



Maharaja Agrasen Institute of Management Studies
(A unit of Maharaja Agrasen Technical Education Society)
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REPORT

Workshop on "Overview of First Aid & Basic Life Support(BLS)"

Academic Year: 2025-2026

Name of the Event: Overview of First Aid & Basic Life Support

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: 12th March, 2026

Time of the Event: 1:30 PM onwards

Location: Seminar Hall, 9th Floor, 11th Block, MAIMS

Number of Students Participated: 52 Students, Department of Law

Feedback Form Link: <https://forms.gle/BKam11QTpxm3zc2g8>

A session on "**First Aid and Basic Life Support System**" was conducted on 12th March 2026 for the first-year students of the Law Department, MAIMS. The session was delivered by the resource person, Dr. Deepa Kaushik, Associate Professor Department of Law, MAIMS who shared her valuable knowledge and practical insights on emergency medical assistance.

The session aimed to create awareness among students about the importance of first aid and the basic techniques that can help save lives during medical emergencies. The resource person explained the concept of first aid as the immediate assistance provided to a person suffering from an injury or sudden illness before professional medical help arrives. She highlighted that timely and appropriate first aid can significantly reduce the severity of injuries and may even save lives. During the session, Dr. Kaushik elaborated on various aspects of Basic Life Support

(BLS), including how to respond in situations such as unconsciousness, choking, breathing difficulties, and cardiac arrest. She also discussed the importance of staying calm and acting quickly during emergencies. The students were introduced to the basic steps involved in checking responsiveness, ensuring airway safety, and seeking medical help. One of the most engaging parts of the session was the practical demonstration of Cardiopulmonary Resuscitation (CPR). The students were given the opportunity to conduct hands-on practice on a mannequin, where they learned the correct technique for performing chest compressions and providing CPR during cardiac emergencies. This practical activity helped students understand the proper method and rhythm of CPR, making the learning experience more effective and memorable.

The session was highly interactive and engaging, which kept the students attentive throughout. Dr. Kaushik used simple explanations and practical examples to make the concepts easy to understand. Students actively participated by asking questions and sharing their views on handling emergency situations. The discussion helped them understand how basic medical knowledge can be useful not only in professional settings but also in everyday life. Overall, the session proved to be very informative and attractive. The students learned many valuable skills and gained awareness about the significance of first aid and basic life support in saving lives. Such sessions play an important role in equipping students with essential life skills and promoting a sense of social responsibility.





