



स्वातंत्र्याचा अमृत महोत्सव



प्रो. (डॉ.) सदानंद भोसले
एम्.ए., पीएच्.डी.
संचालक (अतिरिक्त कार्यभार)

सावित्रीबाई फुले पुणे विद्यापीठ

(पूर्वीचे पुणे विद्यापीठ)

राष्ट्रीय सेवा योजना

गणेशखिंड, पुणे - ४११ ००७



कार्यालय क्र. : ०२०-२५६२२६८८/८९
: ०२०-२५६२२६९०/९१
: ०२०-२५६२२६९२
: ०२०-२५६९७३४९

संदर्भ : रासेयो/२०२५-२६/३३०

दि. १३/१०/२०२५

प्रति,
मा.प्राचार्य/संचालक,
रासेयो संलग्नित सर्व महाविद्यालये परिसंस्था,
पुणे, अहिल्यानगर व नाशिक जिल्हा,
सावित्रीबाई फुले पुणे विद्यापीठ.

विषय : दि. १३ ते १७ ऑक्टोबर २०२५ या कालावधीमध्ये 'सीपीआर जनजागृती सप्ताह'
आयोजित करण्याबाबत...

संदर्भ : मा. क्षेत्रीय संचालक, रासेयो क्षेत्रीय संचालनालय, युवा व खेल मंत्रालय, भारत सरकार,
पुणे यांचा दि. १० ऑक्टोबर २०२५ चा मेल

महोदय,

मा. क्षेत्रीय संचालक, रासेयो क्षेत्रीय संचालनालय, युवा व खेल मंत्रालय, भारत सरकार, पुणे यांच्या पत्रानुसार दि. १३ ते १७ ऑक्टोबर २०२५ या कालावधीमध्ये 'सीपीआर जनजागृती सप्ताह' आयोजित करण्याबाबत कळविण्यात आले आहे. आरोग्य व कुटुंब कल्याण मंत्रालय, भारत सरकार यांच्यावतीने सुपूर्ण देशभर 'Cardiac Arrest Awareness(सीपीआर)' जनजागृती सप्ताहाचे आयोजन करण्यात येत आहे. या उपक्रमाचा उद्देश म्हणजे आरोग्य आपत्कालीन परिस्थितीत सीपीआर देण्याबाबत जनजागृती वाढविणे आणि नागरिकांची क्षमता विकसित करणे हा आहे.

त्यानुषंगाने सदर उपक्रमाचे आयोजन आपल्या महाविद्यालयामध्ये सर्व रासेयो स्वयंसेवकांच्या सहभागातून करण्यात यावे. सदर सप्ताहातील प्रमुख उपक्रम सोबतच्या पत्रानुसार राबविण्यात यावेत. तसेच #CPR4Life2025 या हॅशटॅगचा वापर करून या उपक्रमाला सोशल मिडियाच्या माध्यमातून प्रसिध्दी द्यावी. सदर उपक्रमाचे My Bharat पोर्टलवर Event Create करून माहिती अपलोड करण्यात यावी. सदर उपक्रम संपन्न झाल्यानंतर त्वरीत उपक्रमाचे फोटो, व्हिडीओ व अहवाल nss_student_list@pun.unipune.ac.in, nssrcpune@gmail.com या मेलवर 'Cardiac Arrest Awareness' या विषयासह पाठवण्यात यावा. सदर उपक्रमाचे सविस्तर पत्र आपल्या माहिती व उचित कार्यवाहीकरिता सोबत जोडले आहे. कळावे, ही विनंती.

संचालक (अतिरिक्त कार्यभार)
राष्ट्रीय सेवा योजना

सोबत: मा. क्षेत्रीय संचालक, रासेयो क्षेत्रीय संचालनालय, युवा व खेल मंत्रालय, भारत सरकार, पुणे यांचे पत्र

To

NSS Program Coordinators
in Maharashtra & Goa

Sir/ Madam,

Please find the attached letter regarding CPR Awareness week from 13th to 17th October, 2025 for dissemination among NSS units for necessary compliance please.

2. The Ministry of Health and Family Welfare is organizing a nation-wide Cardio-Pulmonary Resuscitation (CPR) Awareness Week from 13th to 17th October 2025, aimed at enhancing **public awareness and capacity in administering CPR during health emergencies.**

3. Key activities include:

- a) Nation-wide CPR pledge (Annexure I)
 - b) Panel discussion on CPR techniques and role of bystanders (Annexure II)
 - c) Physical demonstrations and training sessions
 - d) Awareness initiatives such as poster-making, quizzes, and street plays
 - e) Engagement of youth volunteers, including those under MY Bharat - NSS units
 - f) Use hashtag #CPR4Life2025 on official social media handles for visibility
- with regards

AJAY B SHINDE

Regional Director (Maharashtra & Goa)

Regional Directorate of N.S.S.

Government of India, Ministry of Youth Affairs & Sports

A Block, College of Agriculture Campus,

Shivaji Nagar, Pune- 411005

DO letter from Secretary, MoHFW regarding CPR Awareness Week from 13th -17th October, 2025-reg.**Coordination Youth Affairs** < coordination-ya@gov.in >

Thu, 09 Oct 2025 4:17:06 PM +0530

To "NSS SECTION"<nss-section-doya@gov.in>,"nyks section"<nyks-section@gov.in>,"MYBharat section"<my.bharat@gov.in>,"Admn Yas"<adm.n.yas@nic.in>,"Rajiv Singh"<rajivk.singh@nic.in>,"Manjula Juneja"<juneja.manjula@gov.in>,"raviksrinivasan"<ravik.srinivasan@gov.in>,"vanditapandey"<vandita.pandey@nic.in>,"Sarah Jayal Sawkmie"<sarah.sawkmie@gov.in>,"SO MOYAS"<rgniyd-moyas@rgniyd.gov.in>,"adm.n rgniyd"<adm.n.rgniyd@gmail.com>

Cc "KHALID ANSARI"<khalid.ansari@nic.in>,"rakeshkumar72"<rakesh.kumar72@nic.in>

Sir/ Madam,

This is to inform that the Ministry of Health and Family Welfare is organizing a nation-wide **Cardio-Pulmonary Resuscitation (CPR) Awareness Week** from **13th to 17th October 2025**, aimed at enhancing public awareness and capacity in administering CPR during health emergencies.

2. Key activities include:

- Nation-wide CPR pledge (Annexure I)
- Panel discussion on CPR techniques and role of bystanders (Annexure II)
- Physical demonstrations and training sessions
- Awareness initiatives such as poster-making, quizzes, and street plays
- Engagement of youth volunteers, including those under *MY Bharat*

3. All divisions/autonomous bodies under DoYA are requested to:

- Coordinate relevant activities in collaboration with local institutions and stakeholders
- Promote participation of youth volunteers and affiliated organizations

Share details of activities undertaken, including number of participants, with the Coordination Division by **18 October 2025**

- Use hashtag **#CPR4Life2025** on official social media handles for visibility

For reference, detailed guidelines and annexures are enclosed with the original communication from MoHFW.

With Regards

Coordination Section
Department of Youth Affairs
Ministry of Youth Affairs and Sports
Tel-011-23387616

===== Forwarded message =====

From: Nitesh Mishra <js-youth@gov.in>
To: "rakeshkumar72" <rakesh.kumar72@nic.in>, "KHALID ANSARI" <khalid.ansari@nic.in>, "Coordination Youth Affairs" <coordination-ya@gov.in>
Date: Wed, 08 Oct 2025 14:46:19 +0530
Subject: Fwd: DO letter from Secretary, MoHFW regarding CPR Awareness Week from 13th -17th October, 2025-reg.

===== Forwarded message =====

===== Forwarded message =====

From: Pallavi Jain Govil <secy-ya@nic.in>
To: "Nitesh Mishra" <js-youth@gov.in>
Date: Wed, 08 Oct 2025 13:52:00 +0530
Subject: Fwd: DO letter from Secretary, MoHFW regarding CPR Awareness Week from 13th -17th October, 2025-reg.

===== Forwarded message =====

Office of Secretary (Youth Affairs)
Department of Youth Affairs
Ministry of Youth Affairs and Sports
Shastri Bhawan, New Delhi - 110001
Tel.: 011-23387418, 23382897

===== Forwarded message =====

From: Pradeep Khasnobis <ddgdmcell-mohfw@gov.in>
To: "secy-ya" <secy-ya@nic.in>
Cc: "PUNYA SALILA SRIVASTAVA" <secyhfw@nic.in>, "Vandana Jain" <vandana.jain@nic.in>, "Pradeep Khasnobis" <pradeep.khasnobis@gov.in>, "writeto yogesh" <writeto.dr.yogesh@gmail.com>, "DR. AKANKSHA" <akanksha.khurana@gov.in>, "mdiftikarhussain" <mdiftikarhussain@gmail.com>
Date: Wed, 08 Oct 2025 13:44:31 +0530
Subject: DO letter from Secretary, MoHFW regarding CPR Awareness Week from 13th -17th

October, 2025-reg.

===== Forwarded message =====

Respected Madam,

Please find the attached DO letter (along with enclosures) from Secretary, Ministry of Health and Family Welfare, New Delhi regarding **CPR Awareness Week from 13th - 17th October, 2025.**

O/o DDG, Disaster Management Cell,
Ministry of Health and Family Welfare,
New Delhi

2 Attachment(s)

Annexure.pdf

1.1 MB

DO to Smt Pallavi Jain Govil S...

1.1 MB



पुण्य सलिला श्रीवास्तव, भा.प्र.से.
सचिव

PUNYA SALILA SRIVASTAVA, IAS
Secretary



सत्यमेव जयते



भारत सरकार

स्वास्थ्य एवं परिवार कल्याण विभाग
स्वास्थ्य एवं परिवार कल्याण मंत्रालय

Government of India

Department of Health and Family Welfare
Ministry of Health and Family Welfare

D. O No. Z.28015/51/2025-DMCell

7.10.2025

Dear Pallavi,

I am writing in context of observance of a **nation-wide Cardio-Pulmonary Resuscitation (CPR) Awareness Week** being organized by this Ministry from **13–17 October 2025**. This initiative aims to enhance awareness, preparedness, and capacities of general public across all sectors in performing CPR.

2. You may be aware that sudden cardiac arrest continues to be a major cause of preventable mortality, and timely administration of Cardio-Pulmonary Resuscitation (CPR) by trained individuals significantly improves chances of survival. Creating widespread awareness and building capacity among the general public is, therefore, a public health priority.

3. Compression-only Cardiopulmonary Resuscitation (CPR) is a lifesaving technique that plays a critical role in reviving individuals during sudden cardiac arrest. Studies indicate that without CPR, brain damage can occur within minutes, and every minute of delay decreases survival chances by about 10%. Immediate bystander CPR can increase survival by two to three times. While nearly 50% of people in high-income countries have undergone CPR training, in India the bystander CPR rate remains alarmingly low, ranging only between 1.3% and 9.8%.

4. The above mentioned nationwide CPR Awareness Week will include a series of activities aimed at sensitization, training, and community engagement. The key activities will include:

- Nation-wide pledge on Cardio-Pulmonary Resuscitation (CPR) – For all health facilities across the country from primary to tertiary levels in virtual mode as also through other modes (pledge as detailed at **Annexure I**)
- A pan-India panel discussion on 'CPR techniques and role of bystanders' - (instruction on joining the virtual platform is detailed at **Annexure II**)
- Capacity building of various organizations under your good office in form of organizing physical demonstrations on compression only CPR;

This may be taken up in collaboration with:

- Central and State Medical Colleges
- State and District Branches of the Indian Red Cross Society, and

#SwasthNariSashaktParivar

#StopObesity

टीबी हारेगा देश जीतेगा / TB Harega Desh Jeetega

A link to an online video tutorial for this purpose is available at **Annexure III**.

Also 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 poster making/quiz competition themed around need and role of bystander CPR etc.
- e) This initiative may also be promoted for training of students, My Bharat and other volunteers from the community.

5. Details of day-wise activities planned for the CPR Awareness Week is also enclosed as **Annexure IV**. Participating organizations and other offices may also consider sharing the activities undertaken on their respective social media handles using the **#CPR4Life2025**.

6. I am confident that with your cooperation, we can make significant steps toward developing community capacities for health emergencies. Activities undertaken in this regard, along with the number of participants, may also be shared with this Ministry. For any clarification or assistance, you may contact Dr. Pradeep Khasnabis, DDG, Disaster Management Cell, MoHFW (Tel: 011-23063230; e-mail: ddgdmcell-mohfw@gov.in).

Looking forward to your enthusiastic participation in this vital initiative.

With regards,

Yours sincerely,

Encl.: as above

Punya Salila
(Punya Salila Srivastava)

Smt. Pallavi Jain Govil
Secretary, Department of Youth Affairs,
Ministry of Youth Affairs and Sports,
Shastri Bhawan, New Delhi

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 समझूँगा/समझूँगी।
- 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



Annexure III

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

Online training video - <https://www.youtube.com/watch?v=dl4qyodyF84>



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) d) Awareness activities:
4	16.10.2025	a. Mass demonstration of CPR technique b. Street Play c. Poster Competition
5	17.10.2025	d. Quiz Competition e. Awareness booths

