

# 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

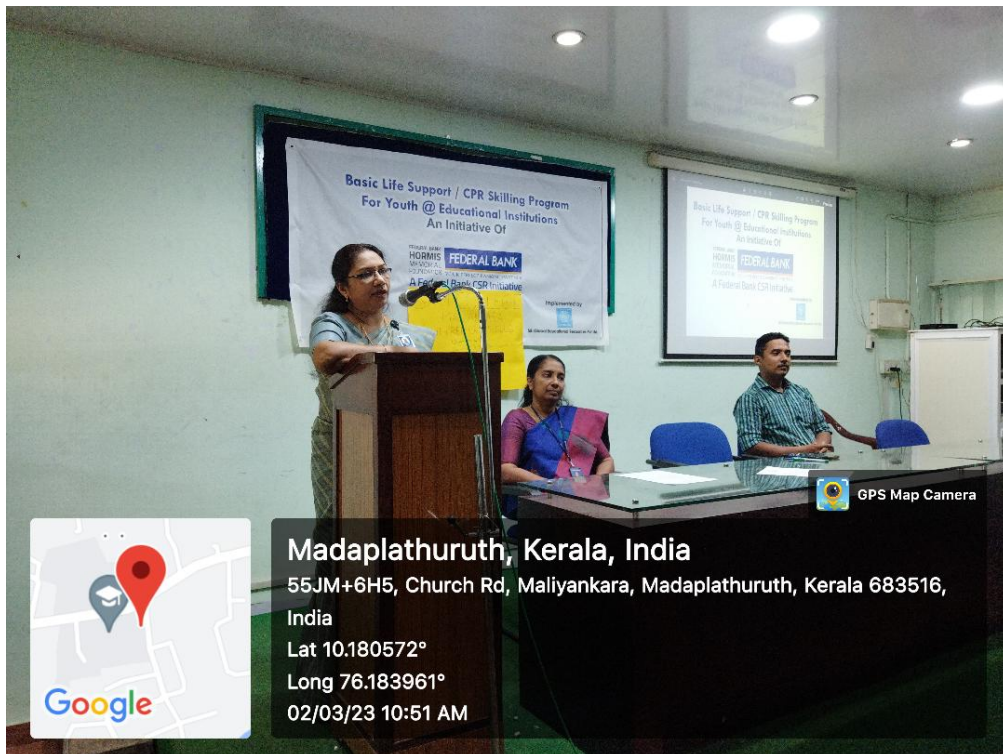
8. **Objective of the Program** : This programme is designed as a preventive measure to skill youth in CPR\AED CPR(Cardiopulmonary Resuscitation)

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

# Youth Red Cross - CPR Training Programme

## List of Participants

Sr.No	Name	Gender	Class	Signature
1	Nimithra PA	Female	III BA English	
2	Intamol M.H	Female	"	
3	Meenakshi Sajan	Female	"	
4	Tanaki K.G	Female	"	
5	Vishnani KV	Female	"	
6	Ajswanya S	Female	"	
7	Dailateshm KS	Female	"	
8	Lidhiya Krishna	Female	"	
9	Vishnavi PS	Female	"	
10	Amal Krishna	Male	"	
11	Vedapriya	Female	"	
12	Bathool Srijay	Female	"	
13	Jayal Vijin	Female	"	
14	Gopika Raj	Female	"	
15	Nikhitha PJ	Female	"	
16	Juveena	Female	"	
17	Mehana Sajeev	Female	III BA English	
18	Finu M.S	Female	"	
19	Lakshmi Sindhippan	Female	"	
20	Anshita CA	Female	"	
21	Abhinavind PA	Female	"	
22	Zyara P.T	Female	"	
23	Ashika V.N	Female	"	
24	SRAVAN P.B	Male	"	
25	Aneetha MA	Female	"	
26	Dilfiya Almas CF	Female	"	
27	Megha Sahaana M.S	Female	"	
28	Aryanaandha Senthosh	Female	"	
29	Ashana B.B	Female	"	
30	Krishnamatha K.U	Female	"	
31	Kavya K.S	Female	"	
32	Devika V.R	Female	"	

Sl.No	Name	Gender	Class	Signature
33	Adithya Ratheesh	Female	II BA Economic	
34	Aishwarya CA	"	"	
35	Ashu M.A	Male	"	
36	Ashay T S	"	"	
37	Amisha Paulose	Female	"	
38	Anamika Rathesh	Female	"	
39	Anmol CA	Female	"	
40	Anwar P S	Male	"	
41	Athiya OA	Female	"	
42	Ashut V V	Male	"	
43	Chapika T A	Female	"	
44	Keerthana T K	Female	"	
45	Mohamed Riyasir	Male	"	
46	Nandana P S	Female	"	
47	Nandana V R	Female	"	
48	Nabin K A	Male	"	
49	Nithyadas K S	Female	"	
50	Rahel R G	Male	"	
51	Seethal T B	Female	"	
52	Silpa Pradeep	Female	"	
53	Soelakshmi M S	Female	"	
54	Adithya K P	Female	"	
55	Ayaz K A	Male	"	
56	Arnaldin K R	Male	"	
57	Pavithra J	Female	"	
58	Anjananda Rajesh	Female	"	
59	Devilce P D	Female	"	
60	Unnimaya	Female	"	

## 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