




श्रद्धावान् लभते ज्ञानम्

Heramba Chandra College

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Details of extension and outreach programs conducted by the institution through St. John Ambulance Unit, Heramba Chandra College during the academic session 2022-23

Sl. No.	Title of the Extension/Outreach Programme & Date & No of Participants	Organising unit/ agency/ collaborating agency	Name of the Scheme	Activity Report
1	<p>A Workshop on Learn First Aid and Save Life</p> <p>Date: 12.12.2022</p> <p>No of Participants: 65</p> <p> Principal Heramba Chandra College Kolkata-700 029</p>	<p>Heramba Chandra College Ambulance Division (St. John Ambulance, No. II, West Bengal District)</p>	<p>First aid awareness</p>	<p>Programme Coordinator: Ms. Sudeshna Basu, SACT, Department of English, Heramba Chandra College</p> <p>Joint Coordinator: Dr. Saddam Hossain Mondal, Assistant Professor, Department of Economics, Heramba Chandra College</p> <p>On December 12, 2022, the Heramba Chandra College Ambulance Division organized a highly informative and practical workshop titled "Learn First Aid and Save Life." The workshop, attended by 65 participants, was spearheaded by Mr. Tapan Chakraborty, Divisional Commander of the St. John Ambulance Division at Heramba Chandra College. This initiative aimed to enhance first aid awareness and equip participants with essential life-saving skills.</p> <p>Mr. Chakraborty began the session by highlighting the critical importance of first aid knowledge in everyday life, emphasizing that immediate and correct first aid can make the difference between life and death in emergency situations. He provided an overview of the basic principles of first aid, including how to assess</p>




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	<p> Principal Heramba Chandra College Kolkata-700 029</p>			<p>and manage common injuries and medical conditions such as cuts, burns, fractures, cardiac arrests, and choking.</p> <p>Participants were given hands-on training with realistic scenarios to practice their skills, ensuring they gained confidence in their ability to respond effectively in real-life situations. Mr. Chakraborty demonstrated the proper techniques for CPR (Cardiopulmonary Resuscitation), the Heimlich maneuver for choking, and how to use an AED (Automated External Defibrillator). The interactive nature of the workshop allowed participants to ask questions and receive personalized guidance, making the learning experience both engaging and impactful.</p> <p>Additionally, the workshop covered how to create and maintain a first aid kit, and the importance of keeping such a kit accessible at all times. Mr. Chakraborty also stressed the importance of staying calm and composed during emergencies, providing tips on how to manage stress and anxiety in high-pressure situations.</p> <p>The participants, including students, faculty members, and staff, expressed their appreciation for the practical knowledge and skills they acquired. The workshop concluded with a Q&A session, where Mr. Chakraborty addressed</p>
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				<p>various queries related to first aid practices, further enriching the participants' understanding.</p> <p>Overall, the "Learn First Aid and Save Life" workshop was a resounding success, fulfilling its objective of raising first aid awareness and preparing individuals to handle emergencies effectively. The efforts of Mr. Tapan Chakraborty and the St. John Ambulance Unit were highly commended, reflecting Heramba Chandra College's ongoing commitment to community health and safety education.</p> <p>Speaker: Mr. Tapan Chakraborty, Divisional Commander, Heramba Chandra College Ambulance Division</p>
2	<p>Ganga Sagar Mela: First Aid Support</p> <p>Date: 09.01.2023-17.01.2023</p> <p>No of Participants: 1</p> <p> Principal Heramba Chandra College Kolkata-700 029</p>	<p>Heramba Chandra College Ambulance Division (St. John Ambulance, No. II, West Bengal District)</p>	<p>First aid support</p>	<p>From January 9 to January 17, 2023, the St. John Ambulance Unit of Heramba Chandra College provided first aid support at the Ganga Sagar Mela. With one dedicated participant, the unit offered crucial medical assistance to pilgrims attending the 'mela'. The first aid support included treating minor injuries, offering medical advice, and ensuring the well-being of the attendees. The presence of the St. John Ambulance, Heramba Chandra College unit significantly contributed to the safety and health of the participants, demonstrating the college's commitment to community service and emergency care during large public gatherings.</p>



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Supporting Documents:

Learn First Aid and Save Life:



Principal

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List of Participants:

Heramba Chandra College Ambulance Division
(at Joka Ambulance, No. 11, West Bengal District)

A Workshop on Learn First Aid and Save Life
Dt. 12.12.2022
List of Participants

Sl. No.	Name	Signature
1	Asap Ka. Malla	✓
2	Jalran Bazi	Darshan Bazi
3	Shankar Sankar	Shankar Sankar
4	Arundhati Chatterjee	Arundhati Chatterjee
5	Ayanangshu Sarkar	Ayanangshu Sarkar
6	Prayansha Karmali	Prayansha Karmali
7	Lily Lau	Lily Lau
8	Leenapsi De	Leenapsi De
9	SUBHASHIS DASGUPTA	SUBHASHIS DASGUPTA
10	LAPAMA BILHAS	LAPAMA BILHAS
11	Mamita Ghosh	Mamita Ghosh
12	Sara Das	Sara Das
13	Arundhati Chatterjee	Arundhati Chatterjee
14	Guchana Jana	Guchana Jana
15	ALOKA PODDER	ALOKA PODDER
16	SAHITA MITRA	SAHITA MITRA
17	Anirupali Das	Anirupali Das
18	Sagar Karmali	Sagar Karmali
19	Rana Ephosh	Rana Ephosh
20	Banadatta Ghosh Chowdhury	Banadatta Ghosh Chowdhury
21	Somrita Banerjee	Somrita Banerjee
22	Arundhati Chatterjee	Arundhati Chatterjee
23	Satya Prakash Ghosh	Satya Prakash Ghosh
24	Arundhati Chatterjee	Arundhati Chatterjee

Principal
Heramba Chandra College
Kolkata-700 029

Arundhati

Principal
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Heramba Chandra College Ambulance Division
No. 11, West Bengal District

A Workshop on Learn First Aid and Save Life
Dt. 12.12.2022
List of Participants

No.	Name	Signature
25	Dipmoyee Hoga	D. Hoga
26	Arin Saha	Arin Saha
27	Nirupama Das	Nirupama Das
28	Sanchita Das	Sanchita Das
29	Chinnaya Mondal	Chinnaya Mondal
30	SUBHANSU SONNAR	SUBHANSU SONNAR
31	Harsh B. Mondal	Harsh B. Mondal
32	Radhika B. Choudhury	Radhika B. Choudhury
33	Sumit Sarkar	Sumit Sarkar
34	Angana Chatterjee	Angana Chatterjee
35	Ujjaya Bandyopadhyay	Ujjaya Bandyopadhyay
36	Rakim Saha	Rakim Saha
37	Shri Sankar Das	Shri Sankar Das
38	MADHUBANUJ CHAKRA	MADHUBANUJ CHAKRA
39	Anirban Das	Anirban Das
40	Tapas Das	Tapas Das
41	Soumitra Mondal	Soumitra Mondal
42	Adithyay Sanyal	Adithyay Sanyal
43	RANJAN GENSARMA	Ranjana Sen Sarma
44	Saanika Chatterjee	Saanika Chatterjee
45	SHANUJATI GHOSH	SHANUJATI GHOSH
46	Lopamudra Das	Lopamudra Das
47	Mahika Das	Mahika Das

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Heramba Chandra College Ambulance Division
Joka, Acharya, No. 11, West Bengal Division

A Workshop on Learn First Aid and Save Life
Dt. 12.12.2022
List of Participants

Sl No	Name	Signature
49	Siddhanta Das	Siddhanta Das
50	Rishi Mishra	Rishi Mishra 12.12.22
51	SUBHEANJIT DUTY	
52	SUKANTA KUNDU	
53	Archisman Lahiri	Archisman Lahiri
54	Pranav C. Bhattacharya	Pranav C. Bhattacharya
55	Sabita Mandal	Sabita Mandal
56	Ahmedul Karim	Ahmedul Karim
57	SABINA MUKHARJEE HANDEL	Sabina Mukharjee Handel
58	Sudhanshu Kumar	Sudhanshu Kumar
59	Kangkanika Mondal	Kangkanika Mondal
60	JENON BAGCHI	Jenon Bagchi
61	PARNITA DUTTA	Parnita Dutta
62	MD ZIAUL HOQUE	MD ZIAUL HOQUE
63	TANUSHREE MANSARI	Tanushree Mansari
64	JAYANTA GHATA	Jayanta Ghata
65	SANTU MUKHOPADHYAY	Santu Mukhopadhyay

Principal
Heramba Chandra College
Kolkata-700 029

12.12.22

Sandhya
Principal
Heramba Chandra College
Kolkata-700 029



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Ganga Sagar Mela First Aid Support:



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List of Participants/Duty order/letter:



St. John Ambulance (India)

Brigade Wing

No. 11 (West Bengal) District

5 & 6, Govt. Place (North)

Kolkata – 700001.

BDE/PD/01/23

1/8/2022

Allotment of duty	-	Ganga Sagar Mela 2023
Place of duty	-	Ganga Sagar Mela Ground
Duration of duty	-	9th to 17th January 2023 (both days inclusive)
Duty - In - Charge	-	Mr. Tapan Chakraborty, Divisional Commander of H. C. C. Ambulance Division

Name of Corps/Divisions	Heads
1 Barasat Ambulance Division	1
2 H. C. C. Ambulance Division	1
3 Bankura Ambulance Divn.	7
4 Shibpur D. B. College Nsg. Divn.	2
5 Little Group Nursing Divn.	2
6 Katwa Ambulance Corps	2
7 Kharagpur Ambulance Divn.	1
8 Bally Ambulance Divn.	2
9 Young India Cadet Ambulance Divn.	1
10 Young India Nursing Divn.	1
11 Shyamnagar Ambulance Division	2
12 Shibpur Nursing Divn.	3
13 East Calcutta Ambulance Divn.	2
14 Nayabad Ambulance Divn.	1
15 Shibpur D. B. College Amb. Divn.	1
16 Rashbehari Health Institute Amb. Divn.	1
Total	30 [29 +01]

N.B. Duty squads must carry one set of complete uniform as per regulation, personal bedding materials and First Aid Box with utensils.

(Dr. Babul Kumar Dutta)

PI

Deputy Commissioner
In-Charge of Public Duty & Transport

Principal
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Kolkata-700 029