Bosco organizes hands-on CPR Training Workshop

"Every step in an endeavour to save a life counts."

On the occasion of 'Sudden Cardiac Arrest Awareness' month, Bosco Public School organized a hands-on CPR training workshop for all its staff members on October 22, 2022. Dr. Vijay Kansal was the resource person for the day, who informed the audience about how to give first-aid and CPR in emergency situations. Our sagacious Vice Principal madam, Ms. Priya Handa welcomed Dr. Kansal with a sapling. The workshop began with the discussion of importance of health and taking immediate actions in case of emergency. Dr. Kansal shared various insights on how we can refuse mortality through awareness and bystander interventions. In addition to this, he also discussed in detail about the working of three main systems of our body, that is, Nervous System, Circulatory System, and Respiratory System. Dr. Kansal informed the audience about the ABC of saving a life: A for Airway, B for breathing, and C for circulation. This method helps us to understand how to activate aid and save someone's life. He further added to follow the loop of Look, Listen and Feel while checking the unconscious person. Teachers volunteered for the better understanding of hands-on explanation of the process by Dr. Kansal. It was indeed an informative and insightful workshop which was crucial in understanding the significance of giving first-aid to someone in need. It made us believe that we can save a life too, but first, we need to be prepared for that.