



K.R. MANGALAM UNIVERSITY
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REPORT ON 'FIRST AID TRAINING PROGRAM'

Date: 24th April 2026

Time: 10:00 AM onwards

Venue: Govt. Senior Secondary School, Lakhuwas, Sohna

Event Type: Training Program

Mode of Activity: Offline

Target Group: NSS Volunteers and students of Govt. Sr. Sec. School, Lakhuwas

Convener: Dr. Neeraj Kumari (NSS Program Coordinator)

Event Coordinator: Mr. Amit Kumar (NSS Program Officer)

Resource Person: Dr. Rohtash Kumar (C.P.R. Trainer)

Student Coordinators: Harsh (B.A. Hons Psychology with Research), Sahil Wadhwa (B.A. Hons Psychology with Research)

Organized by: National Service Scheme (NSS), K.R. Mangalam University, Gurugram

Participants: 14 NSS volunteers and more than 40 school students

Social media Link:

<https://www.instagram.com/reel/DXhF6CNAcOX/?igsh=MWUwYTFmcGhkcXUwdQ==>

Introduction

The National Service Scheme (NSS) Unit of K.R. Mangalam University organized a First Aid Training Program on 24th April 2026 at Govt. Senior Secondary School, Lakhuwas, Sohna. The program aimed to provide practical knowledge and hands-on training in basic first aid and emergency response techniques.

The initiative focused on empowering students and volunteers with essential life-saving skills such as cardiopulmonary resuscitation (CPR), handling injuries, and responding effectively during medical emergencies. The training emphasized the importance of timely assistance in saving lives and reducing the severity of injuries.

This activity aligns with the following United Nations Sustainable Development Goal (SDG):

- SDG 3 – Good Health and Well-being: The program promoted awareness about health, safety, and emergency preparedness by equipping participants with first aid knowledge and skills necessary to respond effectively in critical situations.

Objectives

- To provide basic knowledge of first aid and emergency care
- To train participants in life-saving techniques such as CPR
- To create awareness about health and safety measures
- To develop confidence among students in handling emergency situations
- To promote community health and well-being

Content of the Event

The program commenced with an introductory session highlighting the importance of first aid in everyday life. The resource person, Dr. Rohtash Kumar, conducted an informative and interactive session covering various aspects of first aid, including the basic principles of first aid, cardiopulmonary resuscitation (CPR) techniques, handling wounds, burns, and fractures, as well as managing choking and unconsciousness. He also emphasized the importance of timely emergency response and necessary safety precautions during critical situations.

Participants were provided with hands-on demonstrations and practical exposure, which significantly enhanced their understanding and confidence in dealing with emergencies. The interactive nature of the session encouraged active participation from both students and NSS volunteers. Overall, the session proved to be highly engaging and informative, equipping participants with valuable knowledge and practical skills for real-life emergency handling.

Conclusion

The First Aid Training Program was successfully conducted and proved to be highly beneficial for all participants. It enhanced their awareness and preparedness to deal with medical emergencies effectively.

The initiative not only strengthened the practical skills of NSS volunteers but also contributed to building a safer and more health-conscious community.

Event Outcome

- Improved knowledge of first aid and emergency response
- Development of practical skills such as CPR and injury management
- Increased awareness about health and safety
- Boosted confidence among participants to handle emergencies
- Contribution towards promoting community well-being



Photo 1: The resource person explaining the first aid while having fracture in neck



Photo 2: NSS volunteer briefing about the motive of event



Photo 3: A group photograph of NSS volunteers

<p>Report prepared by</p>	<p>Mr. Amit Kumar</p>
<p>Report Verified by</p>	<p>Dr. Neeraj Kumari, NSS Program Coordinator</p>
<p>Report Verified by IQAC Coordinator</p>	<p>Dr Shikha Dutt Sharma</p>