

ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN

REPORT of WORKSHOP ON FIRST AID

NAME OF THE PROGRAM: - WORKSHOP ON FIRST AID

DATE: - 30th September, 2023

VENUE: - MULTIPURPOSE ROOM

TIME: - 11:00 am to 3:00 pm

NO. OF PARTICIPANTS: - 35

RESOURCE PERSON: - MS.BINDU MOL MATTHEW holds a remarkable educational background, with a Post Basic BSc in Nursing and Diploma in Hospital Administration. She has a Diploma in Hospital Administration. She is a certified Trainer of BLS, PALS, NRP. She has done and published Clinical Research. Currently working as Clinical Supervisor in Pediatrics Department at Bhakti Vedanta Hospital, she has rich clinical experience of 25 years.

COLLABORATIVE: - It was a collaboration with Bhakti Vedanta Hospital as part of MOU with the Royal College of Education and Research for Women.

OBJECTIVES:

Cognitive Domain: To understand the importance of First- Aid knowledge. To learn the basic actions to be taken to tackle medical emergency.

Affective Domain: To develop empathy and concern for personal and community health by hearing testimonials, engaging in group discussions, and reflecting on personal experiences.

Psychomotor Domain: To Practice proper First Aid techniques and skills through hands-on demonstrations, role-playing exercises, and interactive workshop.

Coordinator:

ASSISTANT PROFESSOR: - MS. SHAISTA SHAIKH

ASSISTANT PROFESSOR: - MS. JOYA CHAUDHARY

Reflection:-

The First Aid workshop began with the welcome and felicitation of the Chief Speaker, Ms Bindo Mol Matthew by the Principal Dr. Judy Grace Andrews ma'am. The workshop provided useful and critical information on various medical emergency situation that can be encountered in day

to day life. Ms. Bindo Mol not only gave information about such events, but she also demonstrated how to handle such situations with the presence of mind and the knowledge of First Aid. Students engaged actively, volunteering for demonstration showing a keen interest in learning these practices. The interactive sessions, encompassing practical skills and behavioral discussions, facilitated a deeper understanding and hands on practice. Ms. Bindomol trained the students in handling situations like, Heart attack. Accidents, fractures cuts, burns, nose bleeding, fainting etc.

Learning Outcomes achieved:

Students learned and practiced various techniques of providing first aid to the patient. They also gained knowledge on the importance of first aid knowledge. Overall, the workshop fostered a sense of communal responsibility for health, contributing to a healthier and more informed community creating individuals who are proactive, confident and calm in handling the situations of medical emergency.

Feedback of the students

Priya- The workshop was very useful as we learnt about many new things.

Misbah- It was quite an interesting session as we got to practice the first aid techniques like the right way to clean the wound and put the dressing.

Liza- The workshop taught us many things among which the most important was to remain calm and not to panic while facing such situations.

Shabina – As future teachers, we learnt how to take precautions to avoid any accidents that may occur in our classrooms, moreover how to handle ourselves and the patient in the moment.

Sadaf - This workshop made us realize the importance of First Aid knowledge in our lives.

Some glimpses of the workshop:-

Felicitation



Talk by Ms. Bindo Ma'am



Hands on experience





**ROYAL COLLEGE OF EDUCATION
AND RESEARCH FOR WOMEN**

IQAC Cell

In collaboration with

BHAKTIVEDANTA HOSPITAL

Organizes

WORKSHOP ON FIRST AID

On 30th September, 2023, Saturday



Time: 11:00 am to 1:00 pm

Venue: Multipurpose Hall



GUEST SPEAKER:

Ms. Bindomol Mathew

Clinical Supervisor in Pediatric Department

Bhaktivedanta Hospital



Principal: Dr Judy Grace Andrews

Coordinators: Ms. Shaista Shaikh

Ms. Suchita Naik