

Shri. Yashwantrao Bhonsale Education Society's
YASHWANTRAO BHONSALE COLLEGE OF D. PHARMACY

A/P.: Charathe, Vazarwadi, Tal: Sawantwadi, Dist: Sindhudurg (416 510)
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EVENT'S ALMANAC
Guest Lecture on Disaster Management &
Emergency CPR
(7th March. 2018)

- **VENUE:** Seminar Hall
- **TIME:** 10.00 am
- **RESOURCE PERSON:** Hon. Mr. Pravin Sulokar.

▪ **INTRODUCTION:**

Cardiopulmonary resuscitation (CPR) is a lifesaving technique useful in many emergencies, including a heart attack or near drowning, in which someone's breathing or heartbeat has stopped. In order to help someone in need.

It's far better to do something than to do nothing at all. If you're fearful that your knowledge or abilities aren't 100 percent complete. Remember, the differences between you are doing something and doing nothing could be someone's life.

In the same context, We Yashwantrao Bhonsale College of D. Pharmacy Organized Disaster management and Emergency CPR to impart the skill of disaster management amongst the students.

Yashwantrao Bhonsale College of D. Pharmacy organized the training workshop with coordination of Disaster Management Cell and Sindhu Vikas Dut campaign, Collectorate office, Sindhudurg. On this occasion Disaster Management Cell Representative and Expert Hon. Mr. Pravin Sulokar had been invited.

Inauguration of session was done by BKC Admn. Coordinator Hon. Mrs. Sunetra Phatak mam along with YBCP Principal Hon. Dr. V. A. Jagtap sir and YBCDP Principal Mr. T. G. Rukari sir. The anchoring part of inaugural session was carried out by Mr. T. L. Patwardhan sir.



Session was attended by 280 students along with YBCDP and YBCP teaching and Non-teaching faculty members.

During the session Mr. Pravin Sulokar explained various facts related to emergency CPR and disaster management.

He explained that CPR can keep oxygenated blood flowing to the brain and other vital organs until more definitive medical treatment can restore a normal heart rhythm.

When the heart stops, the lack of oxygenated blood can cause brain damage in only a few minutes. A person may die within 8 to 10 minute.

If you're well-trained and confident in your ability, check to see if there is a pulse and breathing. If there is no breathing or a pulse within 10 seconds, begin chest compressions. Start CPR with 30 chest compressions before giving two rescue breaths.

▪ **Mr. Pravin Sulokar focused on these points in this session:**
Before starting CPR, check:

- Is the environment safe for the person?
- Is the person conscious or unconscious?
- If the person appears unconscious, tap or shake his or her shoulder and ask loudly, "Are you OK?"
- If you are alone and have immediate access to a telephone, call 911 or your local emergency number before beginning CPR.

Remember to spell D-R-C-A-B

D-Danger

R-Response

A-Airway,

B-Breathing

C-Circulation

This sequence can help people to remember the order to perform the steps of CPR.

Mr. Pravin Sulokar enthusiastically explained each and every activity which is included in disaster management and emergency CPR by giving demonstration.

At the end of the session Mr. Pravin Sulokar conducted demonstration of emergency CPR with YBCDP students on Menique to show the student how they can save the life by using emergency CPR technique.

Last part of this workshop was question-answer session.

The session was concluded with vote of thanks proposed by Ms. N. S. Bhosale.

Report prepared by: N. S. Bhosale.



GLIMPSES OF EVENT



SOCIAL MEDIA UPDATE

