



Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore
Shri Vaishnav Institute of Paramedical Science
Choice-Based Credit System (CBCS) in Light of NEP-2020
General Electives (UG 2026-2027), I SEM

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme								
			Theory			Practical		L	T	P	CREDITS
			End Sem University Exam	Two Term Exam	Teachers Assessment	End Sem University Exam	Teachers Assessment				
GUPMS101	GE	Life Savings Skill	60	20	20	-	-	4	0	0	4

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P – Practical; C - Credit; *

Teacher Assessment shall be based on the following components: Quiz/Assignment/Project/Participation in Class, given that no component shall exceed more than 10 marks.

Course Educational Objectives (CEOs): The students will:

CEOs 1: Understand Introduce the basic concepts of emergency care and first aid.

CEOs 2: Promote safety, accident prevention, and disaster preparedness.

Course Outcomes (COs): Students should be able to:

COs 1: Explain the principles of first aid and emergency care.

COs 2: Understand common lifestyle diseases and preventive measures.

COs 3: Learn different methods for basic health promotion practices in daily life.

Unit I: Basics of the Human Body and Health

- Introduction to the human body
- Levels of organization of the human body (cells, tissues, organs, and organ systems)
 1. Skeletal system
 2. Muscular system

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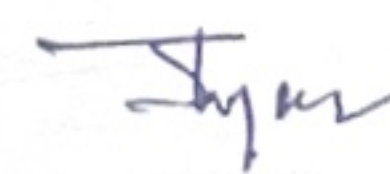
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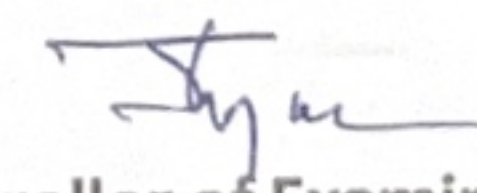
3. Cardiovascular system
4. Respiratory system
5. Nervous system

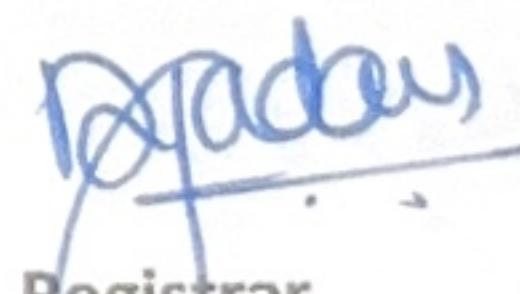
Unit II: Introduction to Emergency Care

1. Meaning and importance of first aid
2. Objectives and principles of first aid
3. Role of a first responder
4. Emergency Medical Services (EMS)
5. Contents of a first aid kit


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Unit III: First Aid for Medical Emergencies

1. Fainting and unconsciousness
2. Fever and dehydration
3. Seizures
4. Heat exhaustion and heat stroke
5. Food poisoning

Unit IV: First Aid for Injuries

1. Cuts and wounds
2. Bleeding and its control
3. Burns and scalds
4. Fractures, sprains, and strains

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