

ST. BEDE'S COLLEGE, SHIMLA

SELF DEFENCE, FIRE FIGHTING AND FIRST AID COURSE

The add on certificate course on Self Defence, Firefighting and First Aid offered by St. Bede's College is vital in building and improving self-confidence. The students opting for this add on certificate course would be trained by expert trainers of Himachal Pradesh Home Guards and Civil Defence Department on various techniques of Self-defence & Fire Safety and First Aid. The course would help in improving situational awareness of potential threats by teaching the standard physical protection techniques involving using the state of mind, posture along with the fundamental principles of self-respect, responsibility and mutual trust between each other. Fire safety and first aid training would provide them with the essential life-saving skills.

Syllabus

- Basic knowledge of Self Defence.
- Self Defence on: Harassment at bus stop / while travelling/ anybody hitting on the head /holding from back, under armpit/ holding neck and choking throat with hands/ attacking with knife/stick etc.
- Fire Fighting: Fire, its chemistry, type, principles of combustion, prevention, DOs & DON'Ts. firefighting equipment, fire extinguisher, and practice.
- Disaster definition, types, causes, earthquake, flood disaster, DOs & DON'Ts. Rescue strategies & techniques, search & location techniques, emergency method of rescue rope & knots & practice.
- First aid golden rule, CPR practice, bleeding, fracture & wounds.

