



Sheth D.M. Polytechnic in Horticulture
Anand Agricultural University
Model Farm, Vadodara – 390 003



SDMPH organized programme on “First Aid and CPR – Essential Skills for Emergency Situation”

NSS Unit of Sheth D.M. Polytechnic in Horticulture, Anand Agricultural University, Model Farm, Vadodara organized the training cum awareness programme on **“First Aid and CPR – Essential Skills for Emergency Situation”** on 05.04.2025 (Saturday) in collaboration with Red Cross Society of India. At outset NSS officer Dr. Shrikant B. Katole, welcome Bhavini Patel from Red Cross Society of India and all the NSS volunteers, students and staff of the college. Dr. Shrikant B. Katole discussed about first aid and cardiopulmonary resuscitation (CPR) and told that these are essential skills for emergency situations. He further told that first aid aims to preserve life, prevent harm and promote recovery. CPR is an emergency procedure that combines chest compressions with rescue breaths.

Bhavini Patel from Red Cross Society of India discussed in detail regarding first aid and importance of CPR as it is vital for saving lives. She further discussed that a person can carry out first aid after a life threatening incident or injury before the arrival of emergency services or ambulance. She told that if the person is not breathing, the first aider will need to perform CPR which is used to help save a life when the heart stops beating or is beating too ineffectively to circulate blood to vital organs. She also clarify that it is unlikely that CPR will start a heart immediately, the purpose of CPR is to maintain the flow of oxygenated blood to the brain and heart, preventing or at least delaying tissue death. CPR can extend the brief window of time during which successful resuscitation can take place without permanent brain damage. Later on she gave live demonstration on CPR and Do’s and Don’ts in case of emergency situations like road accidents, fire outbreak etc.

Glimpses of the programme

