

## Neotech Campus - Event report

Name of Institute: Neotech Institute of Physiotherapy

NC/NIP /Event report/2025-26/001



Date: 10<sup>th</sup> January, 2026

### 1. Title of the Event:

Basic Life Support, Food Habits, and Gut Health under the Occupational Health Program

### 2. Organized by:

Neotech Institute of Physiotherapy, in collaboration with Zydus Team

### 3. Date & Venue:

10/01/2026 , Seminar Hall, Neotech Campus

### 4. Objective:

The session aimed to create awareness among participants about Basic Life Support, healthy food habits, and gut health under the Occupational Health Program, equipping them with essential knowledge to promote emergency preparedness, healthy lifestyle choices, and overall well-being in the workplace and daily life.

### 5. Resource Person(s):

- Dr. Gitanjali Gupta- Consultant Emergency Medicine
- Dr. Ruchir Gohil- Consultant Gastroenterologist

### 6. Number of Participants:

Number of Student	78
Number of Faculty	5
Number of external participants (if any)	00

### 7. Program Schedule:

Time	Session Details	Speaker
2:30 PM	Inaugural Address	Dr. Sagar Rathod
2:40 PM	Expert Talk on First Aid & CPR	Dr. Gitanjali Gupta
2:50 PM	Demonstration & Practical Training	Zydus Team
3:50 PM	Hands-on Practice by Participants	

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Time	Session Details	Speaker
4:00 PM	Expert talk on food habits and gut health	Dr. Ruchir Gohil

### 8. Key Highlights:

- Demonstration of basic life support (BLS) techniques.
- Practical training in CPR for adults, children, and infants.
- Discussion on the importance of balanced food habits, digestive health, and their role in preventing lifestyle-related disorders.
- Active participation from students with interactive practice sessions.

### 9. Outcomes of the Event:

- Participants gained life-saving skills in emergency response.
- Enhanced confidence in performing CPR and food habits for good health.
- Created awareness about the importance of immediate medical intervention.

### 10. Feedback Summary:

Students and faculty expressed high satisfaction with the practical orientation of the training. Many highlighted that such sessions should be conducted regularly to strengthen clinical preparedness.

### 11. Conclusion & Acknowledgment:

The training session was highly successful in imparting vital emergency response skills. The institute extends heartfelt gratitude to Dr. Gitanjali Gupta and Dr. Ruchir Gohil along with Zydus team for their valuable guidance, and to Dr. Sagar Rathod for his supervision. Appreciation is also extended to the enthusiastic students and faculty for their active participation.

### 12. Supporting Documents:

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Submitted by:

Dr. Sagar Rathod, Assistant Professor

10/01/2026