



VIDYA BAL BHAWAN SR. SEC. SCHOOL

(Recognised & affiliated to C.B.S.E.)

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Ref No.: VBBSSS/26-27

Dated: 01.08.2026

Health Awareness Workshop on Gastro & Liver Health with CPR Training

Vidya Bal Bhawan Sr. Sec. School organized an informative and interactive workshop on "**Health Awareness: Gastro & Liver Health with CPR Training**" for its teaching faculty on **31 July 2026**. The workshop aimed to promote preventive healthcare, create awareness about gastro and liver health, and equip teachers with essential life-saving skills through practical CPR training.

The health awareness session was conducted by **Dr. Kapil Kumar Kursiwal** from **Dharamshila Hospital**. Dr. Kursiwal delivered an insightful presentation on the importance of maintaining a healthy digestive system and liver. He explained how unhealthy dietary habits, sedentary lifestyles, stress, and lack of regular physical activity can lead to various liver-related disorders. He also shared practical preventive measures, healthy lifestyle practices, and dietary recommendations to help maintain overall well-being. The session concluded with an engaging question-and-answer interaction, during which teachers actively participated and sought expert guidance on various health concerns.



The second session focused on **Cardiopulmonary Resuscitation (CPR)** training and was conducted by **Mr. Vinod Kumar, ICU In-charge**, along with his team from Dharamshila Hospital. The team provided a detailed demonstration of the correct CPR procedure using a training mannequin and emphasized the significance of immediate action



during medical emergencies. Teachers enthusiastically participated in the hands-on training, practicing CPR techniques under expert supervision and gaining confidence in responding effectively during emergency situations.

The workshop proved to be a highly enriching and practical learning experience. It not only enhanced the teachers' understanding of preventive healthcare but also empowered them with a vital life-saving skill that can make a significant difference during emergencies.

Vidya Bal Bhawan Sr. Sec. School extends its heartfelt gratitude to **Dr. Kapil Kumar Kursiwal, Mr. Vinod Kumar (ICU In-charge)**, and the entire team from **Dharamshila Hospital** for their valuable guidance, expertise, and commitment to promoting health awareness and emergency preparedness among educators.

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