

Press release from District Administrative Centre (DAC), Gangtok

Report on Basic Training of CPR and AED Machine

Gangtok, 11 December: A basic training session on Cardiopulmonary Resuscitation (CPR) and the use of the Automated External Defibrillator (AED) was conducted on 11th December 2025 at the Conference Hall of the District Administrative Centre, Gangtok. The training session was chaired by Shri Sonam Wongyal Lepcha, Joint Director, DDMA, Gangtok.

Dr Palden W. Bhutia, a Cardiologist, and Mr Karma Bhutia, a Cardiovascular Technician facilitated the training. A total of 52 employees representing various offices including Gangtok District Zilla Panchayat, Office of the Additional District Collector (Development), Rural Development Department (RDD), Office of the Superintendent of Police, Collectorate Gangtok, and DDMA Gangtok.

Overview of the Session

Dr Palden Bhutia began the session with an introduction to key medical terms and clarified the difference between a heart attack and cardiac arrest. He highlighted the critical importance of CPR as a life-saving procedure that maintains circulation to the brain and vital organs during cardiac arrest. He also explained the complementary role of the AED machine, which analyses the heart's rhythm and delivers an electric shock when necessary to restore a normal heartbeat.

Key Points Discussed

1. Importance of Immediate Response

Dr Palden emphasised how timely CPR and AED usage significantly reduce the risk of permanent damage and increase survival chances during cardiac emergencies.

2. Quick Preliminary Assessment

The session covered the principles of Basic Life Support (BLS) and Advanced Life Support (ALS), stressing the need for rapid assessment before administering CPR or AED.

3. Demonstration Session

Dr Palden and Mr Karma Bhutia demonstrated the correct techniques for CPR and the effective use of the AED machine.

4. Hands-on Training

Participants practised CPR compression techniques, hand placement, and rhythm on mannequins to gain practical experience.

5. Audio-Visual Aids

An educational video highlighted the significance of maintaining blood flow to the brain during CPR, reinforcing the training's key messages.

The training session was highly informative and practical, equipping staff with essential life-saving skills and enhancing preparedness for cardiac emergencies. The District Administration extends sincere thanks to Dr Palden Bhutia and Mr Karma Bhutia for their expert guidance and support in conducting this valuable session.