



# JKPS

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## Workshop on Basic Life Support

On 7 May 2024, Jaspal Kaur Public School organized a Basic Life Support (BLS) workshop facilitated by Fortis Mental Health, Shalimar Bagh. The workshop aimed to equip IX and XI-grade students with essential knowledge and skills to respond effectively in emergency situations, particularly regarding heart-related emergencies.

The workshop elucidated the crucial distinction between a heart attack and cardiac arrest. Participants were educated on the essential steps to take if someone experiences symptoms of a heart attack, some of which included calling emergency services immediately, providing reassurance and keeping the person calm, and monitoring the person's vital signs while awaiting emergency medical assistance.

The workshop emphasized the significance of assessing responsiveness in an unconscious individual. Students were instructed on the importance of effectively communicating with emergency responders and bystanders when seeking assistance. Clear and concise communication can expedite the arrival of medical aid and improve outcomes for the individual in distress.

In Conclusion, the Basic Life Support workshop proved to be an invaluable learning experience for the students. By imparting essential knowledge and practical skills, the workshop empowered students to confidently respond to cardiac emergencies and potentially save lives in their communities. The session ended with a question-answer round in which the students got more clarity.

