



ज्ञान-विज्ञान विमुक्तये

आचार्य मनिष र. जोशी
सचिव

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Secretary



सत्यमेव जयते



आज़ादी का
अमृत महोत्सव
विश्वविद्यालय अनुदान आयोग
University Grants Commission
(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)

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25 आश्विन, 1947/17th October, 2025

Subject: Observance of Cardio-Pulmonary Resuscitation (CPR) Awareness Week -reg.

आदरणीय महोदया/महोदय,

As you are aware, sudden cardiac arrest remains one of the leading causes of preventable death worldwide. Timely administration of Cardiopulmonary Resuscitation (CPR) by trained bystanders dramatically increases the chances of survival. As such, raising public awareness and building CPR capacity among the general population is an urgent public health priority.

Compression-only CPR is a simple yet life-saving technique that plays a crucial role in reviving individuals experiencing sudden cardiac arrest. Without prompt intervention, brain damage can begin within minutes, and with each minute of delay, the chances of survival decrease by approximately 10%. However, immediate bystander CPR can double or even triple survival rates.

While nearly 50% of people in high-income countries report having received CPR training, the rate in India remains critically low—estimated between just 1.3% and 9.8%. This stark gap highlights the pressing need for widespread CPR training and public education initiatives across the country.

In order to enhance awareness, preparedness, and capacities of general public across all sectors in performing CPR, the Ministry of Health and Family Welfare (MoHFW), Government of India is observing a nation-wide **Cardio-Pulmonary Resuscitation (CPR) Awareness Week**.

The above mentioned nationwide CPR Awareness Week will include a series of activities aimed at sensitization, training, and community engagement. The key activities will include:

- Nation-wide pledge on Cardio-Pulmonary Resuscitation (CPR) - For all health facilities across the country from primary to tertiary levels in Virtual mode as also through other modes (**pledge as detailed at Annexure I**)
- A pan-India panel discussion on 'CPR techniques and role of bystanders' - (**instruction on joining the Virtual platform is detailed at Annexure II**)
- Capacity building of college students under Central and State Universities in form of organizing physical demonstrations on compression only CPR;

This may be taken up in collaboration with:

- Central and State Medical Colleges
- State and District Branches of the Indian Red Cross Society.

Contd.

A link to an online video tutorial for this purpose is available at **Annexure III**. Also, a set of Dos and Don'ts while doing CPR is enclosed as **Annexure III**. These may be utilized for training and awareness activities.

- d) Awareness building initiatives poster making/quiz competition themed around need and role of bystander CPR etc.

Details of day-wise activities planned for the CPR Awareness Week is also enclosed as **Annexure IV**.

For any clarification or assistance, Dr. Pradeep Khasnobis, DDG, Disaster Management Cell, MoHFW (Tel: 011-23063230; e-mail: ddgdmcell-mohfw@gov.in) may be contacted.

All Higher Education Institutions (HEIs) are requested to take all possible measures for the successful observance of Cardio-Pulmonary Resuscitation (CPR) Awareness Week. HEIs are also requested to share the activities undertaken on their respective social media handles using the #CPR4Life2025.

सादर,

भवदीय,


(मनिष जोशी)

संलग्नक: उपरोक्तानुसार

सेवा में,

सभी विश्वविद्यालयों के कुलपति।

सभी महाविद्यालयों के प्राचार्य।

Pledge: CPR Awareness Week 13th-17th October 2025

I solemnly pledge that:

- a) I recognize the importance of timely cardio-pulmonary resuscitation (CPR) in saving lives.
- b) I will try to learn, practice, and keep myself updated with the correct techniques of CPR.
- c) I will try to help individuals in a health emergency and will provide assistance with courage, compassion, and responsibility until professional medical help arrives.
- d) I will encourage my family, friends, colleagues, and community members to become aware of CPR and its life-saving potential.
- e) I will respect human life and dignity, and stand committed to creating a society where everyone is empowered to respond to medical emergencies with confidence.
- f) I will actively support awareness, training, and preparedness activities that build safer and healthier communities.

With this pledge, I commit myself to be a responsible and prepared citizen - ready to save a life when every second counts.

प्रतिज्ञा: सीपीआर जागरूकता सप्ताह 13-17 अक्टूबर 2025

मैं सत्यनिष्ठा से प्रतिज्ञा करता/करती हूँ कि:

- मैं अचानक हृदय संबंधी आपात स्थितियों के दौरान जीवन बचाने में समय पर कार्डियोपल्मोनरी रिससिटेशन (सीपीआर) के महत्व को समझूँगा/समझूँगी।
- मैं सीपीआर की सही तकनीकों को सीखने, उनका अभ्यास करने और उनसे खुद को अपडेट रखने का प्रयास करूँगा/करूँगी।
- मैं स्वास्थ्य संबंधी आपात स्थितियों में लोगों की मदद करने का प्रयास करूँगा/करूँगी और पेशेवर चिकित्सा सहायता आने तक साहस, करुणा और ज़िम्मेदारी के साथ सहायता प्रदान करूँगा/करूँगी।
- मैं अपने परिवार, दोस्तों, सहकर्मियों और समुदाय के सदस्यों को सीपीआर और इसकी जीवनरक्षक क्षमता के बारे में जागरूक होने के लिए प्रोत्साहित करूँगा/करूँगी।
- मैं मानव जीवन और गरिमा का सम्मान करूँगा/करूँगी, और एक ऐसे समाज के निर्माण के लिए प्रतिबद्ध रहूँगा/रहूँगी जहाँ हर कोई चिकित्सा आपात स्थितियों का आत्मविश्वास के साथ जवाब देने में सक्षम हो।
- मैं जागरूकता, प्रशिक्षण और तैयारी गतिविधियों का सक्रिय रूप से समर्थन करूँगा/करूँगी जो सुरक्षित और स्वस्थ समुदायों का निर्माण करती हैं।

इस प्रतिज्ञा के साथ, मैं एक ज़िम्मेदार और तैयार नागरिक बनने के लिए प्रतिबद्ध हूँ - हर पल महत्वपूर्ण होने पर एक जीवन बचाने के लिए तैयार।

Instructions for registration [Pledge and Panel Discussion]

Registration link - https://echo.zoom.us/webinar/register/WN_fsVmS1OvRI2tE3szTQU0Cg

Click on the registration link and fill the form

Alternatively, **QR Code** placed below may also be used for registration

Link for joining the Pledge and Panel Discussion will be sent to the email ID provided during the registration process

Click on the link communicated to the registered email ID and join the event.

Please note that the link will be valid for attending the Pledge and Panel Discussion on 13 and 14 October 2025 respectively as per shared schedule.

For any technical assistance **regarding registration**, you may contact:

- Mr. Sachin Chauhan, Ph. 9871253461, Email: sachin.chauhan@echoindia.in

QR Code for registration



Pledge, Live CPR demonstration and Panel discussion can also be attend through:

- 13th October 2025 (Pledge & live demo):
<https://youtube.com/live/VbVUyEOh1M0?feature=share>
- 14th October 2025 (Panel Discussion):
<https://youtube.com/live/fWmnnvQMmm4A?feature=share>

Submitting information on training and awareness activities

Google form: https://docs.google.com/forms/d/e/1FAIpQLSdMgrWVWbsuyzuGxyhcpWwRp8K-xLuYF2_G8kKsza76T17Z1A/viewform

QR code to Google Form:



Dos and Don'ts for CPR

Dos:

- ✓ Ensure yours and the victim's safety first
- ✓ Check responsiveness by tapping on shoulder and shouting "Are you alright?"
- ✓ If no response Call for Emergency Services (like 112/108/102) and start chest compressions (CPR)
- ✓ Ensure that the victim is lying on a firm, flat surface
- ✓ Keep your elbows straight while performing chest compressions
- ✓ Perform chest compressions at a rate of 100-120 per minute
- ✓ Allow chest to return to normal position before giving the next compression
- ✓ Continue CPR till either the person is revived or medical help arrives
- ✓ Use an Automated External Defibrillator (AED), if and when available

Don'ts:

- x Do NOT panic
- x Do NOT delay chest compression
- x Do NOT administer chest compression if the victim is conscious
- x Do NOT interrupt in between chest compressions
- x Do NOT bend your elbows while giving chest compression

Training video

YouTube Link: <https://www.youtube.com/watch?v=dI4qyodyF84>

QR Code for the training video:





स्वास्थ्य एवं
परिवार कल्याण मंत्रालय
MINISTRY OF
**HEALTH AND
FAMILY WELFARE**



Activities for CPR Awareness Week, 13th -17th October 2025

Day	Date	Activity
1	13.10.2025	<p>a) Pledge by Secretary (H) [10:30 AM] [Registration details below]</p> <p>b) Online demonstration of CPR at Nirman Bhawan (to be webcasted) [In continuation to Pledge] [Registration details below] [Demonstration center to be made available for in-house training]</p> <p>c) Online Pledge through MyGov Portal (https://pledge.mygov.in/) (available throughout the week)</p> <p>d) Online Quiz through MyGov Portal (https://quiz.mygov.in/) (available throughout the week)</p> <p>e) Engagement with Youth through MyBharat Volunteer for Bharat (https://mybharat.gov.in/pages/events) (available throughout the week)</p> <p>f) Engagement with Youth through MyBharat Quiz (Link) (available throughout the week)</p> <p>a) Physical training at centers (available throughout the week)</p> <p>b) Awareness activities:</p> <ol style="list-style-type: none"> i. Mass demonstration of CPR technique ii. Street Play iii. Poster Competition iv. Quiz Competition v. Awareness booths
2	14.10.2025	<p>a) Panel discussion on “CPR techniques and role of bystanders” [3:00 PM -4:00 PM] [Registration details below]</p> <p>b) Online Pledge through MyGov Portal (available throughout the week)</p> <p>c) Online Quiz through MyGov Portal (available throughout the week)</p>

		<ul style="list-style-type: none"> d) Engagement with Youth through MyBharat Volunteer for Bharat (available throughout the week) e) Engagement with Youth through MyBharat Quiz (available throughout the week) f) Physical training at centers (available throughout the week) g) Awareness activities: <ul style="list-style-type: none"> a. Mass demonstration of CPR technique b. Street Play c. Poster Competition d. Quiz Competition e. Awareness booths
3	15.10.2025	<ul style="list-style-type: none"> a) Online Pledge through MyGov Portal (available throughout the week) b) Online Quiz through MyGov Portal (available throughout the week) c) Engagement with Youth through MyBharat Volunteer for Bharat (available throughout the week)
4	16.10.2025	<ul style="list-style-type: none"> d) Engagement with Youth through MyBharat Quiz (available throughout the week) e) Physical training at centers (available throughout the week)
5	17.10.2025	<ul style="list-style-type: none"> f) Awareness activities: <ul style="list-style-type: none"> a. Mass demonstration of CPR technique b. Street Play c. Poster Competition d. Quiz Competition e. Awareness booths