



## D. A. V. PUBLIC SCHOOL, THANE CPR AWARENESS WORKSHOP



The school promotes awareness programmes for students regularly. On April 26, 2024 the school conducted a workshop for the students of STD X. The main objective of the workshop was to educate the participants on Cardiopulmonary Resuscitation (CPR) techniques to save lives during emergencies.

The resource team, comprising of alumnus Sabrish Iyer and his squad offered hands-on techniques to save victims of cardiac seizures. While explaining the importance of CPR, the team emphasized on the critical role of CPR in sustaining life until professional medical help arrives, especially in cases of cardiac arrest.

The steps involved in CPR were clearly stated with a demonstration. The team instructed the participants to check for responsiveness and assess if the victim is conscious by tapping and shouting and calling for help to immediately summon emergency medical services.

The steps included tilting the victim's head back and lifting the chin to open the airway to check breathing. If the victim was not breathing, the participants were asked to begin chest compressions at a rate of 100 to 120 per minute. They were also provided with hands-on training to practice CPR techniques on mannequins, ensuring proficiency and confidence in performing CPR effectively in emergencies.

Overall, the workshop served as a valuable platform for imparting life-saving skills and promoting a culture of preparedness and responsiveness within the school community.









