



ACTIVITY REPORT

(to be submitted at activityreport@gzrsc.edu.in within one week after the conduct of the activity)

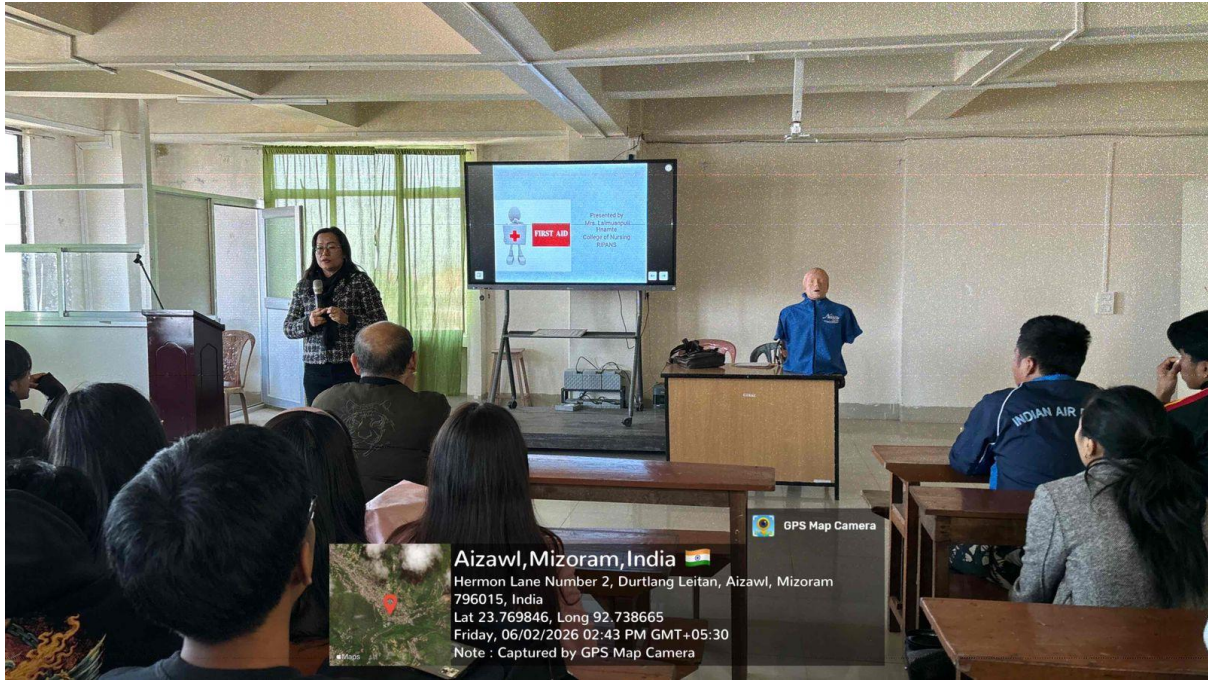
I. Activity Details:

1	Name of the Activity:	Personality Development Course Day 3: First AID Skills
2	Date and Time:	06.02.2026
3	Venue:	Room 2/301
4	Resource Person with short bio-note:	Lalmuanpuii Hnamte Tutor, school of nursing, RIPANS
5	Number of Participants: i. Number of Students: ii. Number of Teachers:	168 3
6	Target Group:	Final Year Students
7	Organisers:	Student Support Committee
8	Sponsoring Agency:	Self- Financed
9	Whether Institutional/ State/ Regional/ National/ International Level?	Institute
10	Reported by	Dr Lalrinsangi Nghinglova, Secretary

II. Activity Summary:

The program was chaired by Dr H. Lalremruata, Member of student Support Committee. A comprehensive session on first aid skills was organized to equip participants with essential life-saving techniques, focusing on practical, hands-on training for emergency situations. Participants learned CPR, wound management, choking response, and injury stabilization, enhancing their confidence in managing medical emergencies until professional help arrives. The students were actively engaged in performing their own life-saving skill which they thoroughly enjoyed.

III. Activity Picture:



Aizawl, Mizoram, India
Hermon Lane Number 2, Durtlang Leitan, Aizawl, Mizoram
796015, India
Lat 23.769846, Long 92.738665
Friday, 06/02/2026 02:43 PM GMT+05:30
Note : Captured by GPS Map Camera



Aizawl, Mizoram, India
Hermon Lane Number 2, Durtlang Leitan, Aizawl, Mizoram
796015, India
Lat 23.769881, Long 92.738556
Friday, 06/02/2026 02:43 PM GMT+05:30
Note : Captured by GPS Map Camera



