

# CPR Awareness Session Conducted at S.B. Patil Public School

Pune, Maharashtra | 19<sup>th</sup> September, 2025



On 19<sup>th</sup> September, 2025, a medical team from Aditya Birla Memorial Hospital, led by Dr. Venkatesh Dhat — a highly experienced critical care doctor in Pimpri-Chinchwad, Pune, renowned for managing complex trauma, post-surgical, and ICU cases, conducted an insightful and hands-on session on Cardiopulmonary Resuscitation (CPR) for the Grade X students and faculty of S.B. Patil Public School. The session aimed to spread awareness about this life-saving skill and empower participants to respond effectively in medical emergencies.

The doctors began by explaining the fundamentals of CPR — what it is, why it is vital, and the situations in which it becomes necessary.



They highlighted how CPR can sustain life by maintaining blood flow to the brain and heart until professional medical help arrives, particularly in cases of sudden cardiac arrest. The speakers also emphasised the critical timeframe, explaining that administering CPR within the first few minutes can significantly increase a person's chances of survival.

The team elaborated on the essential steps to be followed during CPR. This included ensuring the scene is safe, checking for responsiveness, calling for emergency help, positioning the patient correctly, and performing chest compressions and rescue breaths in the right sequence and rhythm. They further underlined the importance of remaining calm and alert, as every second counts in such situations.



Adding practical value to the session, the doctors demonstrated CPR techniques using medical dummies. Both students and faculty actively participated, practising chest compressions under the guidance of the medical team. This interactive segment not only helped build confidence but also instilled a sense of responsibility among the attendees to act decisively if ever faced with such emergencies.

The session concluded with a reminder that CPR is not just a medical procedure but a skill of compassion and presence of mind that can save lives. By equipping students and teachers with this knowledge, the school continues its commitment to fostering awareness, preparedness, and holistic education.

We thank our principal, Dr. Bindu Saini; vice principal, Ms. Padmavati Banda; and school nurse, Ms. Sujata Bhalerao for organising this important workshop.

