

Bunts Sangha's
S. M. Shetty College of Science, Commerce & Management Studies, Powai
NAAC Accredited 'A' Grade
IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified

D/11/0176/22-23

Report: CPR Session At Dalmia College

Event: CPR Session at Dalmia College

Date: 8th February, 2023

Objectives: To educate the people how to give CPR in an emergency if someone is having cardiac, breathing, and first aid emergencies to know to give immediate care to sudden injuries.

Highlight: The NSS unit of Bunt's Sangha's S.M. Shetty college of Science, Commerce and Management Studies, Powai attended a seminar on FIRST AID & Cardiopulmonary Resuscitation (CPR). In that the resources have guidance about the First Aid First of all, whoever gets dizzy, don't make him sit. If you make the dizzyed person on a chair against gravity then the blood can't reach the brain, if the blood is not reaching the brain the dizzyed person is not getting the oxygen, and there will be chances of death. Temporary solution: Make the dizzyed person lay down and gently take both the legs upwards to make the blood reach till the brain, which can be safe for the dizzyed person. If the hand gets twisted then tell the patient to move the hand gently to a comfortable position then move it near the person's body carefully if he / she is a student then put the hand in the id card holder for temporary pain relief. If the hand wrist gets broken then take a stick place below the palm and wrist straight



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and tie it with a napkin. If the person gets fever then place the wet cloth over the forehead to above the ear, which helps to reduce the fever of the person. If a person gets fit then grab the upper jawline and press it then the fitted person will open the mouth a little at that movement of time, take a napkin and put it in the mouth so that the person doesn't bite its own tongue while taking breath by the mouth with tongue out. Always make the patient sit on the front seat of the car because the front seat door opens wider than the back door which helps the patient to get down to the wheel chair properly and safely. If the person's sugar levels get down then put some sugar in the mouth at the buccal cavity (galloper) not on the tongue.

CPR (IT IS ONLY FOR CARDIAC ARREST PATIENT)

If the person gets cardiac arrest, first of all check the pulse then take your thumb and index finger to hold the nose and the other has to hold the chin in upward direction and give an oral breath twice, and immediately turn the patient and tap harder at the back.

COMPRESSION OF CARDIAC ARREST PATIENT

Place your hands where the heart is placed and make sure that both your hands are locked tight and are on a straight way and start pimping.

In one minute, the person has to give 100% compression to the patient.

If the CPR is perfectly done then the patient will respond through moving the lips or eyebrows. After noticing that the patient has responded the person will



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Participants list:

1. Gracy Lingam
- 2.** Hrehaan Poovdhan



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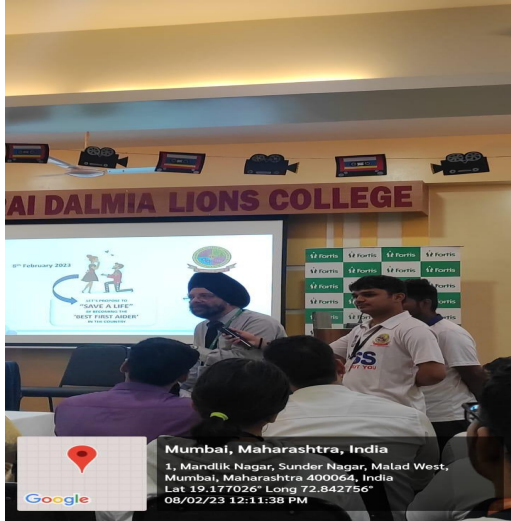


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Photos:



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