

समस्त पत्र-व्यवहार रजिस्ट्रार, लखनऊ
विश्वविद्यालय, को सम्बोधित करें अन्य
किसी अधिकारी के नाम से नहीं।

पत्र संख्या R/274-75(सा0प्रशा0)/19
दिनांक : 16.3.2019

प्रेषक,

कुलसचिव,
लखनऊ विश्वविद्यालय
लखनऊ।

सेवा में,

01. All Deans/ Heads of Departments
02. All Principals of Lucknow University Associated/Affiliated Colleges,
University of Lucknow
Lucknow

Subject:-To Conduct one day workshop on a Comprehensive Skill Development Programme-
'AAAS'.

Sir/Madam,

With reference to the attached letter of Dr. Rajeev Misra, President, Association of Research Professionals, Jankivihar Colony, Jankipuram Lucknow dated 02.03.2019 on the subject cited above.

In this regard you are requested to conduct one day Workshop on a Comprehensive Skill Development Programme-'AAAS' as mentioned in the letter.

Attached as above:-

Yours Sincerely,



(S.K.Shukla)

Registrar

No.....

Date.....

Copy to the following for information and necessary action in this regard:-

01. Secretary to VC, for kind information of the Hon'ble Vice-Chancellor.
02. Steno to PVC, for kind information of the Hon'ble Pro-Vice-Chancellor.
03. Finance officer, University of Lucknow.
04. Superintendent of Works, L.U.
05. Proctor, L.U.
06. PA to Registrar Sir
07. Dr. Bhavna Misra, Deputy Registrar(General Administration) University of Lucknow.
08. Incharge website with request to e-mail all the above concerned.

Deputy Registrar(G.A)



ASSOCIATION OF RESEARCH PROFESSIONALS

(Registered Under Societies Registration Act, No. 21, 1860)

A NATIONAL BODY FOR DEVELOPMENT OF TEACHING, TRAINING & RESEARCH TO SET A STANDARDISATION AND PROMOTE ETHICAL PRACTICES IN HEALTHCARE SYSTEM

GA-216
13/3/19

Ref No: _____

To: _____

The Registrar,
Lucknow University,
Lucknow.

कुल सचिव का कार्यालय

डाक प्रार्ति

संख्या 1355

तिथि 12/3/19

लखनऊ विश्वविद्यालय

लखनऊ-226007

Date: 2/3/19

SUBJECT: TO CONDUCT ONE DAY WORKSHOP ON A COMPREHENSIVE SKILL DEVELOPMENT PROGRAMME- 'AAAS'.

Respected Sir,

Greetings,

As you know due to the lack of knowledge, the community belonging to non-medical background is unaware of providing an immediate and required help or assistance at the time of accidents (which is 1.5 million per year), which leads to a higher mortality rate, similarly the issue of disaster preparedness & management, waste management, health & hygiene, the damage done by youth to oneself by involving into drugs/ smoke due to peer pressure are also one of the causes of mortality & morbidity. To combat these issue, our instructor/trainer are giving one day hands on training workshop on the following:

MODULE/SKILL PROGRAME (Hands on Training)

- ❖ Basic Life Support & Choking
- ❖ Road Traffic Accident Prevention & Awareness
- ❖ Waste Management & Triage
- ❖ Health & Hygiene
- ❖ Disaster Preparedness & Management/ Psychological First Aid
- ❖ Youth & Fitness

This is a comprehensive program which will not only enable a participants to deal efficiently with the population/ person at the time of emergency while giving first aid when confronted with RTI (Road Trauma Injury) but will also help them with the better utilization of the golden hour (the first hour after a traumatic injury, when emergency treatment is most likely to be successful). We have module our workshop with a workforce which is most active and enthusiastic in catering and training common men and also ensuring their immediate availability at the time of need.

We as a team of Instructors request your support to conduct this comprehensive workshop in your esteemed institutions affiliated colleges. Seeking your support for the same.

Thanking You,

Yours faithfully,

Dr. Rajeev Misra,
President.

DR GA

05(GA)

DR(GA)

Contact Us: 645A/19, Jankivihar Colony, Jankipuram, Lucknow-226021, UP, India

Mobile: 8707643226, 9118143618

Email- contactmearp@gmail.com

ONE DAY HANDS-ON WORKSHOP ON 'AAAS'

AWARE-ALERT-ACTION-SURVIVAL A COMPREHENSIVE SKILL DEVELOPMENT PROGRAM

DATE:

TIME:

VENUE:

FULL NAME (in block)

GENDER: AGE:

NAME OF THE INSTITUTION/
COMPANY:

DESIGNATION\SPECIALIZATION:

ADDRESS:

CONTACT NUMBER

(whatsapp):

E-mail:

Registration fee: 500/-
FOR STUDENTS: 200/-

Please Note: CD of lectures can be obtained with a nominal fee at the counter.

AAAS
'ek hope'

To Educate and Save Life: An Initiation

(Aware-Alert-Action-Survival)

A Comprehensive Skill Development
Program

COURSE OVERVIEW

It is divided into six modules covering variant areas:



Module One - Basic Life Support
(adult/ infant)

Module Two - Choking (adult/ Infant)

Module Three: Road Traffic
prevention & Awareness

Module Four - Waste
Management & Triage



Module Five: Health and hygiene

Module Six: Disaster Preparedness
and management
Psychological first aid in disaster



Module Seven: Youth & Fitness



AWARE-ALERT- ACTION-SURVIVE



A COMPREHENSIVE SKILL DEVELOPMENT PROGRAM

ORGANIZED BY

ASSOCIATION OF RESEARCH
PROFESSIONALS (ARP)

IN ASSOCIATION WITH:

ANANT SHEEL WELFARE FOUNDATION
(ASHW)

&

DEPARTMENT OF TRAUMA SURGERY
KING GEORGE MEDICAL UNIVERSITY
U.P. LUCKNOW

REGISTRATION FEE: 500/-
FOR STUDENTS: 200/-

NOTE: After satisfactory completion of course, Certificate
along with teaching notes /CD of lectures will be provided.
CONTACT NO: 8934974757
9453218532

E-mail: aaasekhope@gmail.com

Please Note: CD of lectures can be obtained with a nominal fee at the counter.

TRAINING MODULE

BASIC LIFE SUPPORT

Basic life support: Introduction and its importance
Circulation, airway breathing: AED
Visual session: audio/ visuals
Skill Session: Practical Skill stations / Demonstration
Special Scenario- Choking (adult, infant or child), drowning, Trauma Management

CHOKING

ADULT/ INFANT/ PREGNANT WOMEN

ROAD TRAFFIC PREVENTION & AWARENESS

Causes of Road accidents
Accident prevention plan
Alertness, prevention and awareness on road accidents

WASTE MANAGEMENT & TRIAGE

Introduction to disaster waste
Risk & Causes of disaster, Hazard waste
Disaster waste Management

HEALTH & HYGIENE

introduction : health and hygiene
Visual session: audio/ visuals
interactive session

DISASTER PREPAREDNESS AND MANAGEMENT PSYCHOLOGICAL FIRST AID

Disaster and Disaster Management
Disaster preparedness
Psychological first aid

YOUTH & FITNESS

Introduction
Behavioral health evolution
Teen co-occurring disorders: drug abuse and depression
Combating anxiety and depression
Role of meditation

HAND ON TRAINING / WORKSHOP

The instructor/ expert will help the college students to complete their training through practical/ hands on training or workshop. Small groups/ team will be divided and will be given the attempts to perform the task. They will be given opportunities to practice the skill and also will be given hands on training equally to learn and apply at the required time.

TRAINING BENEFITS

- 1. Certificate
- 2. Training Material
- 3. Demonstration (through LAB/PPT/PICTURE/DUMMY/VIDEO/ACTS)

PURPOSE & ITS BENEFITS

- To enhance the specific skills of the learner with no formal skill and impart them training
- To enable a learner to deal with the person at time of emergency when confronted with RTI (Road Trauma Injury)
- To train and provide knowledge on hazardous waste and its management
- To give insight about health & hygiene
- To educate the learners about psychological first aid
- To train the learners about fitness and the challenges faced amongst youth
- To educate about triage, its importance; golden hour (the first hour after a traumatic injury, when emergency treatment is most likely to be successful) and its major benefits in reduction of mortality rate
- To conduct pre and post assessment which will certify the ability of the candidate to undertake certain set of activities

FOCUS



OUR TRAINING VAN



Emergency situations always need immediate action especially CPR as the ambulance might not be able to arrive right away. Providing CPR immediately for the patient decreases the risk of brain damage or death.



The abdominal thrusts technique is called the Heimlich Maneuver, which involves lifting of diaphragm and expelling air from your lungs. This causes the foreign object to be expelled from the airway. Hands on training about this procedure will not only enable the trainer to learn how to provide immediate aid at the need of the hour, but will also benefit the patient in reviving.



Safety and accident prevention programs are designed to protect you so you may reach your goals. This says a lot about the importance of workplace safety - it is important for the very reason of improved productivity. Safety is also very important because human resources are the most important to an organization.



The most important reason for proper waste management is to protect the environment. Since certain types of waste can be hazardous and can pollute the environment, recycling of the waste can be one measure to save the environment from pollution.



Good personal hygiene is important for both health and social reasons. It entails keeping your hands, head and body clean so as to stop the spread of germs and illness. Your personal hygiene benefits your own health and impacts the lives of those around you, too.



Psychological First Aid (PFA) is an evidence-informed approach that is built on the concept of human resilience. PFA aims to reduce stress symptoms and assist in a healthy recovery following a traumatic event, natural disaster, public health emergency, or even a personal crisis.



Physical activity promotes positive mental health, builds strong bones and muscles, and reduces the likelihood of developing obesity and risk factors that can lead to chronic diseases. It also affects child's academic achievement by enhancing concentration & memory.

ABOUT THE PROGRAM

- No. of Seats: 100
- Fees/batch: Rs 500/-
- Fees / batch for students: 200/-
- Duration: 1 Day