

Semester Lecture Plan

Name of College: Government College of Arts, Science & Commerce, Sanquelim Goa

Name of Faculty: Ms. Shradda Borkar

Subject: Zoology

Paper code: ZOO-231

Program/Course: Standard First Aid

Division: A

Academic year: 2026 - 2027

Semester: III

Total Lectures: 45

Course Objectives: 1. Acquire basic knowledge and skills for providing first aid.
2. Understanding the first aid intervention needed for various
3. Familiarizing the principles and operational aspect of a first aid response.
4. Analyze common medical emergencies and appropriate first aid responses.

Month	Lectures From: To:		No. of lectures allotted	Topic, Subtopic to be covered	Learning outcome	ICT Tools	Reference books
June	19/06/2026	26/06/2026	01	Basic First Aid- Introduction and Aims of first aid	Explain aims of first aid	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016).

							Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
July	27/06/2026	4/07/2026	03	First aid and the law	Explain first aid and law	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
				Dealing with an emergency Resuscitation (basic CPR)	Explain ways to deal with an emergency and describe resuscitation	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross

							Society National Headquarters.
				Recovery position, Initial top to toe assessment.	Explain recovery position and list steps of initial top to toe assessment	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
	6/07/2026	11/07/2026	03	Hand washing and Hygiene, Types and Content of a First aid Kit	Explain handwashing and hygiene associated with it. List contents of small and medium first aid kit.	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
				Types and Content of a First aid Kit	List types of contents of large and first aid	Power point presentation	St. John Ambulance Association

					responders first aid kit.		(India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
				First aid Technique- Dressings and Bandages,	Apply techniques of dressing and bandaging	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
	13/07/2026	18/07/2026	03	Fast evacuation techniques (single rescuer) Transport techniques.	List fast evacuation techniques and transportation techniques.	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian

							Red Cross Society National Headquarters.
				Transport techniques. Symbols associated with First aid	List transportation technique. Identify and describe symbols associated with first aid.	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
				Shock- Principles and first aid intervention in: a. shock due to injury. b. shock due to allergic reactions	Summarise Principles and first aid intervention in: a. shock due to injury. b. shock due to allergic reactions	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
	20/7/2026	25/7/2026	03	c. Appropriate assessment and first	Summarise Appropriate	Power point presentation	St. John Ambulance

				aid treatment of a victim who has fainted	assessment and first aid treatment of a victim who has fainted		Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
				Bleeding a. Types of bleeding including arterial, venous, capillary, external, and internal.	List and d differentiate types of bleeding, arterial Venous, capillary, external and internal.	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
				b. The principles and performance of bleeding control interventions including direct pressure, pressure	Summarise principles and performance of bleeding control, intervention, including, elevation	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th

				points, elevation, and pressure bandaging			ed.). Indian Red Cross Society National Headquarters.
August	27/07/2026	01/08/2026	03	The principles and performance of bleeding control interventions including elevation, and pressure bandaging the principles of wound care including infection precautions	Summarise performance of bleeding control using pressure bandaging and wound care, including infection, precautions	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
				Tetanus prophylaxis	Explain tetanus prophylaxis	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.

				Principles and first aid intervention in: a. open fractures, closed fractures, and splinting.	Explain principles and first aid in intervention in open fractures, closed fractures, and splinting.	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
	3/08/2026	8/08/2026	03	Principles and first aid intervention in: b. dislocations, especially the methods of joint dislocations of the upper extremity. The importance of differentiating dislocations from fractures.	Summarise principles and first aid interventions in: Dislocations, especially the methods of joint dislocations of upper extremity. Differentiate dislocations to that of fractures	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
				Principles and first aid intervention in: c. joint sprains.	Summarise Principles and first aid intervention in joint sprains	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th

							ed.). Indian Red Cross Society National Headquarters.
				Principles and first aid intervention in: d. muscle strains, contusions, and cramps.	Summarise principles and first aid intervention In muscle strains, contusion and cramps.	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
	10/08/2026	15/08/2026	03	Principles and first aid intervention in: e. head, neck, back, and spinal injuries.	Summarise principles and first aid intervention in head, neck injuries.	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
				Principles and first aid intervention in: e. head, neck, back, and spinal injuries.	Summarise principles and first aid intervention in	Power point presentation	St. John Ambulance Association (India) & Indian

					back and spinal injuries		Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
				Medical emergencies-principles and first aid intervention of: Heart attacks, strokes,	Principles and first aid intervention of heart attacks , strokes	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
	17/08/2026	22/08/2026	03	Medical emergencies-principles and first aid intervention of: asthma attacks, diabetic emergencies, including diabetic coma,	Summarise principles and first aid intervention of as Asthma attack, attacks, diabetic emergencies, including diabetic,	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.

				Medical emergencies- principles and first aid intervention of: insulin shock, hyperglycemia, and hypoglycemia,	Summarise Principals and first aid intervention of Insulin shock.	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
				Medical emergencies- principles and first aid intervention of: insulin shock, hyperglycemia, and hypoglycemia,	Summarise principles and first aid intervention of hyperglycaemia and hypoglycaemia	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
	24/08/2026	29/08/2026	03	Seizures -Importance of not putting gags in mouth.	State importance of not putting Ggas in mouth	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th

							ed.). Indian Red Cross Society National Headquarters.
				pregnancy including the appropriate care of any abdominal injury or vaginal bleeding.	Explain appropriate care of any abdominal injury or vagina bleeding	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
				Burns - First aid related with Burns- assessing the severity of he burn including first degree, second degree, and third degree.	Differentiate severity of burns, including 1st°, 2nd° and third°	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.

September	31/08/2026	5/09/2026	03	Differentiating between the types of third-degree burns: thermal, electrical, and chemical and interventions. (Particular attention should be focused upon chemical burns, and the use of specific chemicals in the workplace which may cause them).	Differentiate between types of 3rd°, burns, including thermal electrical and chemical .	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
				Differentiating between the types of third-degree burns: thermal, electrical, and chemical and interventions. (Particular attention should be focused upon chemical burns, and the use of specific chemicals in the workplace which may cause them).	Explain first aid interventions in chemical Burns and use of specific chemicals at work place, which may cause them	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
				Principles and first aid intervention of: exposure to cold	Summarise principles and first intervention of exposure to	Power point presentation	St. John Ambulance Association (India) & Indian

				including frostbite and hypothermia.	cold, including frost bite, and hypothermia		Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
	7/09/2026	12/09/2026	03	Principles and first aid intervention of: exposure to heat including heat cramps, heat exhaustion, and heat stroke	Principles and first aid intervention of exposure to heat, including heat, cramps, heat, exhaustion, and heat stroke	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
				Bites and stings- principles and first aid intervention in: human and animal (especially dog and snake) bites.	Summarise principles and first aid intervention in human and animal bites.	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross

							Society National Headquarters.
				Bites and stings- principles and first aid intervention in: b. bites and stings from insects (spiders, ticks, scorpions, hornets and wasps).	Principles and first aid intervention in bites and stings from insects	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
	21/09/2026	26/9/2026	03	Interventions should include responses to anaphylactic shock; other allergic manifestations: rabies and tetanus prophylaxis.	Explain allergic manifestations of rabies and tetanus prophylaxis	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
				Site of Iniury- Principles and first aid	Explain principles and first aid	Power point presentation	St. John Ambulance Association

				intervention of injuries to the following sites: Head and Neck- Including skull fractures, concussions, and mental status assessments with particular attention to temporary loss of consciousness and the need for referral for physician	interventions, following had an neck injuries, including skull, fractures, concoction, mental status assessment with particular attention to temporary Loss of consciousness and need for reference for physician		(India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
						Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
October	28/9/2026	3/10/2026	03	management of the individual who has suffered a potential neck injury or fracture. Site of injury: Eye-foreign bodies, corneal abrasions and lacerations, chemical	State management for individual who has suffered a potential neck injury or fracture. Summarise first aid interventions for eye injury including foreign	Power point presentation	St. John Ambulance Association (India) & Indian

				burns, and the importance of flushing out the eye, the importance of not applying antibiotics without physician supervision.	bodies, corn aberrations, and lacerations , Chemical burns and importance of flushing out the eye.		Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
				Site of injury: nose injuries and nose bleeds. Mouth and Teeth oral injuries, lip and tongue injuries, and broken and removed teeth. The importance of preventing inhalation of blood and teeth.	Summarise nose, injuries and nose, bleeds. Summarise mouth and teeth or injuries, including lip and tongue, injuries and broken and remove teeth, state, importance of prevention of inhalation of blood and teeth.	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
				Site of injury: Chest rib fractures, flail chest, and penetrating wounds.	Summarise first aid intervention in chest, rib, fractures, flail, chest, and penetrating bones	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian

							Red Cross Society National Headquarters.
	5/10/2026	10/10/2026	03	Abdomen blunt injuries, penetrating injuries, and protruding organs.	Summarise first aid intervention in Blunt injuries, penetrating injuries, and protrude organs of abdomen	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
				Hand, Finger, and Foot Injuries finger/toe nail hematoma, lacerations, splinters, finger nail avulsion, ring removal, and foreign bodies.	Summarise First aid intervention in finger/toe nail including haematoma, lacerations, splinter, finger, nail, ablution, ring, removal, and foreign bodies	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
				Hand, Finger, and Foot Injuries	Summarise First aid intervention	Power point presentation	St. John Ambulance

				finger/toe nail hematoma, lacerations, splinters, finger nail avulsion, ring removal, and foreign bodies.	in finger/toe nail including haematoma, lacerations, splinter, finger, nail, ablution, ring, removal, and foreign bodies		Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
	12/10/2026	14/10/2026	02	Hand, Finger, and Foot Injuries finger/toe nail hematoma, lacerations, splinters, finger nail avulsion, ring removal, and foreign bodies.	Summarise First aid intervention in finger/toe nail including haematoma, lacerations, splinter, finger, nail, ablution, ring, removal, and foreign bodies	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th ed.). Indian Red Cross Society National Headquarters.
				the importance of identifying amputation care hospitals in the area. When an amputation occurs, appropriate handling of amputated fingers, hands, and feet during	Summarise importance of identifying amputation care hospitals in area And amputation care and handling.	Power point presentation	St. John Ambulance Association (India) & Indian Red Cross Society. (2016). Indian First Aid Manual (7th

				the immediate transportation of the victim and body part to the hospital.”			ed.). Indian Red Cross Society National Headquarters.
--	--	--	--	--	--	--	--