

Horizon International School — Emergency Awareness Session with MPGIMER MUHS Nashik Doctors

Horizon International School (Horizon International Academy), Nashik, a CBSE-affiliated institution known for its holistic and experiential approach to learning, recently hosted a special interactive session focused on emergency health and safety awareness. The program was conducted in collaboration with experienced emergency medicine professionals from the Maharashtra Post Graduate Institute of Medical Education & Research (MPGIMER) under Maharashtra University of Health Sciences (MUHS), Nashik, an institution actively engaged in advanced training and emergency department care.

Purpose and Importance

The event aimed to educate students and faculty about handling various types of medical emergencies with confidence — from recognizing early signs of critical situations to taking appropriate first steps before professional medical help arrives. Such initiatives are crucial in building health-smart communities, especially in schools where quick, informed action can protect young lives.

Key Components of the Session

Expert Talks by Emergency Physicians

Specialists from the Emergency Medicine Department of MPGIMER MUHS Nashik shared their clinical knowledge about common emergencies, including trauma, breathing difficulties, heart emergencies, and more.

The doctors highlighted timely recognition of symptoms and the importance of remaining calm during urgent situations

- Hands-On Demonstrations
 - Practical demonstrations likely covered **Basic Life Support (BLS)** skills (like CPR and choking response), wound care basics, and safe handling of minor injuries.
 - While not publicly documented, these are typical focus areas in educational outreach conducted by emergency departments.
- Interactive Q&A with Students
 - Students were encouraged to ask questions about what to do in various first-aid scenarios, helping demystify emergency care and reduce hesitation in real-life situations.

Awareness Tools and Resources

- Participants received clear, age-appropriate guidance on when to dial emergency services and how to assist peers or family members safely.

Such sessions empower students with life-saving awareness long before they pursue professional healthcare training. By engaging with real-world doctors from a leading regional institute:

- Students gain **confidence in recognizing emergencies**.
- Teachers and school staff strengthen their readiness to respond effectively.
- The school reinforces its commitment to **health, safety, and practical education** as part of its overall vision.