

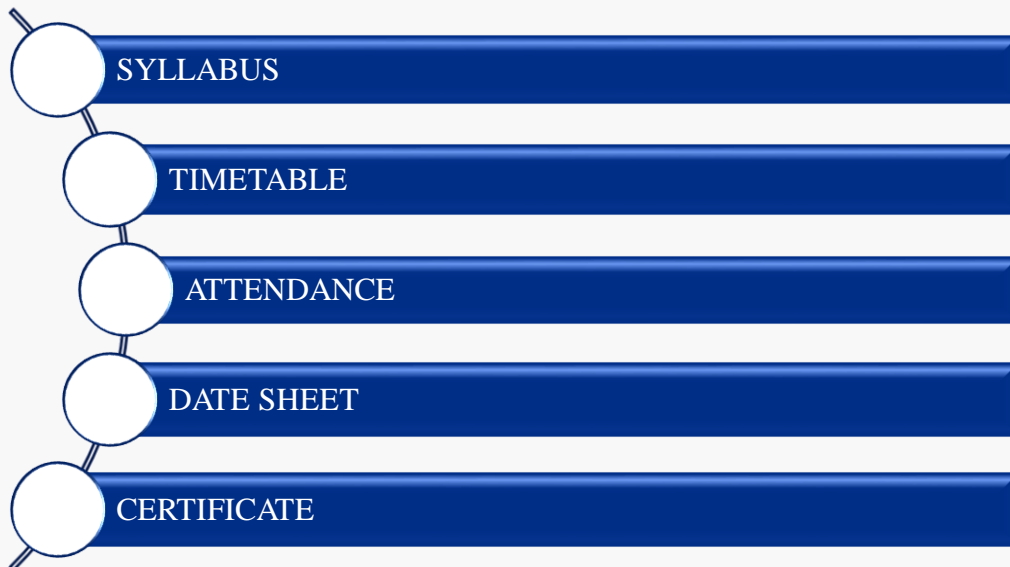


**St. Bede's College Shimla**  
(UGC-NAAC "A+" Grade Re-Accredited)

**CRITERION 1**

1.2.1&1.2.2

**SELF DEFENCE, FIRE FIGHTING & FIRST AID COURSE**





## St. Bede's College Shimla

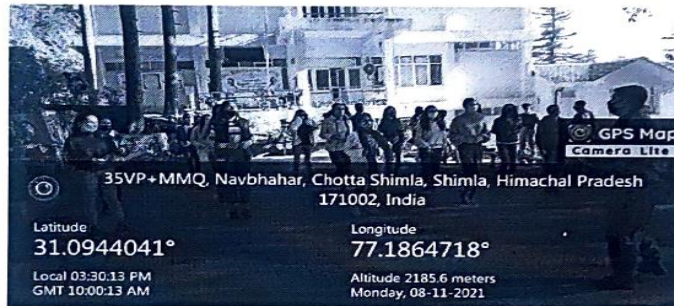
### Syllabus

#### ST. BEDE'S COLLEGE, SHIMLA SELF DEFENCE, FIRE FIGHTING AND FIRST AID COURSE

The add on certificate course on Self Defence, Firefighting and First Aid offered by St. Bede's College is vital in building and improving self-confidence. The students opting for this add on certificate course would be trained by expert trainers of Himachal Pradesh Home Guards and Civil Defence Department on various techniques of Self-defence & Fire Safety and First Aid. The course would help in improving situational awareness of potential threats by teaching the standard physical protection techniques involving using the state of mind, posture along with the fundamental principles of self-respect, responsibility and mutual trust between each other. Fire safety and first aid training would provide them with the essential life-saving skills.

#### Syllabus

- Basic knowledge of Self Defence.
- Self Defence on: Harassment at bus stop / while travelling/ anybody hitting on the head /holding from back, under armpit/ holding neck and choking throat with hands/ attacking with knife/stick etc.
- Fire Fighting: Fire, its chemistry, type, principles of combustion, prevention, DOs & DON'Ts. firefighting equipment, fire extinguisher, and practice.
- Disaster definition, types, causes, earthquake, flood disaster, DOs & DON'Ts. Rescue strategies & techniques, search & location techniques, emergency method of rescue rope & knots & practice.
- First aid golden rule, CPR practice, bleeding, fracture & wounds.



*mollym*  
Principal  
St. Bede's College  
Shimla 171002

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**St. Bede's College Shimla**

**Timetable (2021-2022)**

**TIME-TABLE FOR ADD ON COURSES THIRD YEAR 2021-22**

**Date: October 14, 2021**

<b>COURSE NAME</b>	<b>DAY</b>	<b>TIME</b>	<b>ROOM</b>
<b>GERMAN</b>	<b>SATURDAY</b>	<b>2:30 pm-3:30 pm</b>	<b>D9/ ONLINE</b>
<b>SELF DEFENCE/ FIRST AID/ FIRE FIGHTING (THEORY)</b>	<b>MONDAY- SATURDAY</b>	<b>2:30 pm-4:30 pm</b>	<b>B8/ONLINE</b>
<b>SELF DEFENCE/ FIRST AID/ FIRE FIGHTING (TRAINING)</b>	<b>MONDAY- FRIDAY</b>	<b>3:15 PM onwards</b>	<b>COURTYARD /BASKETBALL COURT</b>
	<b>SATURDAY</b>	<b>10:00 am onwards</b>	

**Note:**

- Classes for German course will commence from October 16, 2021 and Self Defence/ First Aid/ Fire Fighting course will commence from October 18, 2021.
- Training sessions for Self Defence/ First Aid/ Fire Fighting course will commence from November 8, 2021 – November 13, 2021.
- Classes will be held in both online and offline mode.

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St. Bede's College Shimla

Attendance (2021-2022)

St. Bede's College, Shimla  
Self Defence / First Aid/ Fire Fighting  
Attendance Sheet  
Timings: 2:15 PM-5:15 PM

Sl. No.	Roll No.	Name	November 8, 2021	November 9, 2021	November 10, 2021	November 11, 2021	November 12, 2021	November 13, 2021
		B.Sc. - 1st Year	—	—	—	—	—	—
1	(3012)	ANJALI	X	Anjali	Anjali	Anjali	—	Anjali
		B.A. - 1st Year	—	—	—	—	—	—
2	191001	TWINKLE GARG	X	X	X	X	X	X
3	191002	SEENI BHUSHI	Seeni	Seeni	Seeni	Seeni	Seeni	Seeni
4	191003	VANSHIKA JAGGA	X	Vanshi	Vanshi	Vanshi	Vanshi	Vanshi
5	191008	MUNKAN PAL	Mun	Mun	Mun	Mun	Mun	Mun
6	191010	SHYVANGINI CHAUDHAN	X	X	X	X	X	X
7	191012	UPASANA DELTA	X	X	X	X	X	X
8	191015	MANJAT BOKTA	X	X	X	X	X	X
9	191016	RISHIKA VERMA	X	X	X	X	X	X
10	191017	RISHIKA DELTA	X	X	X	X	X	X
11	191020	SAKSHI KJHRTA	Sakshi	Sakshi	Sakshi	Sakshi	Sakshi	—



# St. Bede's College Shimla

## Attendance (2021-2022)

St. Bede's College, Shimla

Self Defense / First Aid / Fire Fighting

Attendance Sheet

2:30 PM - 4:30 PM

No.	Roll No.	Name	Year	October 18, 2021	October 19, 2021	October 20, 2021	October 21, 2021	October 22, 2021	October 23, 2021
1			B.A. - 3rd Year						
2			B.A. - 3rd Year						
3			B.A. - 3rd Year						
4			B.A. - 3rd Year						
5			B.A. - 3rd Year						
6			B.A. - 3rd Year						
7			B.A. - 3rd Year						
8			B.A. - 3rd Year						
9			B.A. - 3rd Year						
10			B.A. - 3rd Year						
11			B.A. - 3rd Year						
12			B.A. - 3rd Year						
13			B.A. - 3rd Year						
14			B.A. - 3rd Year						

*AAD/16*



**St. Bede's College Shimla**

**Date Sheet (2021-2022)**



*Add on Courses  
St. Bede's College, Shimla*

**NOTICE**

**November 8, 2021**

**DATESHEET FOR ADD-ON COURSES**

<b>COURSE NAME</b>	<b>CLASS</b>	<b>TIME</b>	<b>MODE</b>
SELF DEFENCE, FIRST AID AND FIRE FIGHTING (PRACTICAL)	THIRD YEAR	NOVEMBER 13, 2021 12:00 PM ONWARDS	BASKET BALL COURT
SELF DEFENCE, FIRST AID AND FIRE FIGHTING (THEORY)	THIRD YEAR	NOVEMBER 13, 2021 2:30 PM-3:30 PM ONWARDS	BASKET BALL COURT

*Neha Walia*  
8/11/2021  
**NEHA WALIA**  
**(Coordinator)**



St. Bede's College Shimla

Certificate (2021-2022)



# St. Bede's College

SHIMLA

## CERTIFICATE OF MERIT

This certificate is awarded to  
**Pratishtha Raj**  
(B.A. Economics (H) IIIrd Year)  
D/o Sh. Bimal Pramanik  
for securing **Grade A+**  
&  
successfully completing

**Self Defence, First Aid and Fire Fighting Course**  
(Session 2021-22)


organised by

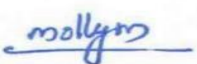
**St. Bede's College, Shimla**

in collaboration with

**Department of Home Guards and Civil Defence,  
Himachal Pradesh**

Roll No. : 194302  
Certificate No. 210100

  
**Capt. Arvind Prashar**  
Commandant (Training)  
Home Guards and Civil Defence  
Central Training Institute,  
Sargeen, Shimla

  
**Sr. (Prof.) Molly Abraham**  
Principal  
St. Bede's College  
Shimla

**Principal  
St. Bede's College  
Shimla-171002**