



स्वास्थ्य एवं परिवार कल्याण मंत्रालय के तहत सांविधिक निकाय
Statutory Body under the Ministry of Health & Family Welfare

F.NO 22-10/Web/2025-INC

Dated:- 10 OCT 2025

Notification 11 of 2025

Nation-wide Cardio-Pulmonary Resuscitation (CPR) Awareness week from 13th to 17th October, 2025-reg.

A Nation-wide Cardio-Pulmonary Resuscitation (CPR) Awareness week is being organized by Ministry of Health and Family Welfare (MoHFW) from 13th to 17th October 2025. This initiative aims to enhance awareness, preparedness, and capacities of general public across all sectors in performing CPR.

The above mentioned nationwide CPR Awareness Week will include a series of activities aimed at sensitization, training, and community engagement. All Principals of College of Nursing/Schools of Nursing to ensure participation of all Nursing Students, Trainee Nursing Officers and Nursing Faculty in the CPR Awareness Week.

The key activities will include:-

- a) Nation-wide pledge on Cardio-Pulmonary Resuscitation (CPR) on 13.10.2025 at 10:30 AM in virtual mode as also through other modes (pledge as detailed at **Annexure-I**).
- b) A pan-India panel discussion on CPR techniques and role of bystanders on 14.10.2025 at 03:00 PM-4:00PM (Refer **Annexure-II**).

Link for Pledge & Panel refer Annex- II

- c) Capacity building of Nursing students and nurses by organizing physical demonstrations on compression only CPR.

A link for online video tutorial refer at Annexure III

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 like poster making/quiz competition themed around need and role of bystander CPR etc. Day-wise activities planned for the CPR Awareness Week are enclosed as **Annexure IV**.

उपचर्या शिक्षा के एकसमान मानक प्राप्त करने के लिए प्रयासरत
Striving to Achieve Uniform Standards of Nursing Education

Website: www.indiannursingcouncil.org E-mail: secy.inc@gov.in

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-2-

All the Nodal Officers to conduct activities for CPR Awareness Week from 13th to 17th October, 2025 and to facilitate dissemination of activities undertaken on respective social media handles using the #CPR4Life2025.

A portal is created by INC for capturing the data from all Nursing Institutions and all Nodal Officers to upload data/photographs related to the CPR Awareness Week in INC link:-

<https://online.indiannursingcouncil.org/Reports/INCRegistration.aspx>

This issues with the approval of the Competent Authority.

Yours faithfully,

Col (Dr) Sarvjeet Kaur
Secretary

Encls:-Annexure I to Annexure IV

Circulation:-

1. Principals of all Colleges/Schools of Nursing
2. Vice Chancellors /Registrars/Deans of All Universities
3. Registrars, All State Nursing Councils
4. INC Website

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Annexure I

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 समझूंगा/समझूंगी।
- 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।

Annexure II

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



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

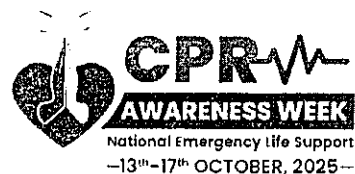
YouTube Link: <https://www.youtube.com/watch?v=dl4qyodyF84>

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	a) Pledge by Secretary (H) [10:30 AM] b) Online-offline demonstration of CPR at Nirman Bhawan (to be webcasted) [In continuation to Pledge] [Demonstration center to be made available for in-house training] c) Online Pledge through MyGov Portal (available throughout the week) d) Online Quiz through MyGov Portal (available throughout the week) e) Physical training at centers (available throughout the week) f) Awareness activities: i. Mass demonstration of CPR technique ii. Street Play iii. Poster Competition iv. Quiz Competition v. Awareness booths
2	14.10.2025	a) Panel discussion on "CPR techniques and role of bystanders" [3:00 PM -4:00 PM] b) Online Pledge through MyGov Portal (available throughout the week) c) Online Quiz through MyGov Portal (available throughout the week) d) Physical training at centers (available throughout the week) e) Awareness activities: a. Mass demonstration of CPR technique b. Street Play c. Poster Competition

		d. Quiz Competition e. Awareness booths
3	15.10.2025	a) Online Pledge through MyGov Portal (available throughout the week) b) Online Quiz through MyGov Portal (available throughout the week) c) Physical training at centers (available throughout the week)
4	16.10.2025	d) Awareness activities: a. Mass demonstration of CPR technique b. Street Play c. Poster Competition
5	17.10.2025	d. Quiz Competition e. Awareness booths