

FIRST AID TRAINING PROGRAMME AT ARMY PUBLIC SCHOOL JAMMU CANTT

A training programme on First Aid was organised at Army Public School Jammu Cantt on Saturday, 15 April, 2023. The workshop was conducted by doctors from Amandeep Hospital, Jammu led by Dr. Rohini Ralli and her team.

The training focused on Cardiopulmonary Resuscitation (CPR) and First Aid, how to manage every day minor accidents wound care, and learn how to treat an unconscious and breathing casualty and manage minor cuts, bleeding and burns and on the need to remain calm in adverse situations and how to give basic medical aid to anybody, if required.

First Aid generally consists of a series of simple and in some cases, potentially life saving techniques that an individual can be trained to perform with minimal equipment

A hands-on training was demonstrated in CPR and other medical conditions like bruises, cuts, chocking, vertigo, fits etc. by the team. It was an interactive and educative session to equip teachers with skills and confidence to use first aid and CPR in real life situation. The workshop was followed by a doubt clearing session which was dealt by the doctor with care and patience.

