

Report on activities conducted during the *Nationwide Cardiopulmonary Resuscitation (CPR) Awareness Week (13–17 October 2025)*

AIIMS Bathinda

Under the visionary guidance of **Prof. (Dr.) Ratan Gupta**, Honourable Executive Director, AIIMS Bathinda, enthusiastically joined the *Nationwide Cardiopulmonary Resuscitation (CPR) Awareness Week*, organising impactful awareness and training programmes dedicated to the mission of creating a “Nation of Lifesavers.”.

Summary of Activities

CPR Pledge: All MBBS students, nursing students, and faculty members of AIIMS Bathinda took the *National CPR Pledge* in accordance with MoHFW guidelines, reaffirming their commitment to act promptly during cardiac emergencies and promote lifesaving awareness within their communities.

Compression-Only CPR (COCPR) Training: 100 MBBS students and 60 nursing students underwent hands-on training in *Compression-Only CPR*. The sessions focused on uninterrupted chest compressions, proper hand placement, and maintaining an adequate rate and depth. Trainers emphasised that *Compression-Only CPR is simple, effective, and can be performed by anyone — even without medical training — to help save a life before professional help arrives.*

School and Community Outreach: Govt High School, Lal Singh Basti, school children and teachers were sensitised to *Hands-Only CPR (HOCPR)* through interactive demonstrations and discussions. Participants were encouraged to act without hesitation and to spread this lifesaving knowledge among peers and families.

OPD Sensitisation Sessions: In the **Outpatient Department (OPD) waiting area**, nearly **200 patients and attendants** were trained in *Community CPR* following the principle of bystander awareness. The activity highlighted that *timely bystander action during cardiac arrest can double or even triple the chances of survival*, and every citizen has the potential to make that difference.

The CPR Awareness Week empowered participants, particularly first-year medical and nursing students, who realised their role as ambassadors of lifesaving skills. Community members and school participants expressed confidence and enthusiasm in learning a simple and powerful technique.

The program underlined a vital public health message: *immediate compression-only CPR by bystanders can prevent brain damage, improve survival, and transform bystanders into lifesavers.*

The initiative at AIIMS Bathinda successfully brought together faculty, students, and the public in a shared effort to improve emergency response readiness. The institute remains committed to continuing community-based HOCPR training and integrating CPR awareness into its academic and outreach programmes, thereby contributing to the national goal of creating a *Nation of Lifesavers*.

