

## Essentials for Everyday Empowerment

SL.NO	TOPIC	SUB-TOPIC	DURATION
1	Hands-On Electrical Troubleshooting	<ol style="list-style-type: none"> <li>Participants learn diagnostic techniques, identify common electrical faults, and practice troubleshooting skills.</li> <li>Overview of common gadgets and their components, Basic tools and safety practices, Diagnosing and fixing common hardware issues, Replacing and upgrading components RAM, hard drives, etc., Basic mobile repairing.</li> <li>Essential skills for home electrical projects, including the installation of fans, lights, and other fixtures. It also includes safety practices and the use of basic tools like drilling machines</li> </ol>	6hrs.
2	First Aid Essentials Bootcamp	<p><b>1. Introductory Topics:</b> Understanding the purpose of first aid and the responsibilities of a first aider. How to assess and manage emergency situations effectively. Techniques for clear communication during emergencies. Familiarity with essential supplies.</p> <p><b>2. Lifesaving Skills:</b> Rapid assessment of the patient's condition (ABCs: Airway, Breathing, Circulation). Proper positioning to maintain an open airway. The critical steps in responding to cardiac emergencies. Cardiopulmonary Resuscitation (CPR).</p> <p><b>3. Injuries:</b> Recognizing and managing severe bleeding. Understanding shock symptoms and appropriate responses. First aid for burn injuries. Treating cuts, scrapes, and bruises.</p>	4hrs.
3	Cooking Basics Unleashed	Heat Sources and Stovetop Safety and Non-Gas Cooking.	1hr
4	Stitch & Learn: Needlework Basics	1. Basic Stitches, button fixing and other basic threadwork.	4hrs.
5	Plumbing Essentials Express	<p><b>1. Basic Plumbing Systems Overview</b> Water supply lines. Drainage systems. Fixtures (sinks, toilets, showers).</p> <p><b>2. Familiarize plumbers with essential tools</b> Pipe wrenches, pliers, hacksaws. Teflon tape, pipe cutters, and thread sealants. Pipe fittings and connectors.</p> <p><b>3. Provide practical exercises</b> Assembling and disassembling pipes. Fixing minor leaks. Installing a basic fixture.</p>	4hrs.
6	Cyber Security	<ol style="list-style-type: none"> <li>Comprehensive training program including data and account security, passwords, networking, mobile security and online self defence.</li> <li>Password management; Two Factor Authentication etc</li> </ol>	2 hrs.
7	Fire Fighting emergencies and other emergencies	<p><b>Fire Fighting</b></p> <ol style="list-style-type: none"> <li>Fire Fundamentals: Understand the chemistry of fire, how fires start, spread, and can be controlled.</li> <li>Identify Fire Hazards: Recognize common fire risks and learn how to mitigate them.</li> <li>Use Fire Fighting Equipment: Get hands-on knowledge of fire extinguishers, blankets, and hose reels.</li> <li>Implement Fire Safety Procedures: Learn evacuation protocols, emergency response planning, and fire prevention strategies.</li> <li>Basic Fire Fighting Techniques: Acquire practical skills to handle small fires safely.</li> <li>Promote Fire Safety Awareness: Develop the ability to educate others.</li> </ol>	4 hrs.

		<b>Other Emergencies:</b> 1.How to respond effectively in active shooter situations. 2.Understand the importance of evacuation planning. 3.Learn about disaster readiness and response.	
8	<b>Cleaning and Maintenance</b>	Basic maintenance and cleaning of Air-conditioners, Water purifiers, coolers and other home appliances.	
9	<b>Home Remedies</b>	Basic idea about simple home remedies and hacks to be followed in emergency situations.	