

St. Cecilia's Public School
CPR and Emergency First-Aid Workshop at AIIMS
21.10.2026



Under the able guidance of Madam Principal, students of classes X, XI and XII, accompanied by science teachers, participated in an informative outreach programme on Cardiopulmonary Resuscitation (CPR) and Emergency First Aid at the All India Institute of Medical Sciences (AIIMS), New Delhi, on 21 October 2026. The workshop aimed to equip students with essential knowledge and practical skills to recognise medical emergencies and respond promptly and responsibly.

Medical experts explained the critical difference between a heart attack and cardiac arrest, highlighting the importance of timely intervention. Through detailed demonstrations, students learnt the fundamental steps of CPR, including checking responsiveness, recognising abnormal breathing, seeking emergency assistance, and performing chest compressions. A demonstration of the Automated External Defibrillator (AED) familiarised them with its functioning and its vital role in cardiac emergencies.

An engaging hands-on session enabled students to practise CPR under expert supervision, reinforcing their understanding and confidence in responding to life-threatening situations. The workshop also covered essential first-aid measures for emergencies such as choking, snakebites, dog bites, electrocution, fractures, nosebleeds, and seizures. Experts further demonstrated precautions for the safe handling and transfer of injured individuals, emphasising the importance of avoiding unnecessary movement and seeking professional medical assistance.

Informative videos featuring eminent doctors reinforced the significance of emergency preparedness, public awareness, and timely medical intervention.

The workshop proved to be an enriching learning experience, empowering students with greater awareness of life-saving techniques and responsible emergency response. It reinforced the invaluable message that the right knowledge, timely action, and a calm approach can make a crucial difference in saving lives.