

CELEBRATION OF WORLD FIRST AID DAY AT APSJC

On the occasion of World First Aid Day, a special assembly was organized by Paramvir House on September 13, 2024 to highlight the importance of first aid knowledge and its practical application in daily life. The event was structured in line with the UN Sustainable Goal of Good Health and Well-being and to raise awareness among students and staff, emphasizing the significance of being prepared for emergencies.

The assembly commenced with a brief introduction about World First Aid Day, explaining its purpose and the importance of first aid in saving lives. The significance of quick, basic medical intervention during accidents or sudden illness was stressed by the student anchor, Anshita of class X.

Lakshita Bhagat of class VIII shared amazing facts about first aid, such as the history of first aid, its global importance, and tips on how to remain calm in an emergency. These facts were well-researched and provided a deeper understanding of first aid practices.

It was followed by an interactive skit performed by the middle school students, which showcased various real-life scenarios catering to different kinds of injuries, including treating minor cuts, burns, and handling unconscious patients. The skit depicted how basic first aid measures can be applied, such as cleaning the wound, applying antiseptic, and using bandages, while keeping the injured person calm and ensuring help was called for immediately. The demonstration highlighted key first aid principles:

*Staying calm during an emergency.

*Calling for help and informing adults.

*Administering first aid using the available supplies such as a first aid kit, bandages, and antiseptics.

*Keeping the injured person comfortable until professional help arrives.

The students effectively demonstrated how these simple actions can prevent complications and even save lives.

Following the skit, Ms Shrestha Katal (PGT) delivered an insightful talk on the importance of first aid. She elaborated on the following points:

*The importance of having basic first aid knowledge at home, school, and workplaces.

*Common injuries such as cuts, burns, and fractures, and how immediate care can

prevent the condition from worsening.

*The need for every individual to learn CPR (Cardiopulmonary Resuscitation), emphasizing how this technique can be a lifesaver during cardiac arrests.

*She also stressed the importance of keeping a well-stocked first aid kit and ensuring that everyone in the family or community knows how to use it.

Her speech was both informative and motivational, encouraging students and teachers to be proactive about learning first aid skills.

The school principal Ms Puneet Kaur in her address, emphasized the significance of first aid knowledge for every individual to save precious lives. Overall, it was a highly educational and engaging event that left everyone with a renewed sense of responsibility towards health and safety.



