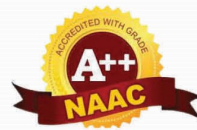




Prof (Dr.) Musavir Ahmad  
Media Advisor

# PUBLIC RELATIONS CENTRE UNIVERSITY OF KASHMIR

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## KU holds CPR, first aid training program for students



**Srinagar, June 19:** To equip students with essential life-saving skills, the University Health Centre and Department of Students' Welfare (DSW), University of Kashmir (KU), in collaboration with Help Humans, organised a Cardiopulmonary Resuscitation (CPR) and First Aid Training program at the Division of Youth Affairs Hall, Naseem Bagh, Main Campus today.

Master trainer, Dr. Itinderpal Singh Bali who was accompanied by his team demonstrated basic CPR techniques and emergency response practices crucial for medical emergencies.

The training session focused on practical demonstrations and hands-on learning, where students were trained in administering CPR, including proper chest compressions, airway clearance, and rescue breathing. The participants were also familiarised with basic first aid responses for situations like choking, fainting, bleeding, fractures, and burns, empowering them to act confidently in medical emergencies.

Speaking on the occasion, Registrar, KU, Prof. Naseer Iqbal lauded the initiative



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and said, "Basic life support skills are no longer optional, they are essential. Every student trained in CPR becomes a potential lifesaver. Such initiatives strengthen our preparedness for emergencies within and outside campus."

Dean Students Welfare KU, Prof. Parvez Ahmed, said that the initiative reflects the University's ongoing commitment to student well-being and practical life education.

"Empowering youth with such knowledge develops a culture of preparedness and care. These trainings are also crucial in the context of disaster management and emergency response, where timely action can save lives and reduce harm," he said.

Coordinator, Health Centre KU, Dr. Khalid Nazir, in his welcome address, emphasised the importance of such training and said that learning CPR and first aid can make a real difference in saving lives during critical moments.

The program witnessed active participation from students across departments.

The event proceedings were conducted by Dr. Surayyah Jan, Medical Officer, Health Centre KU.



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