

**Awareness on Life-Saving First Aid During Heart Attacks — CPR Training Camp at
Karnataka Sanskrit University
Bengaluru, October 4, 2025:**



The Department of Sāṅkhya and Yoga, Karnataka Sanskrit University, organized a one-day practical workshop on Cardio-Pulmonary Resuscitation (CPR) for M.Sc. Yoga Shastra students on October 4, 2025. In light of the growing number of heart attack cases, the workshop aimed to raise awareness among the younger generation about the significance of timely first aid during medical emergencies.

In today's world, where tragic incidents such as stampedes, drowning, and electrical accidents claim numerous lives due to delayed or improper first-aid response, the importance of life-saving knowledge cannot be overstated. Recognizing the urgency of this issue, the Hon'ble Vice-Chancellor—herself a medical professional—emphasized the need to equip youth with essential emergency response skills.

The workshop was held under the guidance of Dr. N. Rishidev Bhargava, Head of the Department of Sāṅkhya and Yoga. The event was graced by Hon'ble Vice-Chancellor Dr. S. Ahalya, Registrar (I/c) Prof. V. Girish Chandra, and Dean Prof. V. Shivani.

The training session was led by Dr. Chandrashekar, a renowned pediatrician and expert in emergency first aid, along with Mr. Nishanth, an experienced trainer from VIOHIS, Bengaluru. Students received hands-on CPR training and comprehensive instructions on essential first-aid procedures to follow during emergencies.

A total of 20 students enthusiastically participated in the program. All participants were awarded training certificates, first-aid manuals, and authorization cards. The students displayed keen interest and active involvement throughout the session.

This workshop marked the first-ever CPR and First-Aid Training Program organized by the Department of Sāṅkhya and Yoga—an important milestone in promoting health awareness and emergency preparedness among the youth.



Glimpse of CPR Training Camp