

**S. R. C. Ayurved Mahavidyalaya & Hedgewar Ayurved
Rugnalaya Chikhli**

Cardio Pulmonary Resuscitation Program

Date: -26 December 2023

Time: - 2:00 PM to 5:00 PM

Venue: - Conference Hall. SRC Ayurved Mahavidyalaya, Chikhli

Resource Person: - Dr. Aditi Khedekar (M.B.B.S. M.D. Anaes)

Dr. Priti Jadhav (M.B.B.S. M.D. Anaes)

Objectives: - 1) To help participants recognise and respond appropriately to cardiac, breathing and first and emergencies to know to give immediate care to a suddenly injured or ill person until more advanced medical help arrive.

2) Preserving life

3) To prevent injury from getting worse

4) To relieve pain

The main objective of CPR is to save lives

Activity Description: -

- A CPR training program was organised by SRC Ayurved college, chikhli for Students.
- The trained resource persons Dr. Aditi Khedekar and Dr. Priti Jadhav. Were invited to give hands on training to the students.
- Students were very enthusiastic to learn CPR
- Mannequins were brought on the stage to perform CPR on them
- Every Student was asked to come and practice CPR Both doctors gave hands on training to them

- The 7 steps of CPR as follows
 1. Step-1 call 911 for help
 2. Step-2 Assess the scene of emergency
 3. Step-3 Open the victims Airway
 4. Step-4 Check for breathing
 5. Step-5 30 chest Compressions
 6. Step-6 Rescue breath
 7. Step-7 Repeat the cycle
- High quality CPR metrics include
 1. Chest compression fraction >80%
 2. Compression depth of at least 50mm in adults
 3. No excessive ventilation

A good CPR can save lives of many in case emergencies so students were thought it by hands-on training on mannequins by experts.

No of students Participated: - 120

Name & Signature of the Co-ordinator: - Dr. R.R. Kulkarni

