

## S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University, Kottayam)

- 1. Title of the program : Healthcare Awareness and Basic Life Support
- 2. Name of the Coordinator/s : Anupa Asok K, Sonu V Sagar
- 3. Organizing Department/Cell: Youth Red Cross
- 4. Date : 02-03-2023
- 5. Number of participants: 60
- 6. Venue: Seminar Hall
- 7. Resource Person/s : Anish Isaac

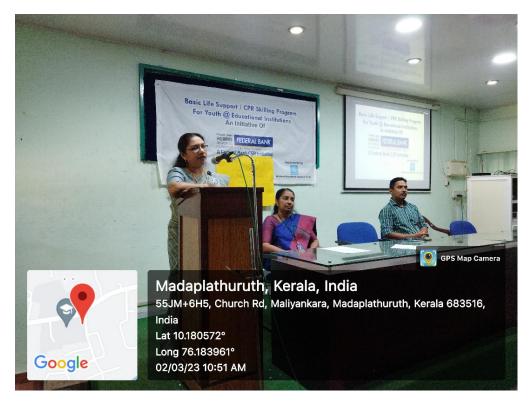
**8. Objective of the Program** : This programme is designed as a preventive measure to skill youth in CPR\AED CPR(Cardiopulmonary Resuscitation)

**9. Detailed description of the event:** Youth Red Cross Club of SNM College Maliankara conducted an awareness and health care class of CPR for students on March 2, 2023. In association with federal bank, societal bondness was created through life support and CPR training session. SP Global Educational Resources actively involved in the programme. The presidential address was delivered by our college principal Dr.T H Jitha. The keynote address was given by the Kodungallur federal bank branch manager Smt Waheeda Beegum. The class was led by the American Heart Association Certified Trainer, Anish Isaac. Youth Red Cross Co-ordinator Anupa Asok K conveyed the welcome speech and Convenor Sonu V Sagar said Vote of thanks. The presence of teaching and non-teaching staff enlightened the whole session.

**10. Outcome of the event/Evaluation by Program Coordinator**: There is a misconception about CPR, that it is only for medical professionals. The awareness of such skills is minimal among the youth.CPR is a life-saving technique that's useful in many emergencies, such as heart attack or near drowning, in which someone's breathing or heartbeat has stopped. Program Outlined:

- Prevention and identification of Heart Attacks.
- CPR for Adult.
- CPR for Child.
- CPR for Infant.
- Management of respiratory arrest.
- Management of choking program.

## 11. Photos







12. List of participants

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## S.N.M COLLEGE MALIANKARA

Youth Red Cross Club

Organises a talk on :

Health Care Awareness & Basic Life Support

Date :2-3-2023 Venue:Seminar Hall Time :10 30 a m