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NAAC Accredited 2016 (2nd Cycle)

<u>Details of extension and outreach programs conducted by the institution through St.</u> 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	A Workshop on Learn First Aid and Save Life Date: 12.12.2022 No of Participants: 65	Heramba Chandra College Ambulance Division (St. John Ambulance, No. II, West Bengal District)	First aid awareness	Programme Coordinator: Ms. Sudeshna Basu, SACT, Department of English, Heramba Chandra College Joint Coordinator: Dr. Saddam Hossain Mondal, Assistant Professor, Department of Economics, Heramba Chandra College 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. 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



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and manage common injuries and medical conditions such as cuts, burns, fractures, cardiac arrests, and choking.

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.

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.

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



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Supporting Documents:

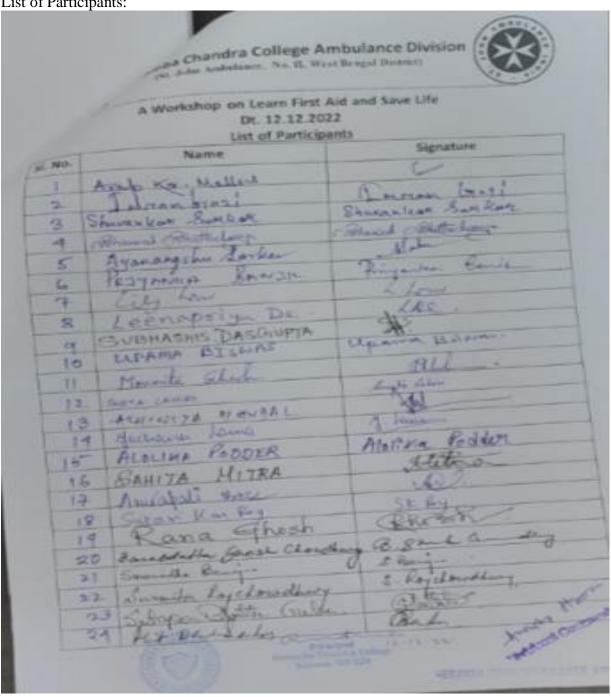
Learn First Aid and Save Life:





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List of Participants:





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A Workshop on Learn First Aid and Save Life Dt. 12.12.2022 List of Participants						
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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. II (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 I	Division	1			
2 H. C. C. Ambulance D	Division	1			
3 Bankura Ambulance	Divn.	7			
4 Shibpur D. B. College	Nsg. Divn.	2			
5 Little Group Nursing	Divn.	2			
6 Katwa Ambulance Co	orps	2			
7 Kharagpur Ambulan	ce Divn.	1			
8 Bally Ambulance Div	m.	2			
9 Young India Cadet A	mbulance Di	vn. 1			
10 Young India Nursing		1			
11 Shyamnagar Ambula					
12 Shibpur Nursing Divi	n.	3			
13 East Calcutta Ambula		2			
14 Nayabad Ambulance	Divn.	1			
	5 Shibpur D. B. College Amb. Divn. 1				
16 Rashbehari Health Ir	nstitute Amb				
		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)

Deputy Commissioner In-Charge of Public Duty & Transpor

Principal Heramba Chandra College Kolkata-700 029

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