INDIRA GANDHI NATIONAL OPEN UNIVERSITY (REGIONAL CENTRE- DELHI -1)
Learner Support Centre – 07192 ESIC MCH –Faridabad, Haryana
CFAID Practical Sessions Counseling Schedule (July-2026 Batch)

Session	Date	Skills in First Aid (BNSL-140) Practical Block/Manual-I&II	Time (4 Hours/Session)	Academic Counselor
1.	9/11/26	**Practical Manual – 1** Introduction to Practical Course & Log Book Unit 1: Scene safety and Assessment of victim Unit 2: First Aid Box	8am- 12 pm	Mr. Bablu
2.	9/11/26	**Practical Manual – 2** Unit 1: Head and Spinal Injury Unit 2: Bones and Joints Injury	1 pm -5 pm	Ms. Indu Rathore
3.	10/11/26	**Practical Manual – 2** Unit 3: Burns Unit 4: Foreign bodies	8am- 12 pm	Ms. Indu Rathore
4.	10/11/26	**Practical Manual – 1** Unit 3: Bandaging/Splints /Slings/ Binder : First Aid with Improvisation (Scenario Based)	1 pm -5 pm	Mr. Bablu
5.	11/11/26	**Practical Manual – 2** Unit 5: Fits and Fainting Unit 6: Chest Pain	8am- 12 pm	Ms. Indu Rathore
6.	11/11/26	**Practical Manual – 1** Unit 4: Transportation of victim	1 pm -5 pm	Mr. Bablu
7.	12/11/26	**Practical Manual – 2** Unit 7: Asthma Unit 8: High and Low Blood Sugar	8am- 12 pm	Ms. Indu Rathore
8.	12/11/26	**Practical Manual – 1** Unit 5: CPR COLS, Recovery Position	1 pm -5 pm	Mr. Bablu
9.	13/11/26	**Practical Manual – 2** Unit 9: Drowning and Poisoning Unit 10: Extreme Heat and cold condition	8am- 12 pm	Ms. Indu Rathore
10.	13/11/26	**Practical Manual – 1** Unit 6: Automated External Defibrillator (AED)	1 pm -5 pm	Mr. Bablu
11.	14/11/26	**Practical Manual – 2** Unit 11: Bites and Stings Unit 12: Altitude Illness	8am- 12 pm	Ms. Indu Rathore
12.	14/11/26	**Practical Manual – 1** Unit 7: Universal Precautions *Unit 8: Control of Bleeding*	1 pm -5 pm	Mr. Bablu
13.	15/11/26	**Practical Manual – 2** Unit 13: Allergy, Shock	8am- 12 pm	Ms. Indu Rathore
14.	15/11/26	**Practical Manual – 1** Unit 9: Wound care and Dressing	1 pm -5 pm	Mr. Bablu
15.	16/11/26	**Practical Manual – 2** Unit 14: Triage Psychosocial First Aid	8am- 12 pm	Ms. Indu Rathore
16.	16/11/26	**Practical Manual – 1** Unit 10: Communicating with victims and relatives	1 pm -5 pm	Mr. Bablu
17.	17/11/26	**Practical Manual – 2** Unit 15: Mockdril – Fire, Earthquake Log Book completion and checking	8am- 12 pm	Ms. Indu Rathore
18.	17/11/26	Internal Practical Assessment & Viva	1 pm -5 pm	Ms. Vaishali Sharma Ms. Indu Rathore

Academic Counselor

IGNOU Coordinator

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