

SustainaStaff Series

Chapter 4: Wellness, Safety & Preventive Care

Basic Life Support (BLS) Training for Faculty Members of Chitkara University

Event Highlights


- » Hands-on Basic Life Support (BLS) skills
- » CPR Techniques & Emergency Response
- » Building Confidence for Real-Life Emergencies
- » Promoting a Culture of Safety & Wellness on Campus


Dr. Sawroop Dhillon
Associate Professor

Seema
Nursing Tutor



 14th February, 2026

 10:00 AM to 12:00 PM

 Einstein Hall, Galileo Block

Organised by:

Centre of Excellence for Sustainability
In Collaboration with Department of Nursing



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Event Name	Sustain-A-Staff (Chapter IV)
Date	14 Feb 2026
Venue	Einstein Hall, Galileo Block
Department	Centre of Excellence for Sustainability in collaboration with Department of Nursing
Resource Person	Dr. Sawroop Dhillon & Ms. Seema Rani
Number of Participants	64
SDGs Covered	3,4,8

Introduction

The Centre of Excellence for Sustainability (CUCES), in collaboration with the Department of Nursing, Chitkara University, successfully organized *SustainaStaff Series 4: Basic Life Support (BLS) Training Session* on **14th February 2026 at Einstein Hall, Galileo Block, from 10:00 AM to 12:00 PM.**

The session witnessed enthusiastic participation from more than **64 faculty members** who registered online. The programme served as an important step towards strengthening emergency preparedness and promoting a culture of health and safety within the campus community.

Objectives

The primary objectives of the BLS Training Session were:

- To enhance awareness about emergency response in cases of cardiac arrest and other life-threatening situations.
- To equip faculty members with practical knowledge of **Cardiopulmonary Resuscitation (CPR)** and airway management.
- To build confidence in performing Basic Life Support procedures effectively.
- To foster a safe, prepared, and health-conscious campus environment.

The initiative also aligned with **SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), and SDG 8 (Decent Work and Economic Growth).**

Key Highlights of the Session

- The training was conducted by esteemed resource persons Dr. Sawroop Dhillon, Associate Professor, Medical Surgical Nursing (Cardiovascular and Thoracic Nursing), and Ms. Seema Rani, Assistant Professor, Medical Surgical Nursing (Cardiovascular and Thoracic Nursing).
- Detailed explanation on recognition of cardiac arrest and immediate response techniques.
- Live demonstrations of CPR and airway management procedures.
- Hands-on practice sessions enabling participants to gain practical exposure.
- Interactive discussions addressing participant queries and real-life emergency scenarios.
- Active and engaged participation from faculty members across various departments.

CHITKARA
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Conclusion

The SustainaStaff Series 4: Basic Life Support (BLS) Training Session proved to be a valuable capacity-building initiative, significantly enhancing emergency response preparedness among faculty members. The interactive format, practical demonstrations, and hands-on training contributed to building confidence and awareness within the campus community.

The programme concluded with a formal vote of thanks, appreciating the contributions of the resource persons and the enthusiastic participation of all attendees. The Centre of Excellence for Sustainability looks forward to organizing more such impactful initiatives under the SustainaStaff Series to further strengthen institutional preparedness and well-being.





