

## NDRF conducts Disaster Management workshop at Sat Paul Mittal School



On 12<sup>th</sup> August 2024, Sat Paul Mittal School had the honour of hosting a pivotal workshop focused on School Safety Programme. The session was conducted by Assistant Commandant, Mr. D.L. Jakhari and Inspector Sandeep Kumar from National Disaster Response Force (NDRF). The two-hour workshop was specifically designed for young learners from classes VII to XII.

The workshop commenced with a comprehensive discussion on various calamities, which includes earthquakes, floods and fire accidents. The experts provided practical insights into safety measures and precautionary steps to ensure personal and family safety during such events. The session also featured a detailed demonstration of what to do and what to avoid during these emergencies.

The workshop covered essential rescue techniques, thereby preparing the students to navigate through hazardous situations. The interactive nature of the session allowed students to engage directly with practical skills, ensuring a hands-on learning experience.

Additionally, the students were given CPR training. The experts thoroughly explained the procedures and the critical importance of CPR in reviving individuals in distress. Students were given the chance to practice CPR techniques on dummies, which significantly enhanced their understanding and proficiency in performing this life-saving procedure.

Overall, the workshop was a resounding success, equipping students with vital life skills and reinforcing the importance of safety and preparedness.