



BIRLA PUBLIC SCHOOL GANGANAGAR

(A UNIT OF BIRLA EDUCATION TRUST PILANI)

Session: 2024-25

EMPOWERING YOUNG LIFESAVERS: CPR TRAINING AT BIRLA PUBLIC SCHOOL, GANGANAGAR

On March 24, 2025, a CPR (Cardiopulmonary Resuscitation) Training Program was held on the school premises, aimed at equipping students and teachers with **essential life-saving skills**. The session focused on preparing participants to respond effectively in emergencies, particularly **sudden cardiac arrests**. With the increasing number of young individuals succumbing to unexpected heart failure, the school recognized the urgency of providing this crucial training. By educating students on **correct CPR techniques**, the initiative ensured they were equipped to offer **quick and effective assistance** in critical situations.

CPR is a **vital emergency procedure** that helps sustain blood circulation to the brain and heart when a person's heartbeat or breathing stops, significantly improving survival chances until medical help arrives. The training was conducted by **Dr. N. P. Singh**, Coordinator of the Indian Red Cross Society, Sri Gangaganagar, **Dr. Sumit Pensia**, M.S. (Ortho) and Life Member of the Indian Red Cross Society, and **Dr. Pawan Wadhwa**, Secretary of the Indian Red Cross Society. Under their **expert guidance**, students actively participated in **hands-on training**, mastering **chest compressions** and **rescue breathing**, along with learning how to handle emergencies with confidence and precision.

Principal Dr. Nitesh Kumar Singh emphasized that the primary goal of this training was to **empower students** with the knowledge and confidence to respond responsibly in life-threatening situations. He highlighted that such skills are not only essential for personal well-being but also contribute to a **safer, more prepared society**. He further reaffirmed that **Birla Educational Trust** remains committed to providing **practical exposure** to its students across all branches, ensuring they are well-prepared for real-world challenges and capable of making a meaningful impact in times of crisis.

ESTD. 2019





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