

PROJECT BASED LEARNING – DAY 8

PROJECT BASED LEARNING – 2025

REPORT ON WORLD HEART DAY - SEPTEMBER 29, 2025

Venue: GNIMS Multipurpose Hall

Theme: Awareness, Prevention, and First Response

GNIMS observed **World Heart Day** on **September 29, 2025** at the **Multipurpose Hall**, with the objective of spreading awareness about **heart health, preventive care**, and the **importance of timely first aid**. The event focused on educating students and staff about recognizing cardiac emergencies and responding effectively to save lives.

Inauguration and Welcome Address:

The session commenced with a warm welcome by our anchor, Mr. Darshan Jadhav, who set the tone for the event with enthusiasm and a brief overview of the day's significance. He introduced the esteemed guest speaker, Dr. Manjeet Singh Arora, a distinguished medical professional holding both MBBS and PGDM qualifications.

Dr. Arora's vast experience and remarkable contributions in the field of medicine—particularly in life-saving techniques and emergency care—were highlighted by the host, underscoring the value he brings to such initiatives. A heartfelt welcome address was then delivered by our **Director, Dr. Satvinder Singh Bedi**, who emphasized the significance of organizing awareness programs that promote a culture of health consciousness within the institute. **Director Dr. Jasbir Kaur** also addressed the gathering, stressing the importance of prioritizing health and adopting positive lifestyle changes to ensure a healthier and more balanced life.

Keynote Session by Dr. Manjeet Singh Arora:

In his engaging keynote address, Dr. Arora shed light on the critical importance of CPR (Cardiopulmonary Resuscitation) as a life-saving procedure that can prevent countless deaths caused by cardiac arrest. He explained that every second counts during a cardiac emergency and that basic awareness can empower individuals to act confidently and effectively.

He passionately conveyed that **first aid is not limited to healthcare professionals**—it is a **life skill** that every citizen should possess. From rickshaw drivers to office employees and students, anyone can become a first responder in an emergency if equipped with the right knowledge.

Dr. Arora demonstrated essential **first aid techniques**, including:

- Checking the **pulse rate** and **breathing pattern**.
- Ensuring the **airway is clear** before administering CPR.
- Following the **POSCH rules** (Position, Open Airway, See, Call, Help) to avoid errors during emergencies.
- Performing timely **CPR compressions** and **rescue breaths**.

He also emphasized the importance of acting within the “**Golden Time**”—the first few minutes after a cardiac arrest—when immediate intervention can significantly improve survival rates. He reminded everyone to **call the emergency ambulance service (Dial 108)** without delay and to stay calm while assisting the patient until medical help arrives.

Live Demonstration and Interaction:

Dr. Arora’s interactive CPR demonstration captivated the audience, showing how simple yet accurate steps can make a life-or-death difference. Students were encouraged to participate and practice basic hand positions for chest compressions. The demonstration helped remove the fear often associated with emergency response and instilled confidence in attendees to act during real-life situations.

The session also covered preventive measures for heart health, such as maintaining a balanced diet, exercising regularly, avoiding stress, and undergoing periodic medical check-ups.

Library Visit:

Dr. Manjeet Singh Arora, along with his team, visited the library and spent time interacting with the library staff. During the visit, Dr. Kuljeet Kahlon provided an in-depth overview of the library’s functioning and highlighted the key services offered to students, faculty, and researchers. She also guided the team through the various sections of the library, showcasing the resources, facilities, and technological support available to users.

Dr. Arora expressed his appreciation for the well-organized layout and serene ambience of the library, noting how conducive it is for study and research. He was particularly impressed by the dedication of the library team and the efficient way they support and assist users in accessing information and resources. The visit concluded on a positive note, with encouraging feedback and admiration for the library’s efforts to maintain a user-centric environment.

Conclusion and Vote of Thanks:

The informative session concluded with a heartfelt vote of thanks, extending gratitude to Dr. Manjeet Singh Arora for his valuable time, insightful guidance, and practical demonstration. Appreciation was also expressed to all faculty members, staff, and students for their enthusiastic participation and engagement.

The event proved to be an eye-opener, inspiring everyone to adopt healthier lifestyles and understand the value of timely response in medical emergencies.

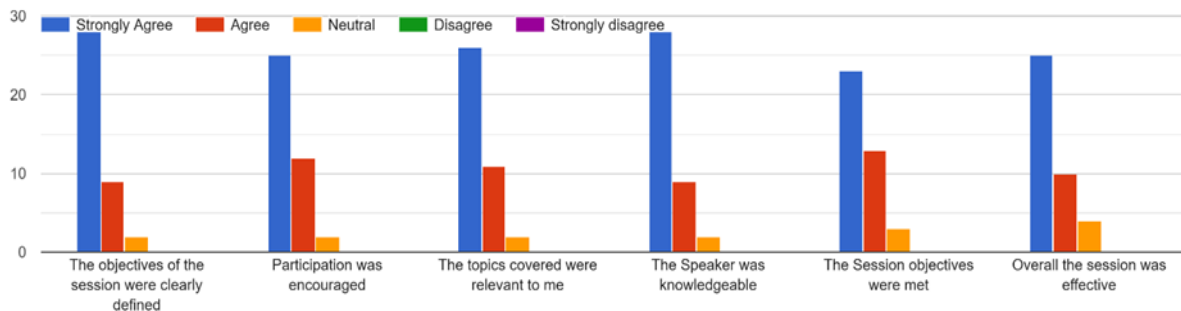
Key Takeaways from the Session:

- **CPR Saves Lives:** Quick and correct action during cardiac arrest can significantly increase survival chances.
- **Golden Time:** The first few minutes after a cardiac emergency are crucial—every second matters.
- **First Aid for All:** Everyone, not just medical professionals, should learn basic first aid and CPR techniques.
- **POSCH Rule:** Always remember to *Position* the patient, *Open* the airway, *See* for breathing, *Call* for help, and *Help* until medical aid arrives.
- **Dial 108:** Use the emergency ambulance service immediately in case of heart-related emergencies.
- **Healthy Living:** Prevent cardiac diseases through exercise, balanced nutrition, and stress management.

- **Community Responsibility:** Awareness and preparedness can transform ordinary citizens into lifesavers.

Feedback from the Students:

Session 8 : Session 8 : CPR Training "World Heart Day" Dr. Manjeet Singh Arora, Fortis Hospital, Mulund



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and
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(GURU NANAK KHALSA COLLEGE Campus, Worli - 400 005)

CELEBRATES
WORLD HEART DAY

CPR (Cardiopulmonary Resuscitation) Awareness & Training Session
Date: Monday, September 29th, 2025
Time: 11 am to 1:00 pm

By
Dr. Manjeet Singh Arora and Expert Team
Fortis Hospital, Mulund

Dr. Manjeet Singh Arora
Senior Consultant General Physician

- 42+ Years of Experience in General Medicine
- Occupational Health Specialist & Medical Educator
- National Trainer: First Aid, BLS, and CPR
- Certified Ergonomist - Google Interno
- Practicing at Fortis Hospital, Mulund West, Mumbai

Key Highlights:

- Learn to recognize cardiac emergencies
- Hands-on CPR training from medical experts
- Acquire life-saving skills

OPEN TO GNIMS FACULTY, STAFF, STUDENTS & GURU NANAK KHALSA COLLEGE FACULTY & STAFF

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PBL WEEK 2025
DAY 8: SEPTEMBER 29
Theme- Peacock Green

SESSION ON- WORLD HEART DAY

Speaker -
Dr. Manjeet Singh Arora, Fortis Hospital

WORLD HEART DAY
Nourish your Heart with Natural Herbs

MON 11:30 TO 1:30 PM

VENUE: Fortis Hospital, Mulund

GNIMS
29th Sept 2025
WORLD Heart Day!

The Arrangements per excellent. Welcome was so pious with a purja song the real culture of INDIA
Students were disciplined and the participation was too!
bikhi Lots of Love from

Manjeet Singh Arora
29/9/25





Glimpses of the Library Visit:





29/1/25 Dr. Manjot Luvy G Arora - Fortis Hospital
 "Satnaam Wahiguru" Mohind.
 Very well designed & arranged Library with
 a perfect index & readily visible. The comfort
 of the table & chair - Ergonomics. The library
 also has a Gurmukhi section for the Sikh
 students who would like to connect to the
 religious reading. The most ideal library I
 have seen so far. Thanked so well the
 cot outline - <Smiley. ~~myungla~~
 29/1/25.