

NEWS

Joining Forces with Tabuan Jaya Fire and Rescue Station for 'World Heart Day'



KUCHING: In a collaborative effort to promote a healthy lifestyle and enhance emergency response skills, students Early Childhood Education (ECE) program recently organized a special event in conjunction with 'World Heart Day.' This initiative brought together the vibrant spirit of youth with the expertise of the Tabuan Jaya Fire and Rescue Station, resulting in a day filled with valuable lessons and camaraderie.

The primary objectives of this program were multifaceted. Firstly, it aimed to instill the importance of a healthy lifestyle among the participating students. In today's fast-paced world, nurturing a heart-conscious generation is crucial, and this event served as a step in the right direction.

Moreover, the event offered students the invaluable opportunity to learn the proper techniques of Cardiopulmonary Resuscitation (CPR). Equipping individuals with lifesaving skills is a responsibility that cannot be underestimated, and this program ensured that students understood how to perform CPR correctly.

Fire prevention was another essential aspect of the event. Beyond being heart-conscious, participants were educated about fire safety measures. These lessons extended beyond theory, as students witnessed practical demonstrations on fire prevention, which could prove invaluable in real-life situations.

Additionally, the event sought to foster a strong rapport between the college and the Tabuan Jaya Fire and Rescue Station. By bringing students closer to the firefighting professionals and rescue experts, the program aimed to create a mutually beneficial partnership that could prove beneficial in the future.

The day began with students embarking on a 'Walk A Million Miles' journey, symbolizing their commitment to a healthy lifestyle. This walk not only promoted physical activity but also served as a collective demonstration of their dedication to wellness.

Throughout the program, students actively participated in hands-on sessions on Cardiopulmonary Resuscitation (CPR). They were guided by experienced instructors who ensured they grasped the techniques thoroughly. Following this, the students had the opportunity to witness and learn from a fire prevention demonstration.

We extend our heartfelt gratitude to the dedicated firefighter officers from the Tabuan Jaya Fire and Rescue Station. Their knowledge sharing and commitment to educating the next generation of responsible citizens are commendable and greatly appreciated.

In conclusion, the collaborative event between the ECE students and the Tabuan Jaya Fire and Rescue Station for 'World Heart Day' not only fostered a healthier lifestyle but also equipped students with life-saving skills and vital fire safety knowledge. It was a day that reinforced the importance of being heart-conscious and prepared for emergencies, all while building valuable connections within the community.

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PICTURE DURING THE EVENT







