

15.30-15.45	Tea break		
15.45-17.00	Basics of First Aid	Trauma Emergencies <ul style="list-style-type: none"> • External Bleeding • Shock - Internal Bleeding • Bleeding from the nose • Tooth Injuries • Eye Injuries • Penetrating and Puncturing Injuries • Amputation • Head, Neck and Spine Injuries • Broken Bones and Sprains • Burns and Electrical Injuries Hands-on CPR techniques	108/Red Cross
Day -2: 23rd April 2024			
10.00-11.00	Hands on experience of firefighting equipment's	At the end of the session participants would be able to understand: <ul style="list-style-type: none"> • Types of fire extinguishers and their use • Various mechanism for fire extinguishment • Operating a fire extinguisher 	GSFA
11.00-12.00	Understanding Fire Risk in Office buildings	At the end of the session participants would be able to understand: <ul style="list-style-type: none"> • Basics of Fire Science • Causes of Fire in a Building • Provisions of fire safety norms in office buildings • Types of fire extinguishers and their use 	Paresh Vyas, Fire Advisor, DSFPS
11.00-11.15	Tea break		
12.00-13.00	Office Disaster Management Planning	At the end of the session participants would be able to understand: <ul style="list-style-type: none"> • Hazard identification in an office setup • Rapid visual survey of building • Conducting mock exercises • Do's and Don'ts on various hazards 	GIDM
13.00-14.00	LUNCH break		
14.00-16.00	Site Visit	Visit to SEOC	COR/GIDM
16.00-16.15	Tea break		
16.15-16.30	Valedictory Session	<ul style="list-style-type: none"> • Post-test • Feedback • Certificate distribution 	GIDM
