

S.No	Date of the programme	Name of the programme	No.participants	No.of Faculty involved
4	06-03-2021	First-Aid Awareness Programme	200	10

**One Day Workshop on First Aid Awareness Programme- by Dhanvanthari Charitable Trust.**



On 06-03-2021 Dhanvanthari Charitable Trust, enlightened the students on how CPR can be as first aid for heart attack victims. 200 students were benefited through this programme, organized by NSS units and Physical Science Departments.

**The Seven Fundamental Steps of CPR were demonstrated practically**

1. To put the heel of your dominant hand at the center of the person's chest.
2. To put your other hand over your dominant hand, then interlock your fingers
3. To start chest compressions.
4. To open the person's mouth
5. To add rescues breathe.
6. To watch the chest fall, then do another rescue breath.