



**IMPACT PARAMEDICAL AND HEALTH INSTITUTE
COLLEGE OF NURSING**

Annexure 9 ref to 9 e.

List of Value-Added Programmes

S. No.	Name of Value-Added Programme	Participants
1	Don't Miss the Beat	All Nursing Faculty and Nursing Students
2	Cybercrime Self Defence	All Nursing Faculty and Nursing Students

Rajiv K. Singh

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IMPACT PARAMEDICAL HEALTH INSTITUTE

COLLEGE OF NURSING

REPORT ON



“DON’T MISS A BEAT”

Recognise • Respond • Protect

Introduction

World Heart Day 2026 was observed at the Impact Paramedical and Health Institute, College of Nursing, on 28 September 2026 through a value-added academic and skill-oriented programme for nursing students and faculty. The programme was organised around the message "DON'T MISS A BEAT – Recognise • Respond • Protect" and was designed to connect cardiovascular health awareness with practical emergency-response skills, psychological well-being and healthy lifestyle practices.

The programme brought together an expert academic session on warning signs of heart disease, a practical Adult BLS/CPR demonstration with supervised practice, an interactive session led by a clinical psychologist on stress management and calming techniques, guided cardiovascular exercises, and the "My Heart Promise" Heart Wall activity. The planned programme duration was 2:00 PM to 5:00 PM. These components reflected the programme rationale of moving beyond a conventional lecture and providing clinically relevant, participatory learning experiences.

The programme proposal identified cardiovascular disease prevention, recognition of warning signs, appropriate first response to cardiac emergencies, basic CPR/BLS understanding, health promotion and professional responsibility as major learning priorities.

Objectives of the Programme

- To increase awareness of cardiovascular disease and important cardiovascular risk factors.
- To strengthen recognition of warning signs and time-critical cardiac emergencies.
- To reinforce the role of nurses in cardiovascular health promotion, early recognition and emergency response.
- To provide students with practical exposure to basic Adult BLS/CPR through demonstration and supervised practice.
- To improve understanding of appropriate immediate response to a person with suspected cardiac arrest or acute cardiac symptoms.
- To promote awareness of stress management, psychological well-being and regular physical activity as components of cardiovascular health.
- To encourage participants to make realistic personal commitments towards heart-healthy practices through the "My Heart Promise" activity.

Proceedings of the Programme

1 Opening and Ceremonial Lamp Lighting

The programme commenced in the presence of faculty members, invited guests and nursing students. The ceremonial lamp-lighting marked the formal beginning of the World Heart Day observance and created an appropriate academic and celebratory atmosphere.



Ceremonial lamp lighting marking the formal commencement of the World Heart Day 2026 programme.

2 Welcome Address

A formal welcome address was delivered by Dr. Archana, welcoming the invited resource persons, faculty members and students. The address set the context for the programme and emphasised the importance of cardiovascular awareness, timely response and healthy heart practices.

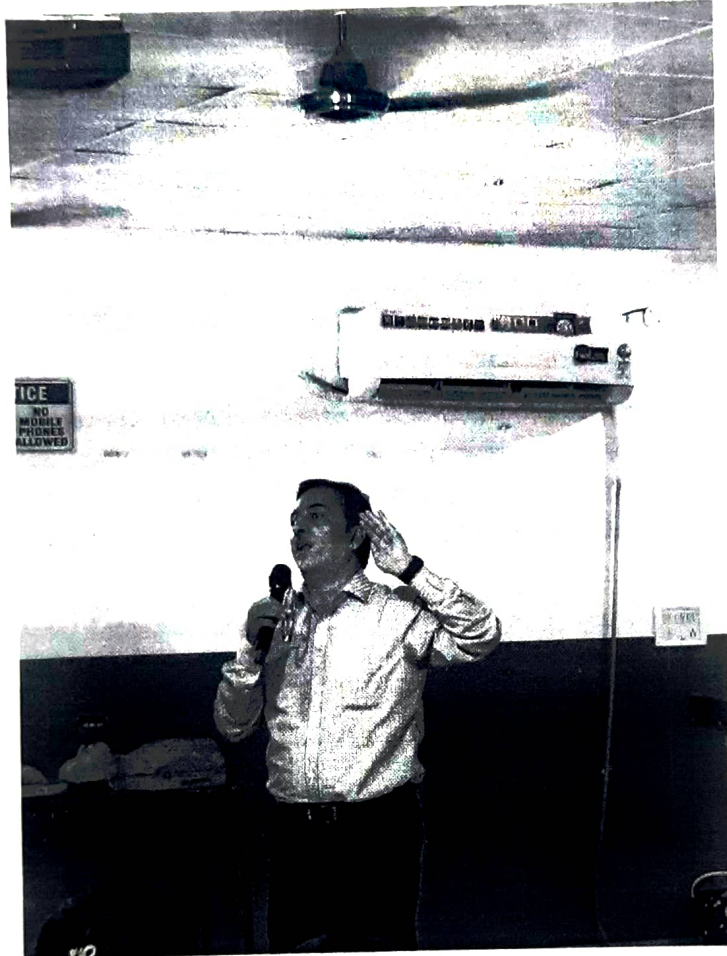


Welcome address delivered during the World Heart Day programme.

3 Expert Lecture – Warning Signs of Heart Disease

The academic session, titled "Don't Miss a Beat: Recognising the Warning Signs of Heart Disease," was delivered by Dr. Nipun Choudhry. The session addressed how symptoms can point towards cardiovascular problems and discussed major clinical patterns including coronary artery disease, angina, heart attack, heart failure, arrhythmias, valvular disease, cardiomyopathy, pericarditis and congenital heart disease.

Key warning signs highlighted during the teaching session included chest discomfort or pressure, breathlessness, sweating, nausea, dizziness, palpitations, fainting and discomfort that may radiate to the arm, back, neck or jaw. The material also emphasised that symptom patterns can overlap and that new or severe symptoms such as ongoing chest pressure, severe breathlessness, fainting or collapse require urgent assessment.



Resource-person session during the academic programme.

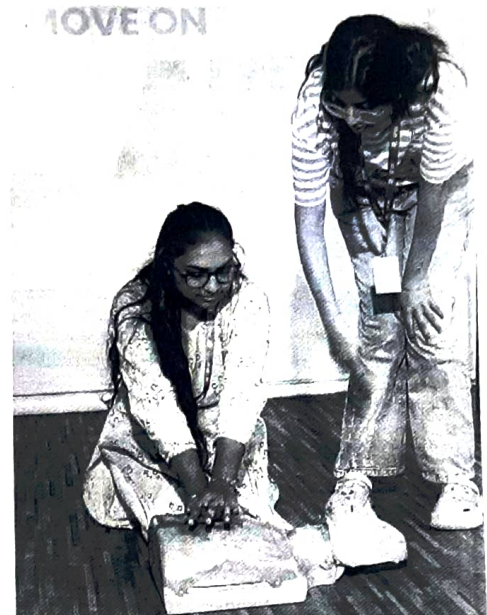
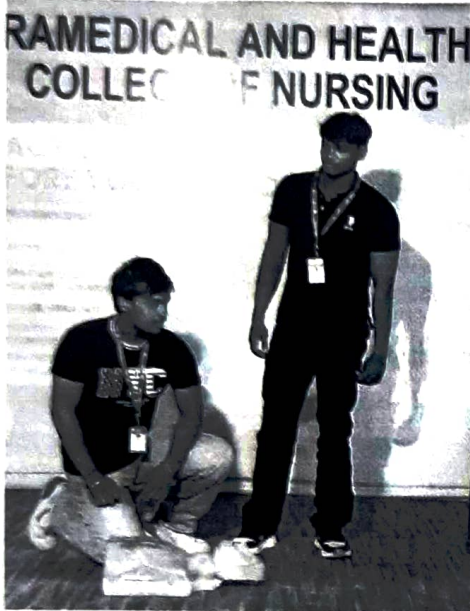
4 Adult BLS/CPR Demonstration and Supervised Practice

A practical Adult BLS/CPR demonstration was conducted using a manikin, followed by supervised student practice. The session focused on immediate recognition of an unresponsive adult, activation of emergency response, assessment of normal breathing and carotid pulse, and initiation of high-quality CPR when indicated.

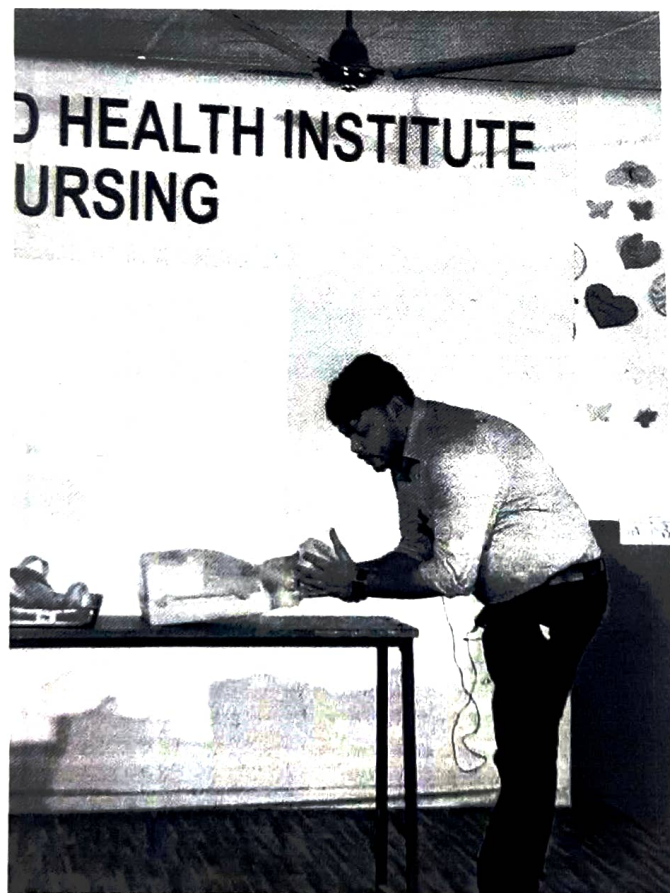
The demonstration covered the practical sequence of scene safety, responsiveness assessment, calling for help, breathing and pulse assessment, correct hand positioning, chest compressions, airway opening, rescue breaths and the 30:2 compression-to-ventilation cycle. Particular emphasis was placed on a compression rate of 100–120 per minute, depth of at least 5 cm while avoiding excessive depth, full chest

recoil, correct positioning over the centre/lower half of the sternum, straight elbows and minimising interruptions.

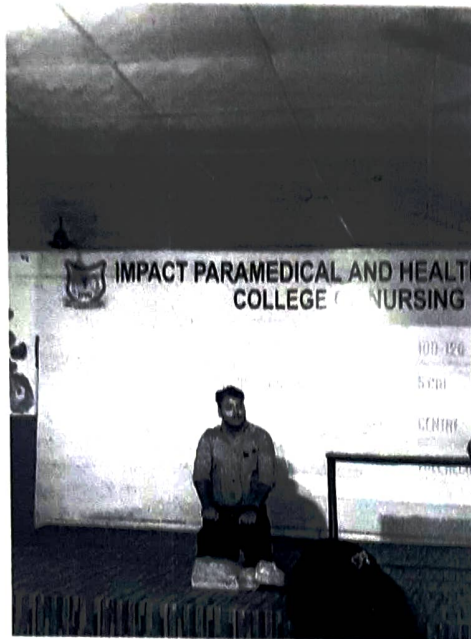
Airway manoeuvres including head-tilt/chin-lift and the jaw-thrust approach for suspected spinal trauma were demonstrated. Bag-mask/Ambu ventilation was also demonstrated with attention to mask positioning, an effective seal, gentle ventilation and visible chest rise. Students then practised the essential skills under supervision.



Students participating in the supervised Adult BLS/CPR demonstration and practice.



Demonstration of the airway manoeuvre on the training manikin.



5 Interactive Session with Clinical Psychologist

The programme included an interactive session conducted by Clinical Psychologist Dr. Anushika Agarwal on stress management and psychological well-being. The session was designed to be participant-centred and included discussion of stress, its everyday manifestations and its relationship with overall health.

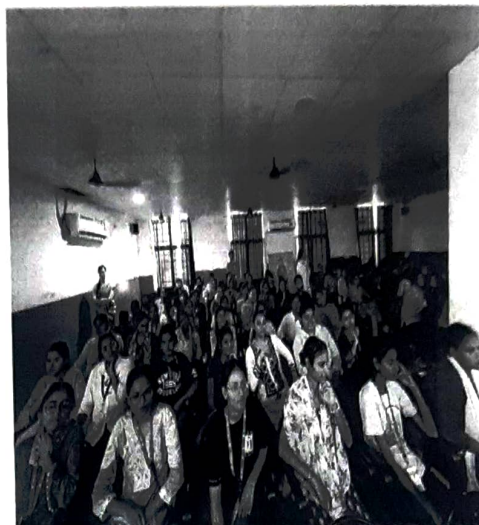
The session used interactive prompts to engage students and included guided breathing, calming and relaxation strategies. Participants were also guided through simple cardiovascular/warm-up exercises and practical approaches to managing daily stress and maintaining regular physical activity. The session complemented the cardiovascular focus of the programme by linking psychological well-being, stress management and healthy daily routines.



6 Student Participation and Audience Engagement

The programme witnessed active participation of nursing students and faculty members. Students attended the academic lecture, observed and practised BLS/CPR skills, participated in the interactive

psychologist session and engaged in the programme activities. The audience photographs reflect broad participation and an attentive learning environment.



Students and faculty members participating in the World Heart Day programme.

7 Heart-Health Commitment and “My Heart Promise”

The “My Heart Promise” Heart Wall activity provided an opportunity for participants to translate the programme message into personal heart-health commitments. The activity reinforced the “Protect” component of the programme theme by encouraging practical attention to physical activity, healthy food choices, tobacco avoidance, blood-pressure monitoring and other preventive practices.

8 Token of Appreciation / Presentation of Memento

As part of the closing recognition and appreciation, tokens of appreciation/mementos were presented to invited resource persons and contributors. The presentation acknowledged their contribution to the successful conduct of the World Heart Day programme.



Presentation of a token of appreciation to a programme contributor.

9 Vote of Thanks and Closure

The programme concluded with a formal vote of thanks expressing appreciation to the institutional leadership, invited resource persons, faculty members, student participants and the organising team. The closing proceedings were followed by photographic documentation of the programme.



Student Participation and Engagement

- Students actively attended the expert teaching session and engaged with the cardiovascular warning-sign content.
- Students participated in practical Adult BLS/CPR demonstrations and hands-on practice with the training manikin.
- Learners observed and practised key CPR components including chest compression technique and airway manoeuvres.
- Participants engaged with the psychologist through interactive discussion, calming strategies and guided exercises.
- The audience maintained active participation throughout the programme, contributing to a positive academic and skill-learning environment.
- The Heart Wall activity provided a visible platform for personal commitment to heart-health promotion.

Outcomes and Impact

The World Heart Day programme provided an integrated learning experience combining cardiovascular education, emergency-response skills, psychological well-being and preventive health promotion.

- Improved exposure to recognition of important cardiovascular warning signs and symptom patterns.
- Reinforcement of the immediate-response sequence for an unresponsive adult and the principles of high-quality CPR.
- Hands-on exposure to chest-compression technique, airway opening and bag-mask/Ambu ventilation.
- Greater awareness of stress management, calming techniques and the importance of regular physical activity.
- Active student-faculty engagement in an institution-based health awareness programme.
- Encouragement of personal responsibility for heart health through the "My Heart Promise" activity.
- Creation of photographic and documentary evidence for institutional academic and quality-assurance records.

Conclusion

The World Heart Day 2026 programme at the Impact Paramedical and Health Institute, College of Nursing, was successfully conducted on 28 September 2026. The programme brought together academic learning, practical emergency-response training, psychological well-being and preventive heart-health promotion under the central message "DON'T MISS A BEAT – Recognise • Respond • Protect."

The expert lecture strengthened awareness of cardiovascular warning signs and the need for timely action. The Adult BLS/CPR session translated emergency-response knowledge into practical skill practice, while the psychologist-led session highlighted the importance of stress management, calming techniques and physical activity. The Heart Wall activity further encouraged participants to make individual heart-health commitments.

The enthusiastic participation of students and faculty, together with the practical demonstrations and interactive activities, made the programme a meaningful value-added educational experience. The event also generated photographic documentation that records the academic, practical and participatory components of the programme.



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IPHI COLLEGE OF NURSING

(Impact Paramedical and Health Institute)

AWARENESS PROGRAMME

AWARENESS ON

CYBER CRIME & SELF DEFENCE

Digital awareness. Personal confidence.

DATES

6 & 7 October 2026

SPECIAL FOCUS

Awareness on Cyber Crime and Self Defence

01

CYBER CRIME AWARENESS

Recognising online risks
Protecting personal information
Understanding digital safety

02

SELF DEFENCE AWARENESS

Developing situational awareness
Building confidence and readiness
Knowing when to seek help

Be aware. Be confident. Be prepared.

Promoting awareness of online and personal safety



**IMPACT PARAMEDICAL HEALTH INSTITUTE
COLLEGE OF NURSING
REPORT ON AWARENESS ON CYBER CRIME AND SELF DEFENCE**

Date: 6th AND 7th OCTOBER, 2026

Special Focus: AWARENESS ON CYBER CRIME AND SELF DEFENCE

Introduction

A Cyber Crime Awareness Session and a Self-Defence Session were organised to educate students about online safety and personal security. The sessions aimed to create awareness about cyber threats, responsible use of technology, and the importance of protecting oneself in challenging situations.

1. Cyber Crime Awareness Session

The Cyber Crime Awareness Session focused on educating students about various types of cyber crimes, including online fraud, phishing, identity theft, cyberbullying, fake profiles, and online scams. The resource person explained the importance of using strong passwords, keeping personal information confidential, enabling two-factor authentication, and avoiding suspicious links and messages.



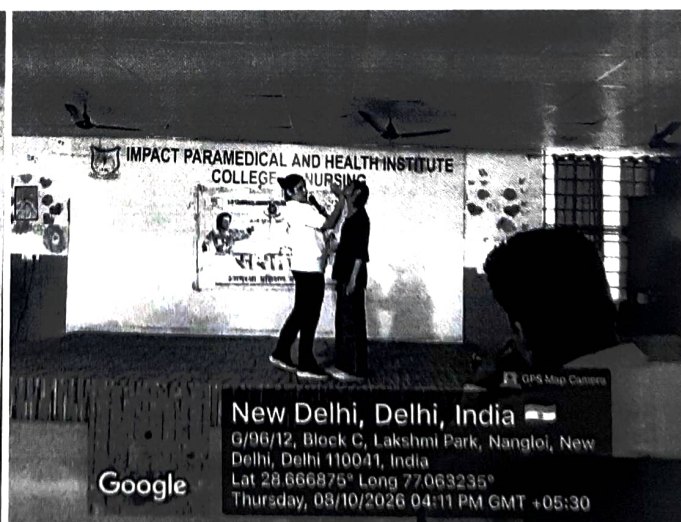
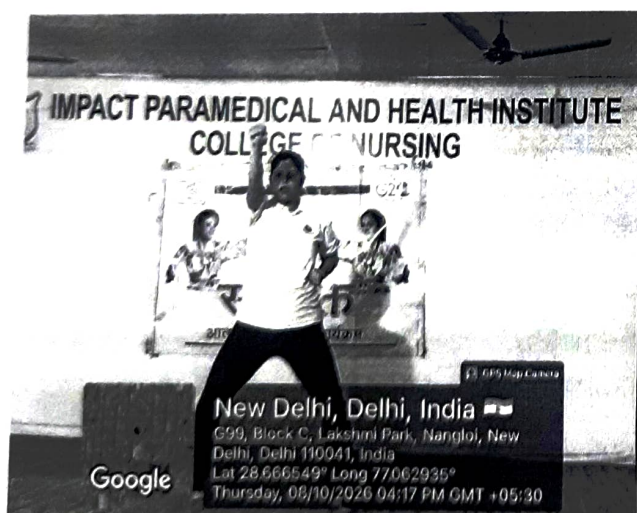


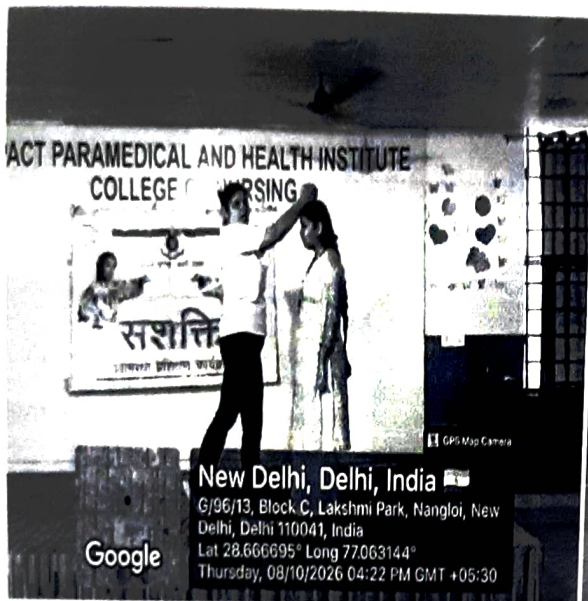
Students were also informed about the precautions to take while using social media and other online platforms. The session highlighted the importance of reporting cyber crimes to the appropriate authorities and using the internet responsibly and safely.

2. Self-Defence Session

The Self-Defence Session aimed to empower students with basic techniques to protect themselves in unsafe situations. The session highlighted the importance of self-confidence, alertness, situational awareness, and quick decision-making.

The participants were introduced to basic self-defence techniques, including maintaining a safe distance from potential threats, escaping dangerous situations, seeking help, and using simple defensive movements when necessary. The session also emphasised the importance of physical fitness, mental strength, and personal safety.





Conclusion

Both sessions were informative and beneficial for the students. The Cyber Crime Awareness Session helped them understand the risks associated with the digital world, while the Self-Defence Session encouraged them to be more confident and aware of their surroundings. These sessions contributed to creating a safer environment by promoting digital awareness, personal security, and responsible behaviour. Overall, the programmes were valuable learning experiences that encouraged students to protect themselves both online and offline.

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