

**6<sup>th</sup> September, 2019.**

The Department of Students Welfare and the Health Centre, University of Jammu in collaboration with Shri Mata Vaishno Devi Narayana Superspeciality Hospital organized One-Day workshop on Basic Life Support (BLS) at Brig. Rajinder Singh Auditorium. Dr. Meenakshi Kilam, Registrar University of Jammu was the Chief Guest at the occasion. The workshop was attended by a large number of students, teachers and employees of the University of Jammu. To impart in-depth knowledge and valuable training of Life Saving Skills to the students and employees of the University of Jammu, the interactive training session was elaborately conducted by Dr. Nikhil Mahajan (DM Cardiology) and Dr. Sumit Sharma, MD Emergency Medicine, SMVDNSH. The causes, symptoms, risk-factors and emergency remedies to prevent heart related problems were explained through powerpoint presentation as well as practical demonstration to the participants. The participants learned that while doing CPR, chest compression should be hard and fast on the centre of the chest of the patient. The airway should be clear and head be tilted back and chin should be lifted. The emergency support in case of choking was also demonstrated. Dr. Meenakshi Kilam emphasized on the need of being aware about health and well-being particularly at the times where we are prone to stress related diseases. Dean Students Welfare Prof. Jasbir Singh, in his welcome address, stressed upon the need of organizing such programmes as the training and skills imparted through such programmes help saving the precious lives at difficult times. The formal vote of thanks was presented by Dr. Bharat Bhushan, Medical Officer, Health Centre, University of Jammu. The event was coordinated by Dr. Shabana Azmi (Medical Officer) Ifra Kak (Cultural Officer) and Sumeet Sharma (Drama Instructor) and was ably conducted by Shruti Arora.