

FIRST AID WORKSHOP REPORT

(4-12-25)

The first Aid workshop was conducted by Institute of Vocational Studies Health and Physical Department on 4th December, 2025 at 2:10 P.M, planned and coordinated by student coordinator and 10 others. It was conducted by Ms. Nahid Raees (faculty I.V.S), was a nice effort for educating and training its participants about the theme and take valuable information from the session.

The students came up with the idea of conducting a crucial presentation cum training session on “First Aid in an Emergency”. As we all know that human beings are mortal and any problem related to health is unprecedented at any point of time, that may require immediate medical assistance. In certain case the trauma is comparably more lethal than others and requires quick action to save the life. Also, small injuries or ailments requires first assistance at the sight of its happening. And that is why, First Aid is quickly applied in such situations to help save, preserve someone’s life.

The workshop started with describing the meaning, objectives, Aims and 8 Golden rules of First Aid. It aimed at providing detailed information about the human body as a whole and parts ,and practically training with the techniques of First Aid applied on various situations like (Burns and Scalds, Traumatic injuries to head and extremities, Dog Bite ,Snake Bite, Hemorrhage, Heart attack, different types of wounds and their first aid, different types of bandages and their applications, Treatment of Unconsciousness, Shock, about Poisons, soft tissue injuries, CPR technique) etc.

The coordinators arranged a ppt on the screen and all the participants can see it with images and videos and get trained at the same time. The group members welcomed if participants had any questions, in the chat box.

Focusing on the basic things that are required to be known by a teacher, as maximum participants were future teacher prospects.

It was a long session of about 1 and ½ hours. The teachers and the all the students of IVS participating in the workshop enjoyed it and learnt many things that will benefit all in the times to come.

At last, we all understood that,
“Prevention is Better than Cure”.