<table>
<thead>
<tr>
<th>Time</th>
<th>Topics</th>
<th>Comments</th>
<th>Time (min)</th>
<th>Time (hrs)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 1 (Modules – First Aid)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.00-10.30 AM</td>
<td>Introduction by Participants, Objectives of SERV Training</td>
<td></td>
<td>90</td>
<td>1.5</td>
</tr>
<tr>
<td></td>
<td>Red Cross Movement – Principles, Emblem, Structure</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10.30-10.45</td>
<td><strong>Tea Break</strong></td>
<td></td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>10.45-11.45</td>
<td>First Aid - General Principles</td>
<td></td>
<td>60</td>
<td>1</td>
</tr>
<tr>
<td>11.45-13.25</td>
<td>Respiratory System, Resuscitation (CPR), Recovery Position</td>
<td></td>
<td>100</td>
<td>1.7</td>
</tr>
<tr>
<td>13.25-14.05</td>
<td><strong>Lunch Break</strong></td>
<td></td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>14.05-14.45</td>
<td>Respiratory System, CPR, Recovery Position (cont.)</td>
<td></td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>14.45-15.15</td>
<td>Choking</td>
<td></td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>15.15-15.35</td>
<td>Suffocation by Smoke</td>
<td></td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>15.35-15.50</td>
<td><strong>Tea Break</strong></td>
<td></td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>15.50-16.05</td>
<td>Asthma</td>
<td></td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>16.05-16.15</td>
<td>Drowning</td>
<td></td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>16.15-16.40</td>
<td>Chest Discomfort</td>
<td></td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>16.40-18.00</td>
<td>Bleeding leading to shock; stopping the bleeding etc</td>
<td></td>
<td>80</td>
<td>1.3</td>
</tr>
<tr>
<td><strong>Total Time – Day 1</strong></td>
<td></td>
<td></td>
<td>540</td>
<td>9</td>
</tr>
<tr>
<td><strong>Day 2 (Modules – First Aid)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.00-9.10</td>
<td><strong>Key Messages of Day</strong></td>
<td></td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>9.10-10.50</td>
<td>Injury and Fractures-General Principles, Dressing, Bandages,</td>
<td></td>
<td>100</td>
<td>1.7</td>
</tr>
<tr>
<td></td>
<td>Immobilization, Transport, Stretchers, improvisation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10.50-11.05</td>
<td><strong>Tea Break</strong></td>
<td></td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>11.05-12.30</td>
<td>Injury and fractures continued; Head, Neck and Spinal injuries-H</td>
<td></td>
<td>85</td>
<td></td>
</tr>
<tr>
<td></td>
<td>handling, Transportation, improvisation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12.30-13.05</td>
<td>Burns</td>
<td></td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>13.05-13.30</td>
<td>Stroke</td>
<td></td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>13.30-14.10</td>
<td><strong>Lunch Break</strong></td>
<td></td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>14.10-14.35</td>
<td>Epilepsy, Convulsions</td>
<td></td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>14.35-15.05</td>
<td>Animal Bites</td>
<td></td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>15.05-15.35</td>
<td>Snake Bites</td>
<td></td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>15.35-15.50</td>
<td><strong>Tea Break</strong></td>
<td></td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>15.50-16.30</td>
<td>Poisoning</td>
<td></td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>16.30-16.40</td>
<td>Heat Stroke</td>
<td></td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>16.40-16.50</td>
<td>Hypothermia</td>
<td></td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>16.50-17.20</td>
<td>Diabetes</td>
<td></td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>17.20-17.50</td>
<td>Any Locally Relevant Topic(s) in First Aid</td>
<td></td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>17.50-18.00</td>
<td>First Aid Box</td>
<td></td>
<td>10</td>
<td></td>
</tr>
<tr>
<td><strong>Total Time – Day 2</strong></td>
<td></td>
<td></td>
<td>540</td>
<td>9</td>
</tr>
<tr>
<td><strong>Day 3 (Modules – Basics of DP/DM and other related topics)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.00-9.10</td>
<td><strong>Overview of the day</strong></td>
<td></td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>9.10-9.30</td>
<td>Disasters - Definition, Types, Need for Preparedness</td>
<td></td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>9.30-10.30</td>
<td>Rapid Assessment and Management of Disasters</td>
<td></td>
<td>60</td>
<td></td>
</tr>
<tr>
<td>10.30-10.45</td>
<td><strong>Tea Break</strong></td>
<td></td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>10.45-12.00</td>
<td>Do’s and Don’ts during Disaster (Earthquake, Tsunami, Fire,</td>
<td></td>
<td>75</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Flooding etc.)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12.00 – 12.45</td>
<td>Distribution of Relief material</td>
<td></td>
<td>45</td>
<td></td>
</tr>
<tr>
<td>12.45 – 13.30</td>
<td>Conservation of Environment/Water</td>
<td></td>
<td>45</td>
<td></td>
</tr>
<tr>
<td>13.30-14.10</td>
<td><strong>Lunch Break</strong></td>
<td></td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>14.10-15.25</td>
<td>Assisting Vulnerable Groups including women, children,</td>
<td></td>
<td>75</td>
<td></td>
</tr>
<tr>
<td></td>
<td>elderly and persons with disabilities (WASH &amp; PHiE)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15.25-15.40</td>
<td><strong>Tea Break</strong></td>
<td></td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>15.40 – 16.25</td>
<td>Restoring Family Links</td>
<td></td>
<td>45</td>
<td></td>
</tr>
<tr>
<td>16.25 – 17.10</td>
<td>Key schemes, services &amp; National Programs of Government for</td>
<td></td>
<td>45</td>
<td></td>
</tr>
<tr>
<td></td>
<td>potential linkages</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17.10-17.40</td>
<td>Monitoring, Reporting and Management of SERV</td>
<td></td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>17.40 – 18.00</td>
<td>Wrap-up and Departure</td>
<td></td>
<td>20</td>
<td></td>
</tr>
<tr>
<td><strong>Total Time – Day 3</strong></td>
<td></td>
<td></td>
<td>540</td>
<td>9</td>
</tr>
<tr>
<td><strong>Total Time (Day 1, Day 2 and Day 3)</strong></td>
<td></td>
<td></td>
<td>1620</td>
<td>27</td>
</tr>
</tbody>
</table>