



# Rajendra Academy for Teachers' Education

## NAAC Accredited Teachers Training College (Grade B)

Recognised by NCTE, New Delhi & Affiliated to Burdwan University, WBBPE & WBUTTEPA

### A Report on Red Cross & First AID



#### Event: Red Cross & First AID Report

#### Topic: First AID Training

Date of Event: 23.01.2020, 24.01.2020, 27.01.2020

Venue: Tapan Kumar Chakrabarty Memorial Hall

Address: Rajendra Academy for Teachers' Education  
Gopalpur, Durgapur Pincode: 713212

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## **INTRODUCTION**

**Rajendra Academy for Teachers' Education** caters to the growth of the students for every competitive step in their life. The Institution understands the need to equip every student for the modern challenges. Thus the institution stepped ahead with the objective to collaborate with Indian Red Cross Society. Red Cross Society is a voluntary organization that focuses upon having a network for over 110 branches throughout the country. Rajendra Academy for Teachers' Education also looks forward to the same objective as Red Cross. Rajendra Academy for Teachers' Education has always focused on qualitative enhancement.

**Red Cross Society, Durgapur** expressed and came forward with the collaborative terms with Rajendra Academy for Teachers' Education. The Mission of the Indian Red Cross is to solely inspire, encourage and then initiate at all times with all forms of humanitarian activities. It is so that human suffering can be minimized and even prevented and thus contributes to creating more congenial climate for peace. Rajendra Academy for Teachers' Education truly believes in the mission of Red Cross Society and so proposes to form a collaborative unit.

Volunteering has been at the very heart of the Red Cross since its inception. Rajendra Academy for Teachers' Education also agrees to undertake the tasks and roles to build a responsible society in the near future. Volunteers are the backbone of all activities, helping branches to run successful programmes. Rajendra Academy also aims to assist vulnerable people in need. Thus they are looking forward to train the students so that they can also work for the benefits of the human race. In collaboration with Red Cross Society, the college is about to assist millions of vulnerable people in need.

With the same initiative, the college in its own campus staged a **Three-day program on First AID Training from 24<sup>th</sup>January 2020, 25<sup>th</sup> January 2020, 27<sup>th</sup> January 2020.** IRCS rewards and recognizes volunteers whenever possible and provides appropriate personal development opportunities.

IRCS recruits volunteers irrespective of their race, ethnicity, sex, religious belief, age, and disability or membership. Rajendra Academy also extended their support in form of collaboration so that activities can be carried out judiciously. The college also promises to share the principles of the Fundamental activities. There are many organizations as well as institutions which are associated with Red Cross Society and RATE is one such name in the series.

Young volunteers make a significant contribution in meeting the needs of the most vulnerable people within their local communities through Red Cross youth programme. Red Cross organized First AID training programme so that the trainees and the staff of the college can be benefited from it. Basically First AID is one of the crucial activities which the world is demanding. This small initiative to train the personnel is a wise and active option to take up.

## **ABOUT THE COLLEGE**



The area is under the jurisdiction of the Gram Panchayat of Gopalpur, Kanksa. It is our extreme pleasure to introduce RATE (Rajendra Academy for Teachers' Education) under Rajendranath Educational and Welfare Trust (REWT), established in the year 2012. Since its inception, Rajendra Academy for Teachers'

Education affiliated to WBUTTEPA, The University of Burdwan, and West Bengal Board of Primary Education runs its composite unit of professional Teachers' Training courses of M.ED, B.ED and D.El.Ed. Rajendra Academy For teachers' Education organized a Three -day First Aid Training Program under the umbrella of Rajendranath Group of Institutions. This is a matter of pride for the college that it can facilitate the environment with various evoking programmes and events. Awareness programs at College premises are to increase the level of thinking among the students and staff. The programs are finely crafted under the guidance of many teachers and experts and above all the College Authority.

The Indian Red Cross Society (IRCS) is a part of the International Red Cross and Red Crescent Movement. One of the most common activities that all national societies perform is first aid training and providing first aid cover. The college believes in all the objectives of Red Cross Society and desires to be a part of the organization through the means they aspire to be. In return they aspire to build up the capacity to respond to humanitarian needs both in times of emergencies and day to day needs.

## Vision & Mission



Rajendra Academy for Teachers' Education aims to provide the best assistance without discriminating between the nationality, race and religious beliefs along with voluntary free service to the society. Rajendra Academy for Teachers' Education together with Red Cross will make up a new organization of the youth generation where nobody will be kept away from the primary first aid help in times of need.

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# INDIAN RED CROSS SOCIETY



DURGAPUR SUB-DIVISIONAL BRANCH

CHAIRMAN : SUB-DIVISIONAL OFFICER, DURGAPUR

Ref. No. IRCS/DG.P/66/2020

Date 10.01.2020

Red Cross Office & Polyclinic :  
Red Cross Road, City Centre  
Durgapur - 713216

To  
The Chairman ,  
Rajendra Academy for Teachers Education  
Gopalpur, Kanksa, West Burdwan  
Pin-71212

Sub: Consent for your request for Collaboration with our  
esteemed organization (Red Cross)

Sir,

As per your request through esteemed letter for collaboration  
with us for so many Programs in your institution through the year  
permanently , we agree and will try our best to do the same .

Thanking you

Honary Secretary  
IRCS/ Durgapur

Hony. Secretary  
Indian Red Cross Society  
Durgapur Sub-Divisional Branch  
DURGAPUR-713216



Rajendra Academy for Teachers' Education aims to create a greater potential to develop the capabilities among the youth generations so that they can assist the needy in times of emergencies. With First AID training, the trainers will be enabled to have individual communities and bear a feeling of brotherhood amongst them.

Together with Red Cross, RATE is also born with the desire to serve the society and bring assistance without discrimination to the wounded in hour of medical need. Thus the mission is to protect the life and health awareness among all. This ensures respect for human race.

## Context



Rajendra Academy for Teachers' Education truly projects the objectives of the Red Cross Society with a positive thought to train the young generation along with the staff so that they can work with collaborative measures. The Red Cross Society organized a three-day programme which was entirely upon First AID training procedure. The entire programme was scheduled for three days consecutively. There were many participants who were not only interested but also expressed willingness to create difference. The Event was organized in the TKC memorial Hall, in the RATE building. The event was from 24.01.2020, 25.01.2020 and 27.01.2020.

An effective First Aid's system in workplaces is significantly important to the outcomes of accidents at work, thus contributing positively to create healthy and safe environments, improving responsible attitude and risk perception by workers.

### **Significance of First Aid Training**

First aid is the immediate care of an injured or suddenly sick person. It is the care a person applies as soon as possible after an accident or sudden illness.

This prompt care and attention prior to the arrival of the ambulance can sometimes mean the difference between life and death or between a full or partial recovery.

The main aims and principles of first aid are to:

- Preserve life – This includes the life of the casualty, bystander and rescuer.
- Protect the casualty from further harm – Ensure the scene is safe.
- Provide pain relief – This could include the use of ice packs or simply applying a sling.
- Prevent the injury or illness from becoming worse – Ensure the treatment you provide doesn't make the condition worse.
- Provide Reassurance.

## Objectives

Rajendra Academy For teachers' Education collaborated with Red Cross Society with noble objectives to serve the mission of the organization through their students. The following objectives are enlisted below:

- To enhance the understanding about the Red Cross Mission and Vision & its Fundamental Principles
- To promote peace and harmony among the youth and the selected communities.
- To strengthen the capacity of the YRC in the area of Hygiene Promotion, Household Water Treatment, Basic First Aid and Promoting Peace and harmony.
- To contribute towards increasing the awareness of and behavioral changes in the selected communities on Hygiene Promotion, Household Water Treatment and basic First Aid.
- IRCS youth program is also considering an intensive - youth led community based interventions – with various important components added to the J/YRC level of activities.
- To provide trainings to the staff and trainee teachers upon Red Cross and Youth program activities as well as on Hygiene Promotion, Water & Sanitation and First Aid.
- Initiation of preparation for the visibility activities like wall paintings, posters and printing of behavioral change communication material etc.

**Participants:** There was a huge crowd of **325 participants** in the three-day training programme. Students and staff from the three colleges participated in the training programme. Not only had those students from Alumni Association also participated in the training session. It was not only informative but also quite knowledgeable. The training was upon First AID and its remedial measures which are going to help the trainees to support the victim in times of need. A small act of First AID can help save a victim's life quite effectively.

The college is a platform where students are equipped with modern techniques and also they work with the objective to equip the students with every piece of knowledge possible. Thus to enhance the understanding of the Crescent Movement of the Red Cross Society and its fundamentals among the students, RATE enhances quality collaboration with the organization.

**First Aid Training at College Campus-** The First Aid Training in the Campus was conducted by the team of experts of Red Cross Society in collaboration with Rajendra Academy for Teachers' Education. The training went on with practical demonstrations and ended with an examination of the same. Later on Certificates were issued to the First-Aiders from Red Cross Society.

The following was the schedule that was being followed for three days of First Aid training.

<b>Day 1 23.01.2020</b>	<b>Introduction to the First Aid Training</b>
<b>Day 2 24.01.2020</b>	<ul style="list-style-type: none"><li>• <b>Types of First AID issues</b></li><li>• <b>Cases which require First AID</b></li><li>• <b>Methods that are involved in First AID treatment and Policies</b></li><li>• <b>Importance of First Aid</b></li><li>• <b>How to do bandage when it is a time of emergency?</b></li><li>• <b>Practical Demo classes</b></li></ul>
<b>Day 3 25.01.2020</b>	<b>Revision of the course and Examination based on the training</b>

***Table showing the Schedule of the First AID training at RATE campus***

This program is one such sensitive issue which the world needs to know. With a proper and amazing synchronization of the programme, Red Cross society is planning to make a safer and disease-free India. The

Mission of the Indian Red Cross is to inspire, encourage and initiate at all times all forms of humanitarian activities so that human suffering can be minimized and even prevented and thus contribute to creating more congenial climate for peace.

The college therefore expresses its wish and desire to train the students and the staff who are interested in going through the training. There were many eminent guests and members of the Indian Red Cross Society, Durgapur branch who extended their support and were present on the days of training so that the college can get some good feedbacks and results from the Red Cross Society.

Rajendra Academy for Teachers' Education truly believes in forecasting the purpose is to protect life and health and to ensure respect for the human being. It promotes mutual understanding, friendship, cooperation and lasting peace amongst all peoples.

### THE EVENT DETAILS

**DAY 1: Introductory to First AID and issues that may arise**

**Date: 23.01.2020 Time: 11:00:00 A.M IST**



*Picture: Mr. Avijit Pal, the Secretary of Red Cross Society, Durgapur Branch addressing the crowd at the college auditorium*

The first day of the Red Cross was started with an introductory speech by the Secretary of Red Cross Society, Mr. Avijit Pal. He discussed about the basic features and the grave importance of First Aid training among the youth with the motive to understand its importance in the current world. He also put forward certain important points that featured why Red Cross and First Aid training has been introduced in the school and college levels.

The fundamental principles of Red Cross Society have been given more importance through enlightening words of Mr. Pal's speech lines. The society makes no discrimination as to nationally, race, religious beliefs, class or political opinions. It rather endeavors to relieve the suffering of individuals, being solely by their needs, and give priority to the most urgent cases of distress.

Later in the proceeding session, it is really important that you understand the basic needs of the training. In orders to enjoy the confidence of all, the Movement may not take sides in hostilities or engage in controversies of a political, racial, religious or ideological nature.



*Picture: In the middle, Dr. Shankar Banerjee (Associate Doctor with Red Cross Society) addressing the mob in the TKC Memorial Hall. In the Right, Prof. (Dr.) B.C Swain, Principal, RATE*

Dr. Shankar Banerjee presided over the later session around the day and discussed about various important topics in relation to the respiratory issues. There were certain medical proceedings which were well projected through practical demonstration. Volunteers from Red Cross Society participated in the program to show the demonstration quite well.

The first day of the First Aid Training program focused upon-

- 1. Anatomy and Physiology**
- 2. Cardiovascular**
- 3. Communicational diseases**
- 4. Infection Prevention and Control**
- 5. Teambuilding**

Dr. Shankar Banerjee said that it is voluntary relief movement not prompted in any manner by desire for gain. He also added that The Red Cross Society is born with the desire to bring assistance without discrimination to the wounded on the battlefield, endeavors, in its international and national capacity, to prevent and alleviate human suffering wherever it may be found. The purpose is to protect life and health and to ensure respect for the human being. It promotes mutual understanding, friendship, cooperation and lasting peace amongst all peoples.

The First of the training ended with some revision of the whole day session and doubt clearing by the experts at the end. There can be only one Red Cross or Red Crescent in any one country. It is open to all. It is carrying on its humanitarian work throughout the territory.

## DAY 2: First AID training and its benefits at Workplace

Date: 24.01.2020 Time: 11:30:00 A.M

The second day of the First AID Training starts with the review of the 1<sup>st</sup> Day's training and then moving on to the second schedule of the programme that commenced with some interesting medication techniques. Dr. Banerjee discussed upon the necessity of the First Aid training.

He moved ahead with the bandage section first. Through practical demos he showed the trainees how to figure out the immediate injury of the victim with its treatment measures. The following were the details

which took over the training correspondingly. Later on Mr. Avijit Pal, Arindam Pal and the active team members of the Red CROSS Society enforced upon the benefits of the First AID at the Workplace.



*Dr. Shankar Banerjee explaining the CPR theory and its functioning*

The office can seem like a safe place to work, but, there are risks you wouldn't think of until they happen. An accident can occur at any time and if it did, who in the workplace is trained to help? It is a legal requirement as a company to ensure your employees receive immediate attention. Here are 10 reasons why you should consider First Aid Training for employees.

### **1. It can save lives**

This may seem like the most obvious reason, but it is proved that first aid saves lives. If there is an accident in the office is anyone trained to come to the rescue? First aid training gives your staff the confidence and ability to react immediately to an incident, injury or illness. CPR (Cardiopulmonary Resuscitation) has been reported that many lives have been saved due to fast reaction CPR. This would have been given during critical and life-threatening accidents, injuries or health complications in the workplace.

### **2. Reduce the number of workplace accidents**

First aid training helps employees learn to be more conscious of safety in the workplace, leading to a reduced number of accidents and injuries. Minimizing risk to workers and decreasing workplace incidents is a benefit to everyone, but for employers it has implications within all aspects of business operations. All employees become more safety aware, helping to bring down the number of accident.

### **3. Positive work environment**

By making first aid training available to employees, employers can show their workforce that they care about providing a safe work environment. First aid training provided in the workplace can even be used as an excellent team-building exercise and morale booster. Employee morale is an integral part of any company.

### **4. Maintains positive attitudes for better outcome**

High morale leads to positive attitudes and positive attitudes lead to positive results. The happiness and wellbeing of your employees will help you build a strong relationship, ultimately resulting in a better working environment. First aid training will help ensure employee health and safety in addition to enhanced wellbeing and morale.

### **5. Your company will be safer place to work**

Many large companies give first aid as part of employee training; this is a very wise option because it guarantees they can all look out for one another. If an accident happens at work; employees may be able to prevent further injury to the victim of the accident. First aid courses in the work place promote safer practice amongst employees

#### **6. First aid kits are used properly**

Not only will your employees know exactly what should be in the first aid kit and be able to maintain it properly, they'll be able to use them effectively in an emergency. They will know where to access it quickly – again saving time and reducing the impact of the illness or injury. First aid trainees know exactly what's in their first aid kits, how to use the contents, and the various ways to react in an emergency. In a beneficial way, it makes each employee an unofficial health and safety risk manager.

#### **7. It can reduce recovery time**

Rapid reaction to illness or injury, before further aid such as an ambulance arrives can not only save lives, but in addition, will reduce recovery time of the patient. If that patient is a member of staff, that means they'll be back to work quicker, with less impact on the business.

#### **8. It can keep employees safe outside of the workplace**

It's not just in the workplace where good first aid training is paramount – employees will have those skills for life, especially if you maintain ongoing refresher courses. This means they can treat themselves, their family and friends and the public effectively in an emergency.

#### **9. It's a great team-building exercise**

When your staff gets the opportunity to learn a skill together, one that will help them look after one another, it brings them closer together. Many teams have reported more awareness of their co-workers wellbeing following first aid training. The cost of a First Aid at Work Training course is nothing compared to that of potentially saving a life.

#### **10. It gives your employees confidence and clarity during an emergency**

First aid training doesn't just teach your staff how to treat patients in need of first aid, it also gives them confidence and effectively manage an emergency without fear, confusion or overwhelm. Providing first aid and CPR training doesn't cost much, but it will go a long way to ensuring workplace health and safety.



*Indian Red Cross Society*

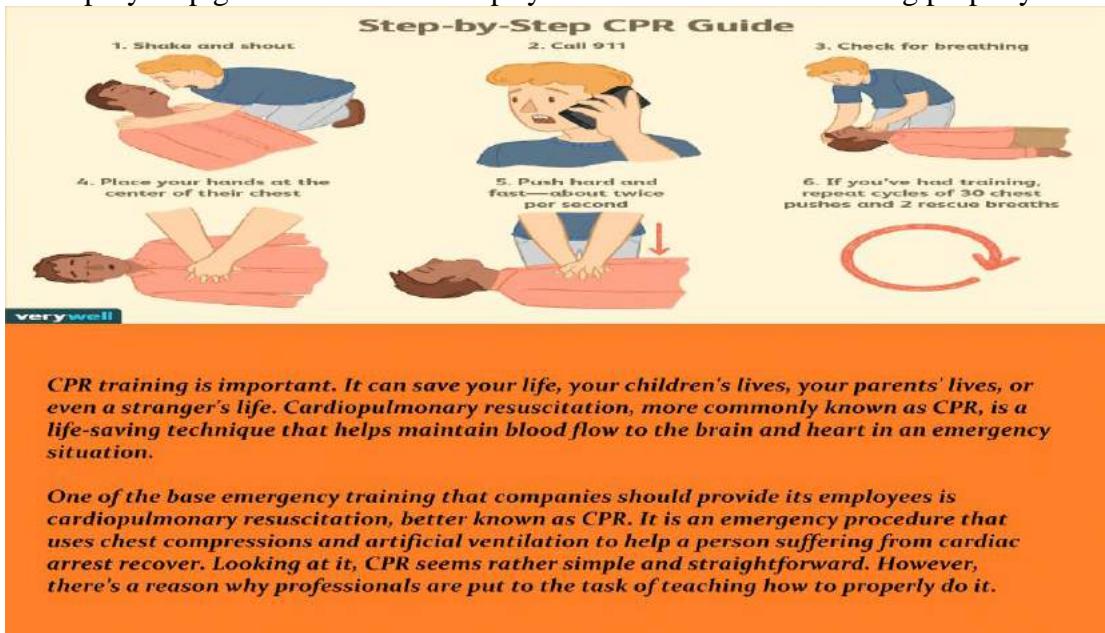


## Session-II

### Day 2: A brief introductory and explanation of CPR

Dr. Shankar Banerjee, Indranil Ghosh and Neurotherapist Sukumar Singha Roy taught about the CPR or the treatment of the same. In a brief discussion after lunch, continued the brief training of various first aid training activities. Infact the need for First AID in times of emergency is the biggest factor. This is what the experts have been continuously focusing upon.

Below is a step-by-step guide of CPR that helps you to understand the working properly.



This is because **TIME IS OF THE ESSENCE** when treating a cardiac arrest victim. Once the heart stops beating and blood flow stops, a person will lose consciousness within 15 seconds. Within another 30 to 60 seconds, they will stop breathing, and **IRREVERSIBLE** damage to their brain cells will follow after several minutes of oxygen deprivation.

When an individual suffers from cardiac arrest, their survivability depends greatly on receiving **IMMEDIATE** CPR from a bystander.

However, according to the American Heart Association (AHA), less than one-third of these individuals receive the help they need, because most bystanders are untrained in CPR and are afraid they will do something wrong.

CPR is a life-saving technique that helps maintain some blood flow to the brain and heart and can help "buy time" until professional EMS providers arrive with more advanced care. The American College of Cardiology provides a comprehensive fact sheet on the basics of CPR and instructions for administering compressions for trained and untrained people.



Indian Red Cross Society proudly celebrates 100 years of their existence on the platform of Rajendra Academy for Teachers' Education, Durgapur



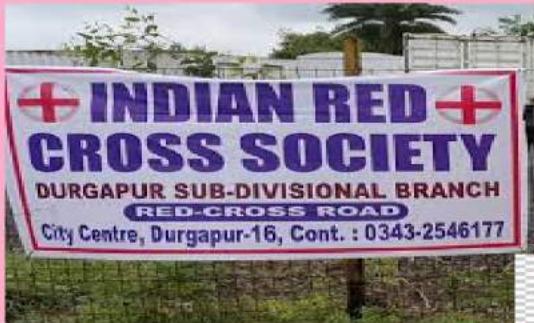
### **DAY 3: Examination and final approval from Red CROSS Society**

**Date: 27.01.2020 Time: 11:30:00 A.M**

CPR in its simplest form is just chest compressions. Doing only chest compressions doubles the chance of survival compared to doing nothing else. The last day of the training was concluded with an examination that took its shape eventually. There were around more than 450 participants on the day of examination. Everyone seriously took their test quite well and fantastically.

The Secretary of Durgapur branch of Red Cross Society addresses the amazing crowd saying that he is really pleased with the training program that was held for 3 long days. He presented his vote of thanks to the chair and the session with his warm concluding words. The entire team also felt it a compassionate welcome to the institute.

## **Collaboration and cooperation**



They thanked the collaborative effort of the College management, The Honourable Chairman Shri Jayanta Kumar Chakrabarty and his regiment headed by Principal Sir, Prof. (Dr.) Baishnab Charan Swain for the wonderful cooperation. After everything was complete there was a heartiest applause from the crowd for the entire preparation that was done. The day ended with a short program and warm notes of words from the Honourable Chairman of this proud institution. Both Red Cross Society and RATE collaboratively promised to work for the benefits assuring the objectives to be done in order.