

**Latest Syllabus of UP State Universities
For Co-curricular Course : Semester-II
Course Title : First Aid & Health**

- Unit I :**
- A. Basic First Aid :** Aims of first aid & First aid and the law. Dealing with an emergency. Resuscitation (basic CPR). Recovery position, Initial top to toe assessment. Hand washing and Hygiene. Types and Content of a First aid Kit
 - B. First AID Technique :** Dressings and Bandages. Fast evacuation techniques (single rescuer). Transport techniques.
 - C. First aid related with respiratory system :** Basics of Respiration. No breathing or difficult breathing. Drowning, Choking, Strangulation and hanging, Swelling within the throat, Suffocation by smoke or gases and Asthma.
 - D. First aid related with Heart, Blood and Circulation :** Basics of The heart and the blood circulation. Chest discomfort, bleeding.
 - D. First aid related with Wounds and Injuries :** Type of wounds, Small cuts and abrasions. Head, Chest, Abdominal injuries. Amputation, Crush injuries, Shock
 - E. First aid related with Bones, Joints Muscle related injuries :** Basics of The skeleton, Joints and Muscles. Fractures (injuries to bones).
- Unit II :**
- F. First aid related with Nervous system and Unconsciousness :** Basics of the nervous system. Unconsciousness, Stroke, Fits – convulsions – seizures, Epilepsy.
 - G. First aid related with Gastrointestinal Tract :** Basics of The gastrointestinal system. Diarrhea, Food poisoning.
 - H. First aid related with Skin, Burns :** Basics of The skin. Burn wounds, Dry burns and scalds (burns from fire, heat and steam). Electrical and Chemical burns, Sun burns, heat exhaustion and heatstroke. Frost bites (cold burns), Prevention of burns, Fever and Hypothermia.
 - I. First aid related with Poisoning :** Poisoning by swallowing, Gases, Injection, Skin
 - J. First aid related with Bites and Stings :** Animal bites, Snake bites, Insect stings and bites
 - K. First aid related with Sense organs :** Basic of Sense organ. Foreign objects in the eye, ear, nose or skin. Swallowed foreign objects.
 - L. Specific emergency satiation and disaster management :** Emergencies at educational institutes and work. Road and traffic accidents. Emergencies in rural areas. Disasters and multiple casualty accidents. Triage.
 - M. Emergency Child birth**
- Unit III : Basic Sex Education**
- Overview, ground rules, and a pre-test. Basics of Urinary system and Reproductive system. Male puberty—physical and emotional changes. Female puberty—physical and emotional changes. Male-female similarities and differences. Sexual intercourse, pregnancy, and childbirth. Facts, attitudes, and myths about LGBTQ+ issues and identities. Birth control and abortion. Sex without love—harassment, sexual abuse and rape. Prevention of sexually transmitted diseases.
- Unit IV : Mental Health and Psychological First Aid**
- What is Mental Health First Aid? Mental Health Problems in the India. The Mental Health First Aid Action Plan. Understanding Depression and Anxiety Disorders. Crisis First Aid for Suicidal Behavior & Depressive symptoms. What is Non-Suicidal Self-Injury?. Non-crisis First Aid for Depression and Anxiety. Crisis First Aid for Panic Attacks, Traumatic events. Understanding Disorders in Which Psychosis may Occur. Crisis First Aid for Acute Psychosis. Understanding Substance Use Disorder. Crisis First Aid for Overdose, Withdrawal. Using Mental Health First Aid.



Syllabus

Course Code: Z010101T

Food, Nutrition and Hygiene

Unit	Topics	No. of Lectures Total=30
I	Concept of Food and Nutrition a) Definition of Food, Nutrients, Nutrition, Health, balanced Diet b) Types of Nutrition- Optimum Nutrition, under Nutrition, Over Nutrition c) Meal planning- Concept and factors affecting Meal Planning d) Food groups and functions of food	8
II	Nutrients: Macro and Micro RDA, Sources, Functions, Deficiency and excess of a) Carbohydrate b) Fats c) Protein d) Minerals Major: Calcium, Phosphorus, Sodium, Potassium Trace: Iron, Iodine, Fluorine, Zinc e) Vitamins Water soluble vitamins: Vitamin B, C Fat soluble vitamins: Vitamin A, D, E, K f) Water g) -Dietary Fibre	7
III	1000 days Nutrition a) Concept, Requirement, Factors affecting growth of child b) Prenatal Nutrition (0 - 280 days): Additional Nutrients' Requirement and risk factors during pregnancy c) Breast / Formula Feeding (Birth - 6 months of age) Complementary and Early Diet (6 months - 2 years of age)	8
IV	Community Health Concept a) Causes of common diseases prevalent in the society and Nutrition requirement in the following: Diabetes Hypertension (High Blood Pressure) Obesity Constipation Diarrhea Typhoid b) National and International Program and Policies for improving Dietary Nutrition c) Immunity Boosting Food	7

