

WORLD FIRST AID DAY BASIC FIRST AID AND HYGIENE WORKSHOP

Report on interactive workshop conducted on occasion of World First Aid Day on September 14, 2021 in Kendriya Vidyalaya, Delhi-NCR.

ABSTRACT: Legal Aid Cell of Symbiosis Law School, Noida conducted this workshop for students of Class V. The workshop involved the volunteers presenting the steps to follow for basic first aid and hygiene. The volunteers also prepared vivid power point presentations to attract the attention of the student. The presentation was followed by a Question and Answer session to answer the queries of the students.

Conducted by:

1. Ms. Aprajita Tyagi, Convener
2. Mr. Devyanshu Sharma, Co-Convener
3. Ms. Bhavya Bahl, Paralegal Volunteer
4. Ms. Twinkle Madaan, Volunteer
5. Ms. Bhavya Vijaya Lakshmi, Volunteer
6. Ms. Vibhuti Rao, Paralegal Volunteer
7. Ms. Vanshika Rana, Paralegal Volunteer
8. Ms. Aditi Pandey, Paralegal Volunteer
9. Ms. Anushka Singhal, Volunteer
10. Ms. Mridula Trivedi, Co-Convener
11. Ms. Akansha Agarwal, Volunteer

Under the Guidance of:

Ms. Charvi Kumar,
Head - Legal Aid
Centre, Symbiosis
Law School, NOIDA

I. Concept Note

The Legal Aid Centre of Symbiosis Law School, NOIDA conducted a Basic First Aid and Hygiene workshop in online mode on the World First Aid day. This was aimed at providing basic first aid training to school students and promoting the importance of hygiene.

Every year, World First Aid Day is observed on the second Saturday of September to spread awareness on first aid and how it can prevent injuries and save lives in a critical situation.

World First Aid day is an annual campaign aimed at promoting the importance of first aid training and increasing its accessibility to save more lives in a crisis. When a person suffers from minor or serious injury or illness, the first and immediate assistance given to the patient is termed as 'First Aid'.

First Aid helps preserve and save lives and also plays an important role in preventing the situation from getting worse. It promotes recovery and, in many cases, first aid may be necessary to keep the victim alive before he/she can be taken to the hospital or before a doctor arrives for more specialised treatment.

The theme for World First Aid Day 2021 was 'First aid and road safety', according to the International Federation of Red Cross and Red Crescent Societies (IFRC). Every year there are millions of people and animals who get injured and die due to a lack of timely medical assistance. So, with knowledge of first aid, one can easily prevent major happenings by providing immediate care while waiting for experts to arrive.

II. Objective

The main objectives of the Legal Aid Centre were-

1. To bring awareness about the importance of first aid and hygiene in school students
2. To train students in basic first aid and hygiene

III. Preliminary Preparations

To fulfil the objectives of the event, the volunteers of the Legal Aid Centre:

1. Contacted Ms Bharthi Kukkal, Principal of Kendriya Vidyalaya No. 2 Delhi Cantt
2. Organised an online meeting for the students of class 5
3. Prepared Power Point presentations on first Aid and Hygiene
4. Prepared instructions of steps to be taken for first aid and hygiene
5. Conducted the event in online mode with video conferencing and screen sharing facilities.

IV. Conducting the Event

The event was conducted in online mode for class 5th students of Kendriya Vidyalaya No. 2 Delhi Cantt. Principal Ms Bharthi Kukkal, Class teacher Ms Vimla Sehrawat and Ms Shobha Sharma helped the volunteers in organising the workshop. The Volunteers first interacted with the students to make them comfortable with them. Discussion related to their studies and online mode of teaching was done. The volunteers then proceeded to talk about first aid to the students and know how much they know about it. With the help of vivid power point presentations children were told about

first aid steps they can take in various scenarios like insect bites, animal bites, burns, cuts and scratches. The group also focused on debunking the myths and misconceptions about first aid. For example, it was revealed to the students that sucking the venom from a snake bite as a first aid method was a myth and in reality this can cause more harm than good. Further, the importance and requisites of health and hygiene were discussed. The students really enjoyed the colourful presentations and were enthusiastic about the learning opportunity. The volunteers also organised a brief Question and Answer session with the students to answer any queries that they may have. The students came up with many questions which were duly answered by the volunteers.

To conclude the event, the team expressed their gratitude to Ms Vimla Sehrawat and Ms Shobha Sharma for their efforts in making this event possible. The teachers also thanked the team for organising this essential exercise for the student.

V. Response of the Target Population

The LAC contingent was successful in drawing attention of the students to this critical workshop. The colourful presentations caught the eyes of the students who later expressed how they enjoyed watching them. The aim was to bring awareness on first aid and hygiene amongst school students. The workshop touched upon some basic first aid and hygiene essentials. Steps that are needed to be taken in cases of animal bites, insect bites, burns etc were carefully heard by the students.

The students and LAC volunteers actively interacted with each other. Involving themselves in dialogues with the audience presented the volunteers with an opportunity to have one to one

interaction with them in an unhurried manner. The students were also enthusiastic about engaging in conversation with the conversation with the volunteers.

The floor was opened for the question and answer session in the end where students actively asked questions and clarified their doubts. The volunteers emphatically assisted these students. The volunteers were glad to answer the questions of these students who showed great enthusiasm and curiosity throughout the course of the workshop.

As a whole, the event enjoyed good support and was able to fulfil its objective of raising awareness about first aid and hygiene.

VI. Conclusion

Good health and wellbeing are one of the important Sustainable Development Goals (SDG 3), made all the more important given the challenges of the 21st century. By inculcating these habits in students at a young age, and by informing them of their right to attain the highest standard of health, we can build a stronger, more resilient India.

GLIMPSES OF THE EVENT



