

## CM INAUGURATES RAKSHAK : THE SAVIORS CAMPAIGN

September 29,  
2022

Chief Minister Dr Pramod Sawant **today** launched a new campaign “RAKSHAK” the saviours initiated by Manipal Hospital Goa to address the medical emergencies and enable residents of Goa to respond to emergency situations by teaching them basic Life Support activities at a function organized by Manipal Hospital Goa to mark the world Heart Day.

Speaking on the initiative, the Chief Minister said that when it comes to emergency situations, the time immediately following the event before the first responders can arrive at the scene is crucial in saving a life. This initiative will equip people to help others while dealing with health emergency situations like heart attack, accident etc. If we have knowledge of how to provide first aid then only we will be able to save lives, he added.

Congratulating the Manipal hospital team for taking such an initiative he said most of the people have heart related issues be it BP problem, diabetes or other heart issues but people neglect such issues. After 30, we need to take a basic routine checkup along with a good, healthy diet and exercise for a healthy heart, he remarked.

Goa being the smallest State it will be easy to provide RAKSHAK training to more people, Dr Sawant said and emphasized the need to have one master trainer in each department who can upgrade his knowledge and get fully trained to impart training to other staff members. There are almost 150 emergency cases happening in Goa every Day. If we succeed in providing training to at least 70 thousand people, then only will be able to handle at least 100 cases, he said.

He also inaugurated the first session of Rakshak which trained men and women from the Goa Police force, Department of Transport, Kadamba Transport Corporation, GHRDC, and Goa Fire and Emergency Services. Raskshak is aimed at training people from various public sectors and private communities in life saving skills such as basic life support.

St. Cruz MLA, Shri. Rodolf Louis Fernandes; Director, Directorate of Fire and Emergency Services, Shri Nitin Raiker; Director, Directorate Skill Development & Entrepreneurship, Shri. Deepak Dessai, Dr. Shekhar Salkar & others were present.

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