

DEVA MATHA COLLEGE KURAVILANGAD

Affiliated to Mahatma Gandhi University, Kottayam



SYLLABUS
OF
ADD-ON COURSE
IN
LIFE SKILLS TRAINING

Academic Year: 2022-23



DEVA MATHA COLLEGE KURAVILANGAD

NCC

Add on Courses offered for Students : 2022-2023

**Life Skills Training
DMCK/ NCC/AD 33/2022**



Department Coordinator: Capt. Dr. Sathees Thomas

Course Name: LIFE SKILLS TRAINING

Instructional Hours: 30 Hours

Duration: 1 Year

Mode of Instruction: Offline (Theory & Practical)

Intake Capacity: 50

Eligibility: UG Students

DEVAMATHA COLLEGE, KURAVILANGAD

ADD-ON COURSE 2022–2023

Course Objectives

1. To train the students about life skills
2. To teach the students about Disaster & its management
3. To teach the students about Health & Hygiene
4. To teach the students about First aid & its application
5. To teach the students about NCC & Military history

Module 1 (6+7 Hours)

DISASTER MANAGEMENT AND CIVIL DEFENCE

- Types of emergencies and Natural disasters.
- Assistance during natural and other calamities: Floods, Cyclones, Earthquakes, Accidents.
- National Disaster Management Authority (NDMA).
- Types of Disasters.
- Essential Services and Their Maintenance.
- Employment of NCC Cadets during Natural Disasters.
- Effects of Natural Disasters and Assistance Required.

Module 2 (5+0 Hours)

HEALTH AND HYGIENE

- Hygiene and sanitation
- Infectious and contagious diseases and its prevention

Module 3(4+0 Hours)

NCC & MILITARY HISTORY

- importance of studying military history
- military career
- world war II
- Indo-Pakistan War of 1971
- Kargil War

Module 4 (4+4 Hours)

FIRST AID

- Types of Bandages, First Aid of Fracture, Sprain, Strain, Wounds
- First Aid of Snake bite, Insect bite, Dog Bite
- Artificial Respiration

References

1. *First aid manual: 9th edition.* Dorling Kindersley. 2009. [ISBN 978-1-4053-3537-9](#).
2. ["Mental Health First Aid USA"](#). *Mental Health First Aid*. October 10, 2013. Retrieved November 20, 2019.
3. Peterson, Sarah (January 30, 2018). ["About PFA"](#). *The National Child Traumatic Stress Network*. Retrieved November 20, 2019.
4. Sax H, et al. 'My five moments for hand hygiene': a user-centred design approach to understand, train, monitor and report hand hygiene. *Journal of Hospital Infection*. 2007;67:9–21. [[PubMed](#)]
5. World Alliance for Patient Safety. *The Global Patient Safety Challenge 2005–2006 "Clean Care is Safer Care"*. Geneva: World Health Organization; 2005. [accessed 1 December 2008]. <http://www.who.int/gpsc/en/>
6. Lopez AD, et al. Global and regional burden of disease and risk factors, 2001: systematic analysis of population health data. *Lancet*. 2006;367:1747–1757. [[PubMed](#)]
7. Disaster Recovery Institute International. <https://drii.org/>
8. ["Best Business Continuity and Disaster Recovery Certifications"](#). Tom's IT Pro.
9. Byrne, Alex. ["Memory institutions shaping the past, present and future"](#) (PDF). Archived from [the original](#) (PDF) on June 15, 2020. Retrieved May 28, 2022.
10. Hollmann, Michael; Bürger, Thomas (October 7, 2015). ["National Recommendations for Action for the Preservation of the Written Cultural Heritage 2015 – a summary"](#) (PDF). The Coordination Office for the Preservation of Written Cultural Heritage (KEK). Retrieved May 28, 2022.
11. India, NCC. ["National Cadet Corps Act"](#) (PDF). indiancc.nic.in. NCC. Retrieved 22 September 2020.

Assessment Procedure: - Written examination, assignments and viva

Grading: -

- 80-100% - A Grade
- 60-79% - B Grade
- 40-59% - C Grade
- Below 40% - D Grade- Not passed




Principal
Deva Matha College
Kuravilangad - 686 633