Hands-on CPR Workshop

Observance of World Humanitarian Day | 19 August 2026

The Department of Human Rights, in collaboration with the Wellness Centre and the Centre for Community Service, Loreto College (Autonomous), Kolkata, organised a **Hands-on Cardiopulmonary Resuscitation (CPR) Workshop** on **19 August 2026** to observe World Humanitarian Day.

The workshop aimed to sensitise students to the importance of humanitarian action, emergency response and the responsibility of individuals in saving lives. It focused on equipping participants with basic practical knowledge and skills to respond effectively during medical emergencies, particularly situations involving sudden cardiac arrest.

The session was conducted by **Dr. Waheed Hasan and the team from Sun Pharma**, who provided hands-on training to approximately **70 students**. A few faculty members also actively participated in the workshop. Through practical demonstrations and guided exercises, the participants were introduced to the basic techniques and procedures of CPR. The interactive nature of the session enabled students to understand the importance of timely intervention, emergency preparedness and the role of bystanders in providing immediate assistance before professional medical help arrives.

The workshop highlighted that humanitarian responsibility extends beyond awareness and advocacy; it also involves acquiring practical skills that can help protect and save human lives. By combining theoretical understanding with hands-on learning, the programme encouraged students to become more responsible, confident and socially responsive members of the community.

The initiative also contributed to the following **United Nations Sustainable Development Goals (SDGs)**:

- **SDG 3 – Good Health and Well-being:** Promoting awareness of emergency response and life-saving practices.
- **SDG 4 – Quality Education:** Providing experiential and skill-based learning beyond the classroom.
- **SDG 11 – Sustainable Cities and Communities:** Encouraging community preparedness and resilience during emergencies.
- **SDG 16 – Peace, Justice and Strong Institutions:** Promoting a culture of responsibility, human dignity and protection of life.
- **SDG 17 – Partnerships for the Goals:** Strengthening institutional collaboration among the Department of Human Rights, Wellness Centre, Centre for Community Service and Sun Pharma.

The workshop was a meaningful initiative towards integrating humanitarian values with practical life-saving skills. It reinforced the importance of individual preparedness, community participation and collective responsibility in safeguarding human life. The active participation of students and

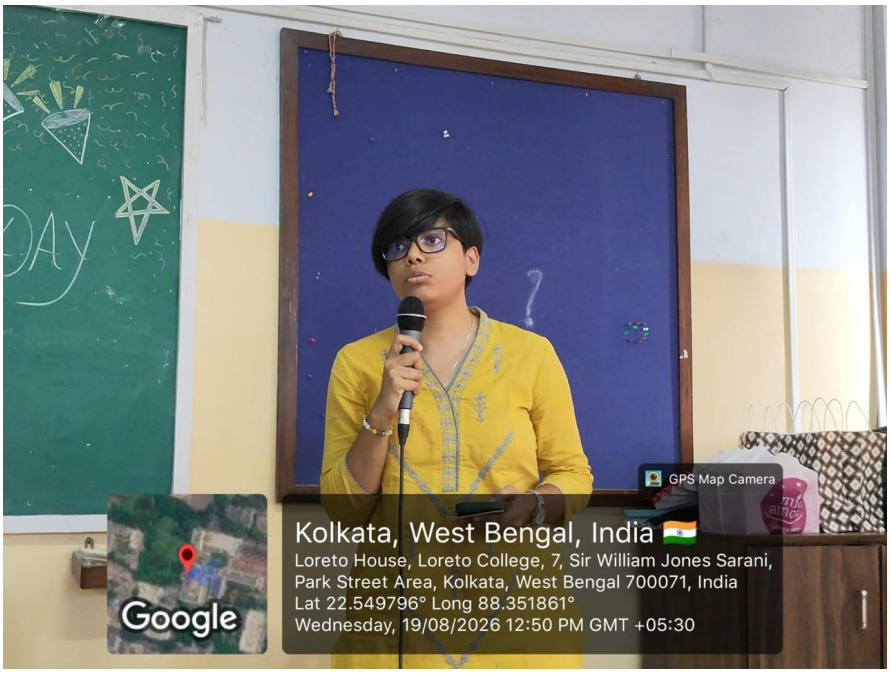
faculty members made the programme a valuable learning experience and a significant contribution to the college's commitment to human rights, health awareness and community engagement.






Cardiac Arrest
vs
Heart Attack


PUMA


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