

National Service Scheme

Government College for Women M.A. Road Srinagar

Report on 2 daya Health Awareness cum BLS Training

Educational institutions are a good setting to teach basic health education and skills because they can reach a large part of the community.

College Healthcare Committee and NSS wing of GCW M.A. Road Srinagar organised a 2 days Awareness cum Training programme on health in collaboration with PARAS Health Srinagar on 11th and 12th November 2024. They conducted the awareness program upon Health and Basic Life Support.

The Programme commenced with a welcome Note from Prof Majida Maqbool, Convener College Healthcare Committee. Special lectures were given by Dr. Adnan Raina (Consultant Neurology) and Dr. Sarmad Andrabi and Dr Duha (Clinical Psychologist) from PARAS Health Srinagar. The interactive sessions on both days were regarding the awareness of Life Style Diseases and Mental Stress. Dr Adnan Raina also gave consultation to scores of students at the end of his session.

All the participants actively listened to the awareness strategies and tips. The programme not only focused upon the wellness strategies but also put forward certain important causes that might cut down the level of stress from the human schedule of activities.

Dr Sarmad also trained volunteers regarding BLS. Basic life support (BLS) training for students can improve their knowledge and skills, and help them respond to cardiac arrest and other emergencies.

Proceedings of the programme were conducted by Dr Saduf Nisar, NSS Programme Officer.

Organisers:

NSS wing (unit1, 2, 3)

College healthcare committee

Sd/-

Principal



