

First Aid Day

Date: 11 September 2023

World First Aid Day is observed every second Saturday of September. The day aims to raise awareness about the importance of first aid and to equip individuals with the knowledge and skills to provide initial treatment for injuries. First aid is the immediate care given to a patient after an injury, such as a cut, burn, or other medical emergencies.

In commemoration of World First Aid Day, our NSS unit organized an awareness program on September 15th. The session was conducted by Dr. Abdul Rafeeqe T.C., Assistant Professor in the Department of Physical Education and Program Officer of the NSS unit. The event aimed to educate students about essential first-aid techniques and their significance in saving lives.

T.K.M College of Arts & Science
Kariacod, Kollam-691005
Re-accredited by NAAC with A++ grade
NATIONAL SERVICE SCHEME
Unit No:KL 07-12 A & B

Awareness Talk By
DR.ABDUL Rafeeqe T.C
Assistant Professor
Department Of Physical Education

Venue:Seminar Hall
Time:3.00pm

**WORLD
FIRST AID DAY**

The awareness session began with an insightful discussion on Cardiopulmonary Resuscitation (CPR). Dr. Rafeeqe highlighted the alarming increase in deaths caused by sudden cardiac arrest and heart attacks worldwide. He demonstrated the proper techniques for performing CPR, emphasizing its critical role in emergency situations.

Additionally, Dr. Rafeeqe explained the first-aid procedures for burns and the steps to address such emergencies effectively. He also discussed the common causes of strokes, how to recognize the symptoms, and the immediate medical assistance required in such cases.

The session was highly informative and actively engaged the students. The knowledge imparted during the program is expected to be highly beneficial for the students in the near future, equipping them to handle emergencies with confidence and competence.

