

Awareness campaign on

WORLD FIRST AID DAY

On
14th September, 2019

AT
PRATHMIK VIDYALAYA, WAJIDPUR
VILLAGE, NOIDA

**Conducted by:
Volunteers &
PLVs of Legal
Aid Centre,
Symbiosis Law
School, Noida**

**Under the
guidance
of:**

**Mr. Ankur
Sharma**

**(Head – Legal
Aid Centre,
Symbiosis Law
School, Noida)**

1. CONCEPT NOTE

The legal aid centre at Symbiosis Law School, NOIDA has been showing success with its members and its Head committed to work for betterment of the society. The aforesaid program was part of endeavour of the Centre in furtherance of its aim and objectives. The areas and topics identified through these programs are of vital importance and extremely necessary to be discussed and acknowledged. With this aim in mind the program was conducted and successfully culminated. Any emergency can be handled easily with adequate preparation, including a medical one. A well stocked first aid kit, kept within easy reach is a must for every home and institution. Preparing and maintaining a first aid kit is also a great way of teaching kids about safety, though it should be stored well out of their reach.

The term '*First Aid*' means the help that is provided to anyone who is suffering from disease or damage. Its primary goal is to protect the life and keep the condition from worsening. Every time it is not necessary that some medical staff should be there to help. In an emergency, even ordinary people can help and save someone's life by providing first aid.

World First Aid Day is observed on every second Saturday of September to raise awareness that how first aid can save lives. According to the **International Federation of Red Cross and Red Crescent Societies (IFRC)** the theme of World First Aid Day 2019 is “**First Aid and Excluded People**”. It's main aim is to raise awareness of how first aid can prevent injuries and save lives, everyday and in crisis situation. It also promotes the accessibility of the first aid.

In order to promote the importance of first aid the Para Legal Volunteer along with other volunteers of the Legal Aid Cell, Symbiosis Law School, went to a nearby government school to educate the children about necessary steps that should be taken in case of an emergency.

2. OBJECTIVES

The primary objective was to create awareness in the young minds about the importance of first aid as a necessary step.

The main objectives were:

- The **first aim** of World First Aid Day is to take necessary actions to save the life of an injured person.
- The **second aim** is to handle the condition of an injured person by giving first aid and trying to avoid infection.
- The **third aim** is to take the patient immediately to a hospital before any mishap occurs.

3. PRELIMINARY PREPARATION

As a Para Legal volunteer of the Legal Aid Cell I along with another PLV briefed about the ways in which we can make the children aware. Accordingly the charts and presentation was prepared by each volunteer. Finally we collected all the necessary things that are required in a first aid box and examined them.

4. ACTION PLAN

On the 14th of September 2019 we went to a nearby government school around 11A.M and we divided members into two groups and then went to the respective classes where, there were around 40 students and taught them about the necessary steps that were required in case there were bites by snakes, dogs or bees. Further volunteers also taught them about CPR, nasal blockage, sprain, dehydration, fracture and wounds. Then the children were supposed to answer a few questions on the basis of what they had learnt. Finally, the children were shown an ideal first aid box and all the components of the box were well explained to the children.

5. RESPONSE

The response that we got was overwhelming as the children could reciprocate all that we taught and not only this but they also spoke about their own experiences and how they had handled the situation, in the past, in case of an emergency. We were also successful in breaking few of the myths which are associated with first aid.

Thus, the entire event was well conducted and was also a successful one.

WORLD FIRST AID DAY

By Aprajita Tyagi, Para Legal Volunteer

14th September 2019

On the occasion of World First Aid day, I along with my fellow PLV Mehar Khaneja organised an LAC workshop in the Wazidpur Co-ed Government Primary School, where we along with our team taught the students how to carry out Basic First Aid and donated a First Aid Box. Learning such a skill is very important because, life is uncertain and perhaps one's knowledge of first aid can prove to be the difference between life and death for them or the ones around them.

To finalize the event, we had to visit the school on 9th September before our college started, for a meeting with the School's Principal, Ms. Aasha Soni. After obtaining her permission, we started planning the event and working out all the technicalities. An open invite was given on the LAC group to join the event and thereafter, a team was prepared.

Each team member was taught all Basic Life Support skills and then assigned a separate topic each to cover during the workshop. Practice sessions were taken by me on 12th and 13th September. The Volunteers were encouraged to reach out to us for clarification of any doubts that they might have had. Videos of certified doctors on how to administer Cardiopulmonary Resuscitation were also shared with the team.

To further enhance the quality of our workshop, LAC's Creative team was assigned the task of preparing 4 posters, one of which was prepared by myself. Props were also arranged to help the Volunteers with their demonstration.

I and PLV Mehar also prepared an open invite calling out all the Symbians to donate first aid essentials, in the form of an email.

During the event, I covered the following topics:

- How to help someone who has been caught on fire or has suffered a burn.
- How to help someone who has fainted.
- How to help someone with a High/Low BP.

It was overwhelming to see how each and every student there was carefully listening to what I was teaching them. All the students enthusiastically responded to every question I sent their way. It was not my first time teaching little kids about first aid, unlike the rest of the team. I tried my best to mentor and support them in every way I could. Constructive criticism was given wherever it was deemed appropriate. I was very proud to see the confidence of the team and how each of them adapted the way they were addressing the students as per the age, curiosity and energy of each slot of students that they addressed. I too, learnt how to be better at organising events and giving guidance with relevant, relatable and effective examples.

Each student was given an Eclairs for their enthusiasm and good behaviour. Groups pictures were taken and goodbyes were given. All in all, Legal Aid Centre 2019-20's first event went really well.

By Rishabh Munjal, LAC Volunteer

On the occasion of World First Aid Day, I had the privilege of being a part of the Legal Aid Centre team which paid a visit to a government school in Wajidpur, Noida. The aim of our visit was to raise awareness about how first aid can prevent injuries and help save lives in everyday and in crisis situations. The celebration of the day was marked by an interactive session with the students of the government school which entailed elaborative demonstrations of first aid techniques. As a group of responsible young volunteers, envisioning to disseminate the fundamentals of First Aid to the primary school students, the LAC team extended its best foot forward to ensure that they're able to convey the significance of first aid. In order to impart this vital information, it was necessary for us to be able to explain the techniques to the students in a manner that would help them retain the information. So as to accomplish this goal



every volunteer demonstrated their respective first aid technique with detailed and complete facts. My role was to explain to the students about the procedure of cardiopulmonary resuscitation (CPR). I started off by introducing the symptoms of a cardiac arrest to the students. Now to equip them with the knowledge to deal with a situation wherein they would find themselves around an individual suffering from a cardiac arrest, I displayed the procedure which



is to be followed to perform CPR. With an intention to make this exercise fruitful, it was essential to explain the reasons behind performing every action so as to quench the curiosity of young and impressionable minds of the students and also to break the myths about First Aid. Therefore, along with telling them the correct method of performing a CPR, the scientific

reasons behind them were also told. The interactive session was made cheerful with students participating in the demonstration. I was asked a number of good questions by the students which

I was glad to answer. The experience was enriching, allowing me to not only become conscious of the ground realities of our society but the time I spent there helped me to make up my mind to continue to work with the purpose of helping those in need. As a gesture of appreciating their patience and for being a wonderful audience, we distributed sweets amongst the students. The goal behind celebrating World First Aid Day was to empower young children with the ability to help prevent loss of lives. Undertaking such an initiative, we only had a purpose of turning these young kids into inspirations for the rest of the society. I would always want to be a part of such an initiative and would want to put my best efforts into empowering those in need.



By Vinayak Mohan – LAC Volunteer

Our Para legal volunteers, Aprajita Tyagi and Mehar Khaneja were nominated as the head for this event and had subsequently created a group of 9 people of which, one was me. All the members were given responsibilities of teaching something to the students. Similarly for me, I was given the responsibility of teaching the students at the government school about the implications and complications with respect to heart attacks and strokes. In the days leading up to the event we were asked by our PLV's to prepare upon the topics that each one of us had been assigned and then present it to Aprajita to see if any changes to our approach were needed.

On the day we all went to the school and since there were a lot of students there, the principal there, divided the students in two classes and so did we – 5 in one group and 5 in another. My group went to the class with students from the 5th standard where we started off by teaching them about the basic injuries that can be dealt to the human body and how they can be treated, followed by cardiac arrests and CPR. Then came my turn and there I taught them about the heart attacks and strokes. The kids there were very appreciative of the efforts that we had put in and were at the same time very interactive. We laughed and joked around in order to get their attention and tried to send across our messages in the most simple of manners.

I expected the event to be a little tougher but for the interactive and enthusiastic nature of the children the event turned out as success. In addition to that, the opportunity to help the society in such a manner was just too hard to pass by and so I guess everything turned out for the better.

I was also assigned the job of purchasing 10 chocolates for there was supposed to be quiz which was conducted by PLV Mehar Khaneja, at the end of the session and for every correct answer the children gave one would get a chocolate.

I was taken aback by the fact there was such a deficiency of the basic resources while so many people just waste their resources with absolute disregard to the fact that there are many others who aren't as privileged with the same.



By Anushka Praveen, LAC Volunteer

I had never in my life experienced such a heart warming experience and there's so much about it that I want to say but can't put in words because of how mesmerized I am. It was my first visit to a government school and honestly, I was expecting inattentive kids, going anywhere and everywhere and maybe even mocking us, but the sheer amount of love and attention that we get, was unmatched. The kids were so attentive, they tried to grasp as much as they could, and were extremely happy because of our presence. I demonstrated first aid for choking which was a little tough since there were terms as ' Heimlick's Maneuver' which of course was difficult for the kids, but nevertheless they learnt, which I got to know when I asked them questions and how actively and easily they could demonstrate what I taught them. I hadn't expected from the kids of classes 1st, 2nd and 3rd to learn what I was teaching them so easily, nevertheless they proved me wrong and learnt to the best of their abilities. I taught them about first aid for both partial and complete choking and they understood well.

The best part of it was the love we got from the kids, because they didn't want us to go, and made us promise that we would keep visiting and teaching them. The staff of the school were cooperative and gave us due attention that we required. The kids we met really inspired me to be honest, they had such curiosity in them which we all lack because education comes easy to us, but they struggle and even though they're so young, they just value whatever is being taught to them. They were extremely patient all throughout. The fans were not working and we were all getting uncomfortable, but there they were, listening to us, participating and enjoying despite of so much sweat.

It was the most wonderful experience of my life. I was so hesitant at the beginning, but as soon as I met the kids, everything just fell into place! I am extremely thankful to the Legal Aid Center of the college and all my team members and LAC members for their enthusiasm and extreme support. The poster I made was well utilized and it was so much fun making it, which was based on the theme of "Stop, Drop, Roll" for evacuation in cases of fire.

I'm really looking forward to more such experiences. My first assignment with LAC couldn't have been any better! Thank you so much for the opportunity!

By Sanya Khanna – LAC Volunteer

The world first aid day is celebrated on the 14th of September. In an effort to do our part as a member of the society, the Legal Aid Cell of Symbiosis Law School, Noida visited a nearby government school.

The objective of visiting the school was to educate and make the children aware of the importance of First Aid as well as how to respond in cases of medical emergency. The importance of first aid as elaborated by the members of the cell highlighted, the need to be aware and calm when in an emergency as they might be the only one's present there to help the injured person.

The topics that were discussed with students of class fourth and fifth were CPR, Snake bite, Dog bite, nose bleeds, fractures, Heat strokes and choking among others.

The topics so covered by me were nose bleeds, fractures and heat strokes. These three situations seem meagre in front of CPR and choking. However, if these are not treated with care at the right time they can lead to further complications, thus becoming vital for students to understand.

The excessive flow and discharge of blood leads to nose bleeds. The most common cause for such bleeds is the rupturing of arteries in the nose, which can be due to excessive heat, high blood pressure in the arteries and the constant picking of the nose which can lead to tear causing the same. The household remedy of holding the head at an upheld position is not correct as it will lead to accumulation and freezing of the blood near the brain. Therefore, it is advised to lean forward and use the thumb and index finger, pinch the nose gently for a periods of 5 minutes and move towards a shade.

The human body is made up several bones and these bones are joint together by another socket or bone which is present in our elbows and feet. Sometimes, the bones might break due to excessive force or due to an injury (for example while playing with a cricket ball one might injure themselves or others). In such a situation it becomes imperative to hold the bone upright and tight with the help of a cloth or rope and tie it either with the help of a stick or hard support or tie it across the other shoulder.

The last situation, which was allocated to me was Heat strokes. It is very common among children to suffer of heat strokes as they spend majority of their time outdoors. The symptoms include dizziness, blurred vision and dehydration. A person suffering from such a stroke should be taken to shade and given water while keeping the body elevated and fan some air, making it easier for him to breathe.

The positive and enthusiastic attitude and energy of the students made it easy for me to explain all the cases. Further, the seeing the appreciation for the efforts put forward by us made the

experience fruitful. The experience was new and at the same time a learning curve as it taught me how to relate and interact with children. Therefore, I look forward to such experiences in the future.



By Aaditya Saraf – LAC Volunteer

The responsibilities and roles given to me, were quite a new learning experience. I was the volunteer of the said event and we conducted the first aid drive successfully where we inculcated the right methods to treat any injury or emergency health situation with respect to first aid.

My part was to describe about the bleeding wound along with amputation . We went to wajidpura government school where the energy and enthusiasm showed by the students of school was something which should be appreciating. They were happy to see us as a guest speaker and most of them were very keen to learn the things about first aid. We described them about CPR, animal bites, bleeding wounds, heart attack, strokes, choking and nose bleed and how to treat them all in very first circumstance. I described how to treat a wound and stop the bleeding of the amputated part. I also described about the sprain and strain. The staff of the school was very cooperative towards us.

Overall my experience was good with the said event. The happiness that I got from this event was my greatest earning of all the time.

By Lisa Sanskrit – LAC Volunteer

The first aid programme conducted by the Legal Aid Centre on 14th September on the occasion of World First Aid Day was one of the best experience. I learnt a lot many things from this programme from learning about first aid to teaching students about the same. I was told to speak about the different kinds of snake bites, dog bites and bee bites. I gave the presentation about what all we can do if any snake or a dog bites us, whom are we supposed to approach and what necessary precautions need to be taken.

Moreover, this experience also made me realize that what are the myths that are related with curing certain kinds of diseases and how wrong these traditional methods are.

Hence, we as volunteers made them aware about all these necessary steps and the children well responded to it. It was altogether an interactive session and the children not only listened to us but also participated in the quiz competition and they were really enthusiastic.