

Event: First Aid and CPR Training

Date: 12th March 2025

Venue: Community Health Centre Nankhari

Organised by: Road Safety Club, GDC Nankhari

Resource Persons: Dr. Ishika Dogra, CHC Nankhari and Mr. Ankit Dhiman(Pharmacist), CHC Nankhari

Number of Participants:28 Students

Introduction:

To empower students with essential life-saving skills, Govt. Degree College, Nankhari, organised a First Aid and CPR Training Session on 12th March 2025 in collaboration with Community Health Centre (CHC), Nankhari. Medical professionals Dr. Ishika Dogra and Pharmacist Mr. Ankit Dhiman facilitated the session, which was attended by 28 students from both Arts and Commerce academic streams.

Objectives of the Training:

- To provide hands-on training in basic first aid and CPR techniques.
- To equip students with practical knowledge required to assist in road accident scenarios.
- To promote quick, safe, and effective responses to common emergency situations.
- To build confidence among youth to act responsibly during medical emergencies.
- To raise awareness about emergency helpline numbers and protocols.

Key Highlights of the Session:

- **Log Roll Technique:**
Students were taught how to safely move accident victims using the log roll method to prevent spinal or neck injuries. This technique is crucial for relocating victims without causing further harm.
- **Temporary Immobilisation for Fractures:**
The resource persons demonstrated how to stabilise fractured limbs using makeshift splints and other readily available materials until professional medical help arrives.
- **Burn Injury Management:**
Guidance was provided on first aid measures for burns, including cooling techniques, avoiding infection, and when to seek hospital care.
- **Cardiopulmonary Resuscitation (CPR):**
One of the core parts of the training was learning CPR steps (compressions and rescue breaths), particularly for use during cardiac arrest situations. Students practiced on training manikins to understand pressure and rhythm.

- **Emergency Helpline Numbers:**

The session reinforced the importance of knowing and using emergency helpline numbers such as 108 (ambulance), 112 (emergency response support), and others depending on the situation.

Key Takeaways:

- Confidence in responding to emergencies and providing initial care.
- Awareness of life-saving techniques such as CPR and fracture immobilisation.
- Understanding the importance of not moving victims carelessly, especially in suspected spinal injuries.
- Recognition of timely and informed action can significantly improve survival and recovery outcomes.
- Familiarity with emergency response protocols and important helpline contacts.

Feedback:

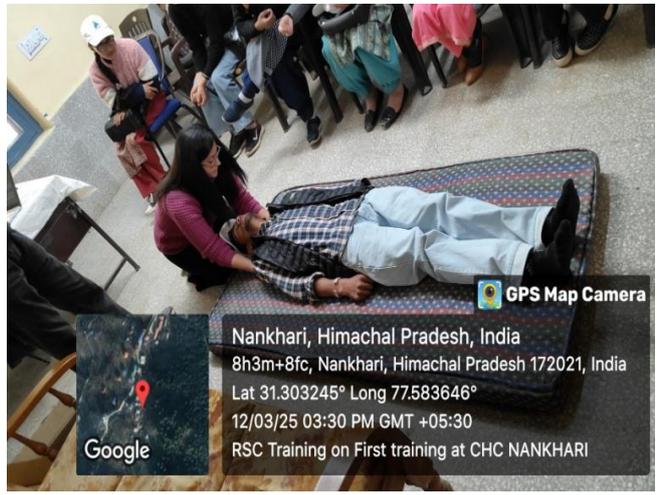
- Participants found the session extremely useful, noting that the practical demonstrations made the concepts easy to understand and apply.
- Students shared that they felt empowered to assist others during emergencies rather than feeling helpless or afraid.
- Faculty members appreciated the collaborative effort with CHC Nankhari and suggested regular sessions to train more students.
- Several students expressed interest in advanced-level first aid training and requested future workshops on disaster preparedness.

Conclusion:

The First Aid and CPR Training Session proved to be a highly impactful initiative in promoting medical preparedness and social responsibility among students. With 28 students actively participating and receiving practical, hands-on instruction from healthcare professionals, the session achieved its goal of spreading awareness and competence in emergency care. It marked a significant step toward building a safer, more informed student community capable of acting decisively in critical situations.

Some glimpses from the event





आपातकाल स्थिति में कैसे करें मदद, दिए टिप्स
नरकंडा, रामपुर। राजकीय महाविद्यालय ननखड़ी में प्रचार्य डा. पूनम मेहता की अध्यक्षता में रोड सेफ्टी क्लब की बैठक का आयोजन किया गया। इसमें कार्यक्रम अधिकारी प्रोफेसर पूनीता वर्मा व प्रोफेसर ललित कुमार ने राजकीय चिकित्सालय ननखड़ी में रोड सेफ्टी क्लब के विद्यार्थियों को आपदा व विपत्ति के समय दुर्घटनाग्रस्त व्यक्ति को कैसे साहयता दी जाती है और क्या-क्या आपातकाल स्थिति में आवश्यक कार्य रहते है। गोल्डन हावर क्या होता है व गुड सेमिरिशन पर जानकारी दी गई व अन्य कई महत्वपूर्ण मुद्दों पर व विषय पर चर्चा भी की गई।

