

AMAR SHAHEED BABA AJIT SINGH JUJHAR SINGH MEMORIAL  
COLLEGE, BELA (ROPAR) Pb.

**First Aid Society**



## **First Aid Society Report**

A.S.B.A.S.J.S. Memorial College, Bela has established First Aid Committee to provide a safe and healthy life to its employees, students and also the visitors. Our committee try to assist person by providing first aid treatment and ensuring that the college campus is safe for everybody.

First Aid is the first and immediate assistance given to any person suffering from either a minor or serious illness or injury, with care provided to preserve life, prevent the condition from to promote recovery. It is generally performed by someone with basic medical training. Dr. Mathew Joseph was the father of the first Aid. On the other hand Robert wood Johnson was founder of First Aid Kit. The first Johnson & Johnson First Aid Kit was prepared in 1888.

### **Motto of First Aid**

First aid skills are kept simply on purpose so that people can remember and use them in an emergency to save at least one life. One set of goals of first Aid is called the “Three P’ S”

### **PPP in First Aid**

- Priorities
- Preserve life - Stop the person from dying.
- Prevent further injury (worsening) - stop the person from being injured even more.

### **Aim of First Aid**

- Preserve life
- Prevent illness or injury from becoming worse
- Relieve pain if possible
- Promote recovery
- Protect the unconscious

### **Role of First Aider**

- Assess the situation quickly and calmly. Safety check whether you or the casualty are in danger. Find out what caused the accident or situation and find out what happened?
- Protect yourself and others from any danger:
- Always protect yourself first: Never put yourself in danger. If you can't make an area safe call 999 or 112 for emergency help
- Prevent infection between you and them.
- Comfort and reassure - stay calm and take charge of the situation.
- Assess the casualty given first aid treatment.

#### **Composition of the First Aid Society:**

1. Dr. Satwant Kaur Shahi (Convener)
2. Asst. Prof. Sunita Rani (Member)
3. Asst. Prof. Pritpal Singh (Member)
4. Asst. Prof. Amarjit Singh (Member)
5. Mr. Sohan Singh (Member)

#### **Report**

Our first Aid society try to provide an effective first aid service to the person. We try to assist and maintain a safe environment for the person for this purpose. Rallies, Seminars and awareness campus programmes are arranged to the community and students against illness, severe and minor injuries with the help of Red Cross Society. Our society try to aware the students and employees about bio hazards and unhygienic practices. We try to provide welfare to the students in distress/suffering from illness or injury and provide advice and support and direct students to appropriate support service. In this way the committee is marching forward for the best in the college. Recently, S. Charanjit Singh Channi, Cabinet Minister Punjab Government gave Rs. Three lakh to the College for Ambulance, which will be used for emergency services by the college and the community.

### **Meeting of First Aid Society, ASBASJSM College, Bela**

Minutes of the meeting held on 8. 8. 2019 at 3.00 P.M. in science staff room of ASBASJSM College, Bela.

The following members were present:

1. Dr. Satwant Kaur Shahi
2. Asst. Prof. Sunita Rani
3. Asst. Prof. Pritpal Singh
4. Asst. Prof. Amarjit Singh
5. Mr. Sohan Singh

The following points were discussed:

- i. Members discussed the importance and motto of First Aid Society.
- ii. Members discussed the aims of First Aid Society.
- iii. Members discussed about working and job roles of the committee.
- iv. Members discussed to provide healthy and safe environment for students.
- v. Members decided to conduct next meeting on 21<sup>st</sup> August 2019 at 3.00 P.M.

### **Meeting of First Aid Society, ASBASJSM College, Bela**

Minutes of the meeting held on 21. 8. 2019 at 3.00 P.M. in science staff room of ASBASJSM College, Bela.

The following members were present:

1. Dr. Satwant Kaur Shahi
2. Asst. Prof. Sunita Rani
3. Asst. Prof. Pritpal Singh
4. Asst. Prof. Amarjit Singh
5. Mr. Sohan Singh

The following points were discussed:

- i. Members proposed to conduct a seminar on first aid techniques for the students with the help of Red Cross Society Ropar.
- ii. Members decided the date to organize first aid classes.

- iii. All the members were given different duties regarding the two days seminar on first aid going to be held on 5-6 Sept., 2019.

