



Maharaja Agrasen Institute of Management Studies
(A unit of Maharaja Agrasen Technical Education Society)
Affiliated to GGSIP University; Recognized u/s 2(f) of UGC

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Maharaja Agrasen Chowk, Sector-22, Rohini, Delhi-110086, India
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REPORT

Workshop on "Overview of First Aid & CPR"

Academic Year: 2025-2026

Name of the Event: Overview of First Aid & CPR

Organizing Unit: HEALTH EASE Society, MAIMS

Name and Designation of Resource Person: Dr. Deepa Kaushik, Associate Professor
Department of Law, MAIMS

Date of the Event: 17th September, 2025

Time of the Event: 1:30 PM onwards

Location: Room No:1195, 11th Block, Department of Law, MAIMS

Number of Students Participated: 80 Students (BCA and Law)

On September 17, 2025, the Health Ease Society of MAIMS organized a highly informative seminar titled "**Overview of First Aid and CPR.**" The event was designed to equip students from the BCA and Law departments with vital life-saving skills. The session was led by Dr. Deepa Kaushik, Associate Professor, Law, MAIMS, who provided an engaging and practical overview of emergency first-aid protocols.

The seminar began with an interactive dialogue that encouraged students to share their personal experiences and knowledge of first aid. This was followed by a comprehensive theoretical session where Dr. Kaushik explained essential **First-aid** concepts, including the critical difference between a heart attack and a cardiac arrest. The most valuable part of the seminar

was the **hands-on training**. Using a professional mannequin, Dr. Kaushik demonstrated the proper CPR procedure in detail. Students then had the opportunity to practice the technique themselves, turning theoretical knowledge into a tangible skill. The practical session also included instructions on how to use an Automated External Defibrillator (AED) and provided essential tips for common emergencies like choking and nosebleeds. The seminar concluded with a dedicated **Q&A session**, where all student questions were expertly answered.

The seminar was far more than an informational session; it was a profound learning experience. It transformed the students from passive bystanders into potential lifesavers. Dr. Kaushik's ability to combine her legal and medical knowledge made the session uniquely compelling, underscoring how preparedness is a shared responsibility. The event has undoubtedly equipped the student body with the courage to act, proving that a single day of training can be the difference between a life lost and a life saved.

HEALTH CARE
Society
MAHARAJA AGRASEN INSTITUTE OF MANAGEMENT STUDIES

**Overview of
FIRST AID
&
CPR**

Your Health, Our Priority!
Learn. Act. Save Lives.
Join us and become a Life Saver

Resource Person:- Dr. Deepa Kaushik

WEDNESDAY
17TH SEPTEMBER, 2025

TIMING:
1:30-2:30 PM

FOR MORE INFORMATION

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