

Indira Gandhi National Open University

PROGRAMME STUDY CENTRE – BIJAPUR (85004P)

BLDEA's Shri B. M. Patil Institute of Nursing Sciences, Vijayapura – 586103

CFAID TIME TABLE OF PRACTICAL COUNSELLING SCHEDULE

(JANUARY & JULY 2025 ADMISSIONS)

Course Code: BNSL-140 – Skills in First Aid

Total Practical Credits: 12 Credits

Total Practical Hours: 72 Hours (Supervised Contact Sessions)

Total Days: 9 Days

Hours per Day: 8 Hours (2 Sessions × 4 Hours)

DAY-WISE PRACTICAL TIME TABLE (From 09 February onwards)

Day	Date	Session	Time	Topics / Skills Covered
Day 1	09 /02/2026	Session I	8:00 AM – 12:00 PM	Induction to Practical Course & Log Book Explanation; Scene Safety and Victim Assessment; Universal Precautions & Hand Washing
		Session II	1:00 PM – 5:00 PM	First Aid Box – Contents & Maintenance; Communication with Victim and Relatives; Log Book Recording
Day 2	10 /02/2026	Session I	8:00 AM – 12:00 PM	Bandaging Techniques (Roller, Triangular); Slings, Splints and Binders
		Session II	1:00 PM – 5:00 PM	Improvised Bandaging & Splints; Transportation of Victim (Lifting & Moving Techniques)
Day 3	11 /02/2026	Session I	8:00 AM – 12:00 PM	Assessment for CPR; Recovery Position
		Session II	1:00 PM – 5:00 PM	CPR (Adult) on Manikin; COLS (Chain of Life Support)
Day 4	12 /02/2026	Session I	8:00 AM – 12:00 PM	Use of Automated External Defibrillator (AED)
		Session II	1:00 PM – 5:00 PM	Control of Bleeding; Care of Open Wounds & Dressing
Day 5	13 /02/2026	Session I	8:00 AM – 12:00 PM	Head Injury & Spinal Injury Care; Helmet Removal Technique
		Session II	1:00 PM – 5:00 PM	Bone & Joint Injuries; Bandaging for Special Areas (Eye, Ear, Jaw, Wrist, Head)

Day	Date	Session	Time	Topics / Skills Covered
Day 6	14 /02/2026	Session I	8:00 AM – 12:00 PM	Fits & Fainting; Chest Pain, Angina & Heart Attack
		Session II	1:00 PM – 5:00 PM	Asthma & Use of Inhaler; High & Low Blood Sugar Management
Day 7	16 /02/2026	Session I	8:00 AM – 12:00 PM	Burns – Thermal, Electrical & Chemical; Foreign Body Removal (Eye)
		Session II	1:00 PM – 5:00 PM	Drowning & Poisoning; Heat Stroke & Frost Bite
Day 8	17 /02/2026	Session I	8:00 AM – 12:00 PM	Bites & Stings (Snake, Scorpion, Insect); Allergy & Shock
		Session II	1:00 PM – 5:00 PM	Triage – Disaster Simulation; Psychosocial First Aid
Day 9	18 /02/2026	Session I	8:00 AM – 12:00 PM	Mock Drill – Fire / Earthquake / Flood; Revision of All Procedures
		Session II	1:00 PM – 5:00 PM	Log Book Checking & Completion; Internal Practical Assessment & Viva Voce


Programme-in-charge
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Note:

1. Students must **attend all 9 days of practical classes** (no absence allowed).
2. Students must be present for **both morning and afternoon sessions every day**.
3. **Practical record book must be fully completed and submitted** on the last day.
4. Students must **perform all demonstrations and return demonstrations** properly.
5. Only students who **complete all the above requirements** will be **allowed for the final practical exam**.