

# **First Aid and CPR Training**

**Organised on: 26th December 2025**

**Organised by: Road Safety Club**

**Invited Trainers: Mr Ankit Kumar (Pharmacy Officer) and Mr. Deepak Kumar from CHC Nankhari**

**No. of Beneficiaries: 38**

## **1. Introduction**

The Road Safety Club of Government Degree College, Nankhari organized a Hands-on Training Programme on First Aid and Cardiopulmonary Resuscitation (CPR) on 26 December 2025 with the objective of equipping students with essential life-saving skills. Road accidents and medical emergencies require immediate assistance, and trained citizens can play a crucial role in saving lives before professional medical help arrives. Keeping this in view, the training was designed to provide both theoretical knowledge and practical exposure to students.

## **2. Objectives of the Training Programme**

**The key objectives of the programme were:**

- To create awareness among students about the importance of basic first aid and CPR
- To train students in emergency response during road accidents
- To develop a sense of social responsibility and good citizenship
- To enable students to provide immediate and effective assistance to accident victims
- To dispel common myths and misconceptions related to first aid and CPR

## **3. Inaugural Session**

The training session began with a warm welcome address by Dr. Punita Verma, Convener of the Road Safety Club. She formally welcomed the invited trainers to the college and introduced them to the students. In her address, she highlighted the importance of basic first aid knowledge and emphasized how trained citizens can help road accident victims at the spot, thereby reducing fatalities and complications. She also briefly explained the objectives of the day's training session and motivated students to actively participate.

## **4. Technical and Practical Sessions**

### **4.1 Session by Mr. Ankit Kumar (Pharmacy Officer)**

Mr. Ankit Kumar delivered an informative and engaging presentation on First Aid and Emergency Response. He elaborated on the role of a responsible citizen at the site of a road accident, stressing the importance of:

- Immediately informing the nearest hospital
- Notifying the police authorities
- Remaining calm and providing timely assistance without panic

He explained what constitutes basic first aid, including:

- Controlling bleeding using pressure techniques
- Supporting and immobilizing fractured body parts
- Safely handling and lifting an injured person
- Placing a victim on a stretcher
- Checking vital signs such as pulse and breathing

The session was highly interactive, with students actively observing and participating in the demonstrations.

#### 4.2 Demonstration on CPR

Mr. Ankit Kumar further demonstrated the correct procedure of Cardiopulmonary Resuscitation (CPR) in emergency situations. He explained:

- The correct body posture and positioning while giving CPR
- The right placement of hands (fist position)
- The amount of force to be applied
- The correct pace and duration of chest compressions
- Situations where CPR is required and when it should be stopped

Students were given hands-on training and were encouraged to practice under supervision to ensure clarity and confidence.

#### 4.3 Contribution of Mr. Deepak Kumar

Mr. Deepak Kumar from the Community Health Centre, Nankhari supported the session with additional inputs, practical guidance, and clarifications related to emergency medical care. His professional insights enriched the training and helped students understand real-life emergency scenarios.

### 5. Use of Teaching Aids

The trainers effectively used audio-visual tools, presentations, and live demonstrations to make the session engaging and easy to understand. The combination of theory and practice helped students grasp concepts more effectively and retain the information.

### 6. Student Participation and Interaction

Students participated enthusiastically throughout the training programme. They actively engaged in:

- Hands-on practice of first aid techniques
- CPR demonstrations
- Asking questions and clearing doubts

Many myths and misconceptions related to first aid and CPR were addressed during the interactive discussion, making the session highly informative and confidence-building.

### 7. Outcome of the Programme

The training programme achieved its intended objectives. The key outcomes were:

- Students gained practical knowledge of first aid and CPR
- Enhanced awareness about road safety and emergency response
- Improved confidence among students to act responsibly during emergencies
- Development of a sense of social responsibility and preparedness
- Students understood the importance of timely medical assistance in saving lives

### 8. Feedback

The feedback received from students was highly positive. Participants appreciated the practical nature of the training and expressed that such programmes are extremely useful and should be organized regularly. The trainers were praised for their clear explanations, practical demonstrations, and approachable teaching style.

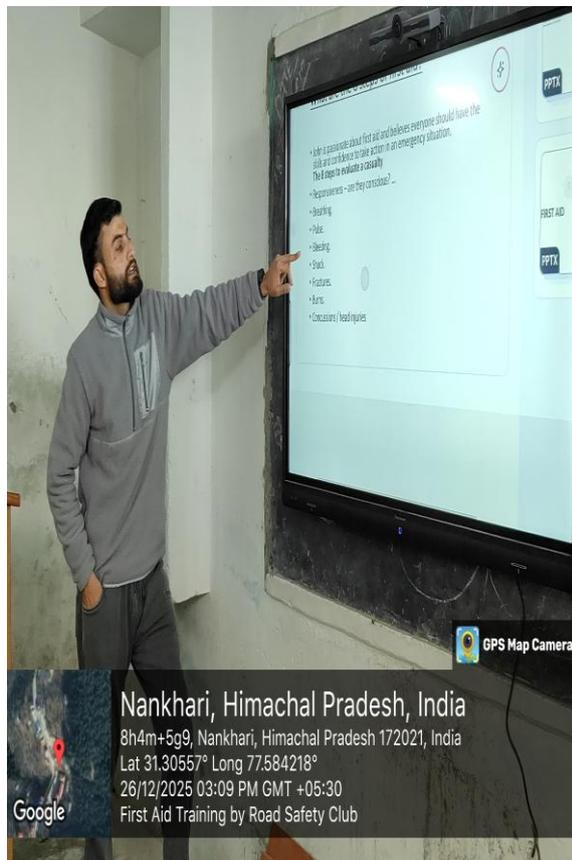
## 9. Valedictory Session

The session concluded with a vote of thanks by Prof. Lalit Kumar, Member of the Road Safety Club. He expressed sincere gratitude to the resource persons, Mr. Ankit Kumar and Mr. Deepak Kumar, for sharing their expertise and making the session informative and engaging. He also thanked the students for their active participation, which contributed to the success of the programme.

## 10. Conclusion

The Hands-on Training Programme on First Aid and CPR organized by the Road Safety Club of GDC Nankhari was a highly successful and impactful event. It not only enhanced the practical skills of students but also instilled a strong sense of responsibility towards society. Such initiatives play a vital role in building a safer and more responsive community and are essential for creating informed and responsible citizens.

### Some glimpses from the Event





## रोड सेफ्टी पर छात्रों को दिए टिप्स

ननखड़ी। राजकीय महाविद्यालय ननखड़ी में रोड सेफ्टी क्लब एवं सामुदायिक स्वास्थ्य केंद्र ननखड़ी के संयुक्त तत्वावधान में विद्यार्थियों के लिए फर्स्ट एड जागरूकता कार्यक्रम का आयोजन किया। कार्यक्रम का उद्देश्य विद्यार्थियों को आकस्मिक दुर्घटनाओं व आपातकालीन स्थितियों में प्राथमिक उपचार के प्रति जागरूक करना रहा। सामुदायिक स्वास्थ्य केंद्र ननखड़ी की ओर से फार्मस ऑफिसर अंकित कुमार एवं दीपक कुमार ने विद्यार्थियों को प्राथमिक उपचार से जुड़ी महत्वपूर्ण जानकारियां प्रदान कीं। दुर्घटना या आपात स्थिति में घबराने के बजाय मानसिक रूप से सतर्क रहना और शीघ्र चिकित्सकीय सहायता प्राप्त करना अत्यंत आवश्यक है। रोड सेफ्टी क्लब की समन्वयक प्रोफेसर पुनीता वर्मा ने कहा कि इलाज से बेहतर परहेज है, इसलिए स्वच्छता और सावधानी की आदतें जीवन का अभिन्न हिस्सा बननी चाहिए।

दिव्य हिमाचल

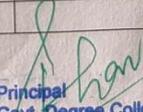
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<https://epaper.divya>



Activity Name: First Aid and CPR Training  
 Date: 26/12/2025  
 Students Present 38

Sr. No.	Name	Class	Roll No.	Signature
1	Hemlata	BA 3rd year	12308	Hemlata
2	Bhanita	BA II <sup>nd</sup> year	12417	<del>Bhanita</del>
3	Ronika	BA III <sup>rd</sup> year	12304	Ronika
4	Rimpika	BA III <sup>rd</sup> year	12318	Rimpika
5	Parul	BA 1 <sup>st</sup> year	2503006	Parul
6	Parul	BA 1 <sup>st</sup> year	2503016	Parul
7	Keishma	BA 1 <sup>st</sup> year	2503007	Keishma
8	Ankita	BA 1 <sup>st</sup> year	2503012	Ankita
9	Amam	BA 1 <sup>st</sup> year	2503004	<del>Amam</del>
10	Shivansh	BA 1 <sup>st</sup> year	2503005	Shivansh
11	Ganga	BA 1 <sup>st</sup> year	2503004	Ganga
12	Shabnam	BA 3 <sup>rd</sup> year	12302	Shabnam
13	Arnav	BA 3 <sup>rd</sup> year	12308	<del>Arnav</del>
14	Arnav	BA 3 <sup>rd</sup> year	12441	<del>Arnav</del>
15	Anjali	BA 1 <sup>st</sup> year	2503014	Anjali
16	Rajat	BA III <sup>rd</sup> year	12306	Rajat
17	Abhijeet Gupta	BA 1 <sup>st</sup> year	2503015	Abhijeet
18	Mohit	BA 2 <sup>nd</sup> year	12439	Mohit
19	KAMLESH	BA 3 <sup>rd</sup> year	12207	Kamlesh
20	Nishay	BA 3 <sup>rd</sup> year	12324	Nishay
21	Akshat	BA 1 <sup>st</sup> year	2503020	Akshat
22	Samil	B.A. 1 <sup>st</sup> year	12301	Samil
23	Mohini	BA 3 <sup>rd</sup> year	12319	Mohini
24	Lakshya	BA 2 <sup>nd</sup> year	12310	Lakshya
25	Nitish	BA 1 <sup>st</sup> year	25018	Nitish
26	Ridil Khosla	BA 2 <sup>nd</sup> year	12418	Ridil
27	Sumeghwar	BA III <sup>rd</sup> year	12219	Sumeghwar
28	NISHANT-MEHTA	BA III <sup>rd</sup> year	12303	Nishant
29	SANDESH	BA II <sup>nd</sup> year	12419	Sandesh
30	Poonam	BA 3 <sup>rd</sup> year	12309	Poonam
31	Sushma	BA 2 <sup>nd</sup> year	12402	Sushma
32	Avantika	BA 3 <sup>rd</sup> year	12325	Avantika
33	Nitish Mehta	BA 1 <sup>st</sup> year	12407	Nitish
34	Ankush	BA 2 <sup>nd</sup> year	12333	Ankush
35	Riya	BA 2 <sup>nd</sup> year	12405	Riya
36	Muskan	BA 2 <sup>nd</sup> year	12404	Muskan
37	Tanvi	BA 2 <sup>nd</sup> year	12405	Tanvi
38	Vanshika	BA III <sup>rd</sup> year	12321	Vanshika
39				
40				
41				

  
 convenor  
 Road Safety club

  
 Principal  
 Govt. Degree College  
 Nankhari, Distt. Shimla (H.P.)