

## A report on “Cardio Pulmonary Resuscitation (CPR)” - Life Saving Workshop

Place: International Academy Auditorium, Mysuru

Date: 10<sup>th</sup> November 2024

NSS Unit of ATMECE is joined hands with Rotary E-Club of Mysuru in collaboration with Jeevaraksha & Inner Wheel Club, Mysuru organized a 1-Day certified BCLS (Basic Cardiac Life Support) Life Saving Workshop on 10<sup>th</sup> November 2024 at Phoenix International Academy Auditorium, Near Railway Station, Mysuru from 9.30 AM to 5.00PM. This compressive course is accredited by Rajiv Gandhi University of Health Sciences.



A "Cardio Pulmonary Resuscitation (CPR)" - Life Saving Workshop is a critical emergency procedure used to manually maintain blood circulation when someone's heart has stopped beating, potentially saving their life until professional medical help arrives; including key aspects like identifying a cardiac arrest situation, proper chest compression techniques, rescue breathing, and the importance of immediate action when necessary.

Cardiopulmonary resuscitation (CPR) is an emergency treatment that's done when someone's breathing or heartbeat has stopped. For example, when someone has a heart attack or nearly drowns. CPR can help save a life.

The American Heart Association recommends starting CPR by pushing hard and fast on the chest. The pushes are called compressions. This hands-only CPR recommendation is for both people without training and first responders.

The highlights of the program included early intervention strategies; imparting Basic Life Support (BLS) skills, AED training, team coordination in resuscitation efforts, awareness of the Chain of Survival, and legal and ethical considerations in providing CPR. The initiative aimed to adapt CPR training to various settings, ensuring participants could apply their skills in diverse situations.



Around 10 students of ATMECE have participated in the event. The program was coordinated by Mr. Rudresh A N, NSS Program Officer under the guidance of Dr. L Basavaraj, Principal, Dr. Srinivasa S, Dean-Student Affairs, ATMECE.

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