



JAMDAGNI PUBLIC SCHOOL

CPR Workshop Reflection: A Lesson in Courage and Care

On Monday, I had the privilege of participating in a CPR workshop at our school, alongside my classmates. The session was organized by our guiding coordinator sir and led by Mr. Praveen Kushwaha, Assistant Professor and Head of the Department of Paramedical Sciences at Roorkee Institute of Technology.

The workshop focused on Cardiopulmonary Resuscitation (CPR)—a life-saving technique that empowers ordinary hands to perform extraordinary acts. As a student preparing for a career in health sciences, this session was not only educational but deeply affirming. It reminded me that the power to protect life often begins with knowledge, courage, and two steady hands.

Scientific Insight: Dr. Praveen explained the causes of heart failure and the high risk of death associated with cardiac arrest. His words were both sobering and enlightening.

- **Early Symptoms of Heart Attack:** We learned to recognize warning signs and respond swiftly.

- **CPR Technique:**

- Place hands at a 90° angle on the center of the chest.

- Deliver 100–120 compressions per minute.

- Call an ambulance immediately.

- If trained, provide rescue breaths.

The session culminated in a practical demonstration, where we practiced CPR techniques under expert guidance. For the first time, I felt the rhythm of responsibility in my palms—the pulse of preparedness.

Personal Impact- This workshop was more than a lesson; it was a call to action. I walked away with clarity, confidence, and a quiet promise to myself:

If someone collapses in front of me, I won't freeze-I'll act.



Report By Deepika Singh, XI A