features.

COURSE- II

PRIMARY YOGA (SADHANA)

FIRST UNIT

Yam- Ahimsa, Satya-Asatya, Brahmacharya, Aprigraha, Defecation-rule, satisfaction, Tapa, Self-study, Ishwar-pranidhaan, Asan-Paribhash, Form and importance, Pranayam-complement, Kumbhak, Rechak, Pratyahar form

SECOND UNIT

Assumption form and process, Meditation-form and process, Types of Trance, Living-trance, Non-living trance, Effects and form of Eight Siddhis- Anima, Mahima, Laghimaetc

THIRD UNIT

Bandh Form, importance and utilization, Posture-Form, importance and utilization, Bhat process-Form, importance and utilization. Bhat Chakra- Name status of chakras, Form of kundlini power, Place and awakening, Naadi-Purification, Forms and types of Naadis and description of Vaayus

FOURTH UNIT

Yogic food- Definition and importance, components and functions. Prohibited food items and recommended food items in diet, Yogic routine, digestion and parts of digestive system, Eye, Nose, Ear, Skin and taste buds and their functions.

FIFTH UNIT

Development of theory of Yoga treatment, Features of Yoga treatment, Aasanas, Pranayam, Mudras, Bandhs, Purification Process and importance of intellectual meditation, Special features of Yoga Treatment.

COURSE- III**PRIMARY YOGA (PRACTICAL)****FIRST UNIT**

Initial readiness for Yoga, Modesty of practice, Right place to practice, Right costume, time to practice, Sequence of practice, Synergising other exercises with Yoga practice, Aasan-PadmasanSiddhasan, Surya Namaskar, Parvatasan, Gorakshaasan, Lollasan, Bakaasan, Mayurasan, Bhujangasan, Makarasan, Garbhasan, Tolangasan, Aakarandhanurasan, Ekpaadashirasana, Vrishikaasan, Janushirasana, vatayanasana, Matasyendrasana, Shashakasana, Paadang, Thaasan, Uttankumaasan, Shavasana, Sheershasana, Chakraasan

SECOND UNIT

Pranayam-complement, Kumbhak, Rechak, Suryabhedan, Ujjayi, Teetli, Seetkari, Bhastrika

THIRD UNIT

Bandh-Uddyan Bandh, Moolbandh, Jivha bandh, Jalandhar Bandh, Maha Bandh.
Mudras- Mahamudra, Vipreetkarni, Yogmudra, Ashwinimudra

FOURTH UNIT

Bhaatkriya- KapalBhati, TraatakNauli, Neti, Dhauti, Basti

FIFTH UNIT

Practice of Patanjali Dhyana, Practice of BhavateetDhyana, Practice of Yogic Fly.

COURSE- IV**SANSKRIT & PRIMARY YOGA SCIENCE****FIRST UNIT**

General introduction of Vedic Science. Subject and form of Vedic Science, ApaurushYogyata, Bhavateet Meditation and Conscience.

SECOND UNIT

Philosophy of Samhita, Rishi, Dev and Chhed. General introduction of Scriptures from Rigveda to Upanishads, Mantradrashataa, Names of Rishis, Placement in the body,, General introduction from Aaranyak to Pratishakhya, Qualities of Conscience Pulsation

THIRD UNIT

Study of Scriptures of Specified subjects.

FOURTH UNIT

Introduction of differentiating words, Description of akar-aakar-ikaar-ukrant words in three forms of gender, (Ram-Rama-Phal, Hari-Mati-Dadhi, Guru-Vadhu) Adjectives and types and introduction of case. Introduction and types of Indeclinable words, Introduction of Pronoun Words and form description of Yu, Mad, Asmad Tat,

FIFTH UNIT

Introduction of Sandhi and Types. Introduction and types of Lakaars, Bhu, as AdhDhaatuRoopas in % Lakaaras(Lat, lit, Lrit and Lang) Sanskrit Supplication, Essay Writing.

PASSING CRITERIA

S. NO.	SUBJECT OF SKILL TEST	MAX MARKS (THEORY)	MINIMUM PASSING PERCENTAGE	MINIMUM PASSING MARKS
1.	Internal Assessment With Theory (Internal Assessment :30)	(70+10) x 3 = 240 (Written Test = 200)	40 %	96
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ASSESSMENT PLAN

SUBJECT	THEORY			PRACTICAL/TRAINING			TOTAL MARKS
	EXTERNAL		INTERNAL ASSESSMENT	EXTERNAL		INTERNAL ASSESSMENT	
	Max Marks	Time Hours	Maximum Marks	Max Marks	Time Hours	Maximum Marks	
PRIMARY YOGA (THEORY)	70	3	10	100	4	20	200
PRIMARY YOGA (SADHANA)	70	3	10	100	4	20	200
PRIMARY YOGA (PRACTICAL)	70	3	10	100	4	20	200
SANSKRIT & PRIMARY YOGA SCIENCE	70	3	10	100	4	20	200

NOTE:

- The Candidate Has To Score 40% in Theory Exams Along with Internal Assessment.
- The Candidate Has To Score 60% in Practical Exams Along with Internal Assessment.

PROCESS OF CONTINUOUS EVALUATION**Theory****Total Marks = 30****Three Tests of 10 Marks will be Conducted After Every 50 Days.****PRATICAL/TRAINING (INTERNAL ASSESSMENT)**

A Progress Card of Each Candidate will be Made For Evaluation,
In Which Evaluation of Practical/experiment will be Represented.

Total Marks = 60

जन स्वास्थ्य रक्षक डिप्लोमा कोर्स

JAN SWASTHAYA RAKSHAK DIPLOMA COURSE

Admission Eligibility: XIIth Passed

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(Project/ Assignment)

Program	Duration	Compulsory Contact hours	Total Study hours
JAN SWASTHAYA RAKSHAK DIPLOMA COURSE	One Year	Compulsory hours for Principle instructions/ Practical and Presentation	500 hours

JAN SWASTHYA RAKSHAK DIPLOMA COURSE

SYLLABUS

Appendix-1	Public Health Care Planning General Information
Appendix-2	Time Table Of Public Health Care Officer
Chapter-1	Work Responsibilities Of Public Health Guards
Chapter-2	Health Services-structure
Chapter-3	Anatomy And Functions Of Body
Chapter-4	Patient Examination By Public Health Guard
Chapter-5	Nutrition- Baby Food
Chapter-6	Reproduction And Child Health Care Program
Chapter-7	Safe Motherhood
Chapter-8	Care Of New Born
Chapter-9	Important Diseases Of Children
Chapter-10	Vaccination
Chapter-11	Sexually Transmitted Diseases
Chapter-12	Family Welfare Program
Chapter-13	Tuberculosis
Chapter-14	Leprosy
Chapter-15	Preventive Blindness
Chapter-16	Spread Of Disease
Chapter-17	Environment Cleanliness And Personal Habits
Chapter-18	Malaria And Filaria
Chapter-19	Treatment Of Small Diseases
Chapter-20	Symptoms Of Dangerous Diseases
Chapter-21	Precautions And Information About Medicines
Chapter-22	Group Work Skills- Communication Skills
Chapter-23	First Aid In Accidents
Chapter-24	Four Registration- Importance And Procedure
Chapter-25	Statement Of Work

नोट / NOTE

सभी पाठ्यक्रमों में उत्तीर्ण होने के लिए प्रस्ताव / असाईनमेंट (Project / Assignment) प्रयोगात्मक विषय तथा अनुभव प्रमाण पत्र का जमा होना अनिवार्य है तदुपरान्त ही विश्वविद्यालय द्वारा प्रमाण पत्र जारी किया जायेगा फलस्वरूप भारतीय प्राथमिक चिकित्सा परिषद् (FACI) द्वारा पंजीकरण व सदस्यता देना सम्भव हो पायेगा।

नामांकन के पश्चात् अध्ययन / अध्यापन हेतु भारतीय प्राथमिक चिकित्सा परिषद् (FACI) द्वारा Unique ID Login / Password अभ्यर्थी को प्राप्त करना सम्भव हो पायेगा तदुपरान्त ही Online अध्ययन / अध्यापन व सत्यापन प्रक्रिया पूर्ण व प्रारम्भ हो पायेगी।

भारतीय प्राथमिक चिकित्सा परिषद् (FACI) द्वारा प्रत्येक अभ्यर्थी को सदस्यता लेना अनिवार्य तभी प्राथमिक उपचार केन्द्र संचाल व उपचार हेतु पात्र मान्य माना जायेगा क्योंकि किसी भी अभ्यर्थी को भारतीय प्राथमिक चिकित्सा परिषद् (FACI) तब तक सदस्यता प्रदान नहीं करता जब तक कि सदस्यता उम्मीदवार संबंधित विषय (पाठ्यक्रम) में किसी प्रमाणित संस्था द्वारा दक्ष घोषित नहीं किया जाता। प्रमाणिकरण उपरान्त तथा सम्बन्धित दस्तावेजों के सत्यापनोपरान्त ही कोई व्यक्ति / संस्था भारतीय प्राथमिक चिकित्सा परिषद् (FACI) द्वारा सदस्यता प्राप्त करने हेतु पात्र मान्य होता है क्योंकि भारतीय प्राथमिक चिकित्सा परिषद् (FACI) केवल सरकार अथवा सरकार द्वारा स्थापित / मान्य संस्थानों को ही सदस्यता प्रदान करता है।

अटल विहारी वाजपेयी हिंदी विश्वविद्यालय द्वारा जारी प्रमाण पत्र एक मान्य प्रमाण पत्र है जोकि उपरोक्त सभी प्रमाणिकरण उपरान्त ही किसी अभ्यर्थी को दिया जाता है तथा योजना के संचालन व आत्मनिर्भर भारत की परिकल्पना रोजगारोन्मुखी पाठ्यक्रम का संचालन करता है।

TheHitavada

THE PEOPLE'S PAPER • SINCE 1911

First aid education is very important in country, says Prof Ramdev Bhardwaj

■ **Staff Reporter**

ATAL Behari Vajpayee Hindi University (ABVHU) started first aid education and professional courses for the students.

Addressing mediapersons, Professor Ramdev Bhardwaj, Vice Chancellor, ABVHU, explained in detail about first aid specialist diploma and other first aid courses stating all aspiring candidates who want to pursue a career in the field of medical services can get better options through this course. This course is a great ini-

tiative to increase employment and self-employment. By introducing first aid courses, our university is helping to fulfill the Prime Minister's dream.

First Aid Council of India, New Delhi, has been selected to conduct all these courses. Through teaching support institution First Aid Council of India, the university is setting up several study centers and information centers across Madhya Pradesh."

Dr Shabab Alam, President of First Aid Council of India, said "First Aid Specialist Diploma

Courses by Atal Behari Vajpayee Hindi University, Bhopal, is a unique course through which a positive message regarding health security has been given for public interest in the entire country.

And its benefits can be availed by students from all over the country through study centers located in the state of Madhya Pradesh.

This is being done through the ABVHU and FACL for self-employment and employment under the Skill India scheme."

**अब कृषि, चिकित्सा और फैशन डिजाइनिंग
की पढाई कराएगा हिंदी विश्वविद्यालय**

विवि ने 47 नए कोर्स किए शुरू
एमपी ऑनलाइन से हो रहे
एडमिशन, एग्जाम भी ऑनलाइन

[illegible]

उपलब्ध कारणों से। औरतात्व है कि इससे पहले
हिंदी विश्वविद्यालय ने शिक्षित शिक्षित
इंजीनियरिंग सहित अन्य कोर्स शुरू किए थे लेकिन इन
कोर्स के भूतार्थिक विश्वविद्यालय के पास किन्हीं
उपलब्ध नहीं थी। इस कारण से ये कोर्स चला रही थी।
अपने बाद में इन कोर्स को बंद करना पड़ा था।

अब दूसरी संस्थाओं को सौंपी जिम्मेदारी

अब विश्वविद्यालय ने इन कामों को चलाने का निम्नोद्देश्य गिती संस्थाओं को मिला है। हालांकि इसकी पूरी देखरेख विश्वविद्यालय ही करेगा। इन अभियानों में प्रहमिका में देने वाले विश्वविद्यालय को इन्टरनेट के बिना विश्वविद्यालय ही देना। विश्वविद्यालय का दावा है कि इन कार्य के लिए सभी अभियानों के बिना विश्वविद्यालय को निपट कर दिया जाएगा। प्रोफेसर, जगतपुरी, इंदौर, उज्जैन, राहोदा में प्रवेश के सभी बिना विश्वविद्यालय में आगमन के बिना ही है।

इन कोर्स में शुरू हुए एडमिशन

[illegible]

ABVHU introduces 'first aid specialist' diploma, other first aid courses

STAFF REPORTER ■ BHOPAL

Prof Ramdev Bhardwaj Vice Chancellor of Atal Bihari Vajpayee Hindi University (ABVHU) here on Thursday explained in detail about first aid specialist' diploma and other first aid courses started by the university.

While talking to media persons, he said that all aspiring candidates who want to pursue a career in the field of medical services can get better options through this course. This course is a great initiative to increase employment and self-employment. He said that since Prime Minister Narendra Modi approved the National Health Policy, the Government is focusing its more attention on strengthening first aid. And by introducing first aid courses, our university is helping to fulfill the Prime Minister's dream.

First Aid Council of India Delhi has been selected to conduct all these courses.

"By introducing first aid courses, our university is helping to fulfill the Prime Minister's dream"

Through the teaching support institution First Aid Council of India, the university is setting up several study centers and information centers all over Madhya Pradesh.

During the press conference, Dr Shabab Aalam, President, First Aid Council of India, said that First Aid Specialist Diploma Courses by Atal Bihari Vajpayee Hindi University, Bhopal is a unique course through which a positive message regarding health security has been given for public interest in the entire country. And its benefits can be availed by students from all over the country through study centers located in the state of Madhya Pradesh.



Atal Behari Vajpayee Hindi University signs MoU with First Aid Council of India

AIMING to establish study centres in State Atal Behari Vajpayee Hindi University, Bhopal signed a memorandum of understanding (MoU) with First Aid Council of India. The objective of this MoU is to educate the students of urban and rural area who are unable to take education due to lack of resources, provide them employment oriented courses and increase literacy rate. Under this, Atal Behari Vajpayee Hindi University and FACI will open study centres or extension centres in Madhya Pradesh. This MoU is a great initiative to increase employment and self-employment. Through these study centres the University and the First Aid Council of India are going to start a one-year First Aid Specialist Diploma Course, Naturopathy and Yogic Science Diploma Course and Ayurvedic Pharma Diploma Course for students. Scholarships will also be provided to students by the university as per rules of Madhya Pradesh Government. By completing this diploma, the candidate will also be able to open their own first aid centres. Due to corona crisis for the time being, First Aid Council of India will provide online classes for students. The MoU is signed by the registrar of Atal Behari Vajpayee Hindi University and Ajay Sahu, representative of First Aid Council of India.



भारतीय प्राथमिक चिकित्सा परिषद **FIRST AID COUNCIL OF INDIA**

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