

Annexure II

Instructions for registration [Pledge and Panel Discussion]

Registration link - https://echo.zoom.us/join/register?WN_f5vms10vR12E3z2TQU0Cg

Click on the registration link and fill the form

Alternatively, QR Code placed below may also be used for registration

Link for joining the Pledge and Panel Discussion will be sent to the email ID provided during the registration process

Click on the link communicated to the registered email ID and join the event

Please note that the link will be valid for attending the Pledge and Panel Discussion on 13 and 14 October 2025 respectively as per shared schedule.

For any technical assistance regarding registration, you may contact:

- Mr. Sachin Chauhan, Ph. 9871253451 Email: sachin.chauhan@echoindia.in

QR Code for registration



Annexure III

Dos and Don'ts for CPR

Dos:

- ✓ Ensure yours and the victim's safety first
- ✓ Check responsiveness by tapping on shoulder and shouting "Are you alright?"
- ✓ If no response Call for Emergency Services (like 112/108/102) and start chest compressions (CPR)
- ✓ Ensure that the victim is lying on a firm, flat surface
- ✓ Keep your elbows straight while performing chest compressions
- ✓ Perform chest compressions at a rate of 100-120 per minute
- ✓ Allow chest to return to normal position before giving the next compression
- ✓ Continue CPR till either the person is revived or medical help arrives
- ✓ Use an Automated External Defibrillator (AED), if and when available

Don'ts:

- x Do NOT panic
- x Do NOT delay chest compression
- x Do NOT administer chest compression if the victim is conscious
- x Do NOT interrupt in between chest compressions
- x Do NOT bend your elbows while giving chest compression

Training video

YouTube Link: <https://www.youtube.com/watch?v=d4qyodyF84>

QR Code for the training video:



Annexure IV



Activities for CPR Awareness Week, 13th -17th October 2025

Day	Date	Activity
1	13.10.2025	a) Pledge by Secretary (H) [10:30 AM] b) Online-offline demonstration of CPR at Nirmal Bhawan (to be webcasted) [In continuation to Pledge] [Demonstration center to be made available for in-house training] c) Online Pledge through MyGov Portal (available throughout the week) d) Online Quiz through MyGov Portal (available throughout the week) e) Physical training at centers (available throughout the week) f) Awareness activities: i. Mass demonstration of CPR technique ii. Street Play iii. Poster Competition iv. Quiz Competition v. Awareness booths
2	14.10.2025	a) Panel discussion on "CPR techniques and role of bystanders" [3:00 PM -4:00 PM] b) Online Pledge through MyGov Portal (available throughout the week) c) Online Quiz through MyGov Portal (available throughout the week) d) Physical training at centers (available throughout the week) e) Awareness activities: a. Mass demonstration of CPR technique b. Street Play c. Poster Competition

		d. Quiz Competition e. Awareness booths
3	15.10.2025	a) Online Pledge through MyGov Portal (available throughout the week) b) Online Quiz through MyGov Portal (available throughout the week) c) Physical training at centers (available throughout the week) d) Awareness activities: a. Mass demonstration of CPR technique b. Street Play c. Poster Competition d. Quiz Competition e. Awareness booths
4	16.10.2025	
5	17.10.2025	

CARDIO PULMONARY RESUSCITATION WEEK

Date of Event	13.10.2025 to 17.10.2025
Name of the Event	Cardio Pulmonary Resuscitation Week
Type of the Event	Life Skill development
Conducted by	School of Nursing
No. Of Participants	100

OBJECTIVE:

The Cardio Pulmonary Resuscitation (CPR) Awareness week initiative aims to enhance awareness, preparedness, and capacities of general public across all sectors in performing CPR.

DETAILS:

A Nation-wide Cardio Pulmonary Resuscitation (CPR) Awareness week is being organised by Ministry of Health and Family welfare (MoHFW) from 13th to 17th October 2025, So in this regard School of Nursing, ARKA JAIN University is conducted an online Pledge through MyGov portal, Demonstration on Cardiopulmonary Resuscitation (CPR), and an Online Quiz Competition through MyGov portal ,panel discussion on “CPR Techniques and role of bystanders”, Mass demonstration on CPR Techniques, Street Play, Poster competition and Awareness Booth as part of the Cardio Pulmonary Resuscitation (CPR) Awareness Week.

Day 1(13-10-2025): The program began with an online pledge taking, where students and faculty members took a pledge to promote CPR awareness and encourage others to learn this lifesaving technique. Following the pledge, the event featured a live demonstration of hands-only CPR conducted by medical experts, showcasing the simple steps that can be performed by anyone to save a life during a cardiac emergency was conducted by members of MoHFW. The session included step-by-step guidance on CPR techniques. Participants gained practical understanding of how to provide immediate aid during cardiac arrest situations. To reinforce learning and encourage active participation, an online quiz competition was also organized. Students from various batches participated enthusiastically, testing their knowledge about CPR techniques.

Day 2 (14-10-2025): On the Second Day the Poster Competition was conducted. Participants presented informative posters illustrating the steps, techniques of CPR. The posters were evaluated based on creativity, relevance, presentation, and clarity of message and prize was distributed to the winners and provided certificate of participation to the participants. Following the competition, an Online Panel Discussion was conducted, featuring expert faculty members and healthcare professionals. The session focused on the “CPR technique – A Panellists discussed the CPR technique and the role of bystanders.

Day 3 (15-10-2025): On the third day a Mass Demonstration on Cardiopulmonary Resuscitation (CPR) Techniques was organized at MGM Hospital, Dimna, Jamshedpur. Faculty members and nursing students demonstrated the step-by-step procedure of CPR technique, including assessment of the victim, chest compressions and rescue breathing. Participants were also given an opportunity to observe and practice the techniques on mannequins under supervision. The demonstration emphasized the “Hands-only CPR” method for laypersons.

Day 4 (16-10-2025): On the Fourth day an Awareness Booths on Cardiopulmonary Resuscitation (CPR) Techniques was organized in Aryabhata Block, Room No. 120 to enhance public knowledge about the importance of CPR and its life-saving potential during cardiac emergencies. The awareness booths were designed and managed by nursing faculty and students, who provided demonstrations, visual displays on CPR steps and emergency response. Participants had the opportunity to interact with demonstrators and clarify their doubts.

Day 5 (17-10-2025): On the fifth day a Street Play on Cardiopulmonary Resuscitation (CPR) was conducted at Musarikudar Village, Gamharia to create awareness among the rural community about the importance of CPR and how timely action can save lives during cardiac emergencies. The nursing students performed an engaging and informative street play depicting real-life scenarios where CPR techniques were demonstrated and explained in a simple and practical manner. The Program was conducted under the guidance of Prof. Ginu Anie Joseph (Principal) & Prof. Shilpa J (Vice Principal) School of Nursing, ARKA JAIN University.

TAKEAWAY (OUTCOMES):

The CPR Awareness Week enhanced participants’ knowledge and skills regarding cardiopulmonary resuscitation (CPR). Students and healthcare personnel/Public gained a better understanding of the importance of timely intervention during cardiac emergencies. The sessions increased confidence in identifying cardiac arrest, performing chest compressions, and using an automated external defibrillator (AED). Participants became more aware of their role as first responders in saving lives, promoting a culture of preparedness and community responsibility. Overall, the week fostered a sense of awareness, skill competency, and motivation to act promptly in life-threatening situations.

POSTER OF THE EVENT

ARKA JAIN
University
Jharkhand

SCHOOL OF NURSING

ORGANIZES

**Cardiopulmonary Resuscitation
(CPR) Awareness Week: Online Quiz
& Online Pledge, Mass
Demonstration of CPR Technique,
Street Play, Poster Competition,
Awareness Booths, Panel Discussion**

Date: 13-10-2025 to 17-10-2025**Time: 10:00 AM onwards****Venue: JEH Auditorium, MGM Hospital, Musarikuadar
Village**

CONVENER: PROF. GINU ANIE JOSEPH (PRINCIPAL)

CO-CONVENER: PROF. SHILPA J (VICE PRINCIPAL)

EVENT COORDINATOR : MRS. PALLAVI SHARIN TOPNO & MRS. PRIYANKA TUDU,
(ASST. PROF.), MRS. SAGARIKA BARIK & MRS. RISHALI (NURSING TUTOR)

PHOTOS OF THE EVENT



Fig.1- Participants Attending Live Demonstration of CPR Techniques conducted by the members of MoHFW.



Fig. 2- Participants taking the pledge for Cardio Pulmonary Resuscitation (CPR) during CPR Awareness week.



Fig. 3- B. Sc. Nursing Students Performing CPR Demonstration.



Fig. 4- Participants Attending the online Panel Discussion on CPR



Fig. 5- Group Photo with the Students of Poster competition.



Fig. 6- Mass Demonstration on Cardiopulmonary Resuscitation (CPR) Techniques



Fig. 7- Awareness booths of Cardiopulmonary Resuscitation (CPR) Techniques



Fig. 8- Street Play on Cardiopulmonary Resuscitation (CPR)



Fig. 9- Group photo of the (CPR) Awareness Week

LIST OF PARTICIPANTS

SCHOOL OF NURSING, ARKA JAIN UNIVERSITY CARDIO-PULMONARY RESUSCITATION (CPR) AWARENESS WEEK Date: 15/09/2025 (Day-1) TOPIC: a) Online pledge through MyGov Portal b) Online demonstration of CPR c) Online Quiz through MyGov Portal			
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SAMPLE CERTIFICATE



CERTIFICATE OF PARTICIPATION

Ministry of Youth Affairs & Sports

*Congratulations***ABHISHEK KUMAR YADAV**for successfully participating in the
Online Quiz on**CPR Awareness Week (13th to 17th October 2025)**conducted on **MYBharat**We appreciate your enthusiasm and acknowledge your valuable participation.
Keep contributing towards a Viksit Bharat.

Participation Date: 13 October 2025

PLEDGE
to
Save A Life
CPR Awareness Week 2025

This is to certify that
Barsha Gope
has taken the Pledge on CPR (Cardiopulmonary Resuscitation) Awareness during the CPR Awareness Week, 13th -17th October, 2025 organized by Disaster Management Cell, Ministry of Health and Family Welfare, Government of India.

9936263929

October, 13 2025

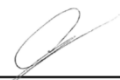
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Smt. Vandana Jain,
Joint Secretary (Public Health),
Ministry of Health and Family Welfare,
Govt. of India



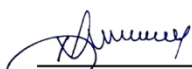
CERTIFICATE OF APPRECIATION

THIS CERTIFICATE IS AWARDED TO
MS. SUMAN MAJHI

has actively participated in the
Poster Competition organized by School of Nursing, ARKA JAIN University on the occasion of **Cardio Pulmonary Resuscitation (CPR) Awareness week** held on **13th October to 17th October 2025** and has secured **WINNER** Position in recognition of their outstanding performance, talent, and enthusiasm.
We congratulate and extend our best wishes for their future endeavours.


Convener
Prof. Mrs. Ginu Anie Joseph
Principal, SON




Prof. (Dr.) Angad Tiwary
Pro Vice Chancellor
ARKA JAIN University



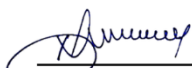
CERTIFICATE OF PARTICIPATION

THIS CERTIFICATE IS AWARDED TO
MS. LIPIKA PAUL

has actively participated in the
Poster Competition organized by School of Nursing, ARKA JAIN University on the occasion of **Cardio Pulmonary Resuscitation (CPR) Awareness week** held on **13th October to 17th October 2025**.
We congratulate and extend our best wishes for their future endeavours.


Convener
Prof. Mrs. Ginu Anie Joseph
Principal, SON




Prof. (Dr.) Angad Tiwary
Pro Vice Chancellor
ARKA JAIN University