

Co-curricular Course: Semester-2

Course Title: First Aid and Health

Programme/Class: Certificate	Year: First	Semester: Second
Co-Curricular Course		
Course Code: Z020201	Course Title: First Aid and First Aid and Health	
Course outcomes: <ul style="list-style-type: none">• <i>Learn the skill needed to assess the ill or injured person.</i>• <i>Learn the skills to provide CPR to infants, children and adults.</i>• <i>Learn the skills to handle emergency child birth</i>• <i>Learn the Basic sex education help young people navigate thorny questions responsibly and with confidence.</i>• <i>Learn the Basic sex education help youth to understand Sex is normal. It's a deep, powerful instinct at the core of our survival as a species. Sexual desire is a healthy drive.</i>• <i>Help to understand natural changes of adolescence</i>• <i>Learn the skill to identify Mental Health status and Psychological First Aid</i>		