

Title: Basic Life Support and Cardio Pulmonary Resuscitation Compression Workshop to Empowers Students with Life-Saving Skills

Date: 12th October, 2023

Introduction:

On 12th October 2023, NCS, Kochi organized a comprehensive Cardiopulmonary Resuscitation (CPR) workshop for students of classes IX - XII aiming to equip them with essential life-saving skills. The workshop, conducted in collaboration with INHS SANJEEVINI, a proactive initiative to empower students to respond effectively in emergency situations. A team of doctors namely, Surg Cdr YB Surse,

Surg Cdr MK Gupta, Maj (MNS) Jessin, Lt (MNS) Anku, Seerish (CPOM) and Anandu (LMED) from INHS SANJEEVINI conducted the workshop.

Objectives:

The primary objectives of the CPR workshop were:

To educate students about the importance of CPR in saving lives during cardiac emergencies.

To provide hands-on training in CPR techniques.

To raise awareness about the significance of prompt action in emergency situations.

The workshop began with a theoretical session that covered the following key aspects:

- * Understanding the importance of CPR in saving lives.
- * Recognizing the signs of cardiac arrest and other emergencies.
- * Learning about the ABCs of CPR (Airway, Breathing, Circulation).

Following the theoretical session, a certified CPR instructors provided a hands-on demonstration of CPR techniques. This included proper chest compressions, rescue breaths, and the use of an automated external defibrillator (AED).

Afterwards, students were divided into small groups and rotated through interactive learning stations. Each station focused on specific aspects of CPR, allowing students to practice under the guidance of trained professionals to enhance practical skills and decision-making in emergency situations. These simulations mimicked real-life scenarios, encouraging students to apply their CPR knowledge in a controlled environment.

The workshop concluded with a question and answer session, allowing students to clarify any doubts and gain a deeper understanding of CPR techniques.

The workshop successfully increased awareness among students about the importance of CPR in emergencies. Students gained practical skills through hands-on training, enabling them to perform CPR confidently. The interactive nature of the workshop helped build students' confidence in responding to emergency situations.

Conclusion:

The CPR workshop conducted by Surg Cdr YB Surse and

Surg Cdr MK Gupta from INHS SANJEEVINI at NCS, Kochi proved to be a valuable initiative in equipping students with life-saving skills. By fostering awareness and providing hands-on training, the school took a proactive step in preparing students to respond effectively in emergency situations. This workshop aligns with the school's commitment to the overall well-being and safety of its students.



