

Event Report:

Saving life after cardiac arrest, Public Training in Basic Life Support (BLS)

Date; 30th October 2025

As part of the 105th Foundation Day Celebration, a Public Training Session on Basic Life Support (BLS) was organized with the aim of empowering the community to save lives in cases of sudden cardiac arrest. The event focused on spreading awareness about the importance of timely intervention and equipping participants with essential life-saving skills. Staff of Oral Maxillo-Facial surgery and Anesthesia, Faculty of Dentistry joined together to train general public and students for training in basic life support. This programme was held as per the vision of esteemed Vice Chancellor Prof. Mazhar Asif and Registrar Prof. Mahtab Alam Rizvi to commemorate 105th foundation day celebration.

The session began with an informative talk by medical experts highlighting the significance of early cardiopulmonary resuscitation (CPR) and the use of automated external defibrillators (AEDs). Participants were then given hands-on training on performing chest compressions, rescue breathing, and maintaining airway patency under the guidance of certified trainers.

A large number of students, staff, and members of the public enthusiastically took part in the training. The interactive format helped participants gain confidence in handling emergency situations. The trainers emphasized the "Chain of Survival," stressing the importance of quick recognition, prompt CPR, and immediate medical assistance.

Dr Imran Khan (Prof OMFS) briefed the audience about historical significance of foundation day of Jamia Millia Islamia. **Dr Sanjay Singh** (Prof and incharge OMFS) shared his concern regarding untimely deaths because of sudden cardiac arrest. **Dr Mohd Faisal** (Prof. OMFS) shared the basics of CPR in emergency cases and also gave his valuable inputs in workshop. **Dr Deborah Sybil** (Prof. OMFS) supervised the BLS workshop and her inputs and knowledge was very helpful to the audience.

To sensitise the students and general public **Dr Syed Ansar Ahmed** (Prof OMFS), resource person and coordinator of the program addressed the gathering and also demonstrated the procedures on mannequin. He stressed upon the concept that public should be aware of Basic Life Support so that many lives can be saved. He strongly recommended need of early CPR in sudden cardiac arrest cases and how early intervention increases the chance to save lives manifold. .

Dr Irfanul Haq (Anesthesia) also demonstrated the emergency procedure, and also use of AMBU Bag and AED. His knowledge as anesthetist was very helpful in making people understand the difficult aspect of procedures.

Encouragement and support from Prof Kiya Sircar, was of immense help. More than 130 persons including staff and general public participated in the workshop of BLS (Basic Life Support). The event successfully raised public awareness about cardiac emergencies and highlighted how timely BLS intervention can make the difference between life and death. It concluded with a pledge by participants to spread the message of lifesaving skills within their communities.



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