

FIRST AID CHARTS

Each Chart size 50 x 75 cm - English and Hindi combined, Laminated

- FA01 **Skeleton & Circulatory System:** Gives the basic knowledge of human body.
- FA02 **Triangular Bandages:** Slings, knots and bandages for various parts of body.
- FA03 **Roller Bandages:** A protective covering for wound or fracture, methods of bandaging.
- FA04 **Fractures:** Simple & compound fractures, treatment of fracture in parts of body.
- FA05 **Artificial Respiration:** Showing Schafer's method, Silvester's method & Holger Nielsen's method of artificial respiration. Outline of Respiratory system and what is suffocation.
- FA06 **Transport of the Injured:** How to carry an injured person so that minimum movement of the injured portion is assured.
- FA07 **Unconsciousness:** Sun Stroke, fainting, epileptic fit, Infantile convulsions, drowning.
- FA08 **Haemorrhage:** Location of main arteries in the body and pressure points where when pressed, bleeding can be controlled.
- FA09 **Electric Shock Treatment:** How to remove live wires, treatment & whom to contact.
- FA10 **Emergency Resuscitation:** Mouth to mouth and Mouth to nose method. How to give external cardiac chest compression.
- FA11 **Removal of foreign bodies from eye, ear, nose:** Various precautionary methods to remove the foreign bodies and to ensure safety of organs.
- FA12 **Burns & Scalds:** Type of burns, treatment of chemical burns, clothing on fire.
- FA13 **Snakes & Their Bites:** Type of snakes, Identification of snakes on the basis of appearance, treatment of snake bite.
- FA14 **Poisons and their Antidotes:** Types of poisons, their symptoms & their treatment.
- FA15 **Outline of First Aid & Appliances:** What is First Aid, Qualities of a First Aider and essential appliances to give first aid.



Each Rs. 70.00

All the above Charts are available in English only also.

COLOURED CHARTS ON YOGA

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A faithful study and following the instructions as laid down in these charts, a vast treasure of **super powers** can be explored and developed within ourselves. For all round Physical, Mental, Emotional, Intellectual & Spiritual development of mind and body.

- YC01 **1. Shuddhi Kriyas-Shat Karmas:** Kunjal-Vaman Dhauti, Kapal Bhati, Ghrith Neti, Sutra Neti, Jal Neti, Vastra Neti, Dand Dhauti, Nauli Karma, Tratak, Basti etc.
- YC02 **2. Shankh Prakshalan:** Kagasan, Tadasan, Triyak Tadasan, Triyak Bhujangasan, Kati Chakrasan, Udarakarashanasan, Shavasana.
- YC03 **3. Surya Namaskar:** A series of twelve steps, a complete exercise of all the parts of body. It makes the body strong, beautiful & active.
- YC04 **4. Yog Mudras, Padmasan & Matsyasana:** These remove Spinal & Cervical pain, Asthma, Diabetes, Mental weakness. Gastric troubles, Knee pain, Eye Defects.
- YC05 **5. Paschimottanasan & Ardh Matsyendrasan:** Spine becomes flexible and Elastic, the Abdominal organs- Digestive system, Nervous system are toned up.
- YC06 **6. Vajrasan, Ustrasan & Supt Vajrasan:** These remove cervical and slipdisc defects diseases of chest, lungs, heart, abdomen, kidney etc. , excess fatness of Abdomen and back
- YC07 **7. Bhujangasan, Shalbhasan, Dhanurasan & Mayurasan:** Abdominal Organs are toned up. Spine is strengthened. Remove Gastic Intestinal disorders etc. Mental Powers are developed.
- YC08 **8. Pawan Muktasan & Chakrasan:** Keep Spine Young & Flexible. Improve Eye sight, Hearing, Smell Taste & Circulation of Blood to the brain.
- YC09 **9. Sarvangasan & Halasan:** Reduce fat, make arms, legs; Blood circulation, Digestive system, Liver strong and maintains youthful look etc.
- YC10 **10. Bandhas & Pranayams:** Mool Bandh, Jalandhar Bandh, Uddiyan Bandh, Mahabandh, Pranayam Mudra, Lom-vilom Pranayam, Nadishodhan Pranayam, Agnisar Kriya.
- YC11 **11. Spine & Related Organs:** Composition of spine, Positions of Psychic centres and Endocrine Glands are shown.
- YC12 **12. Healthy Eye :** Eye washing, tratak on rising sun, Eye exercises, Palming.



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For Transparencies & Slides, see page no. 74