Absolutely. I would add this as a dedicated **“Need and Rationale of the Training”** section, emphasizing the absence of PHCs within 10 km and the importance of the critical early-response window.

REPORT ON CPR TRAINING PROGRAMME

Organized on the Occasion of World Heart Day

Organized by: Unnat Bharat Abhiyan Team
Institution: Smt. Malini Kishor Sanghavi Homoeopathic Medical College and Hospital
Target Group: AYUSH Swasthya Workers serving the Institution’s Adopted Villages
Total Participants Trained: 12 AYUSH Swasthya Workers

Introduction

On the occasion of **World Heart Day**, the **Unnat Bharat Abhiyan (UBA) Team** of Smt. Malini Kishor Sanghavi Homoeopathic Medical College and Hospital organized a **Cardiopulmonary Resuscitation (CPR) Training Programme** for AYUSH Swasthya Workers serving the institution’s adopted villages.

The programme was designed to strengthen the capacity of community-level health workers to recognize and respond promptly to life-threatening cardiac emergencies. As these workers serve as an important first point of contact for healthcare services in the adopted villages, equipping them with basic emergency response and CPR skills can help bridge the critical period between the occurrence of a cardiac emergency and the patient's arrival at a hospital.

Need and Rationale of the Training

The need for this training programme was particularly significant because **none of the institution's adopted villages has a Primary Health Centre (PHC) within a radius of approximately 10 km**. Consequently, in the event of a sudden cardiac arrest or other critical cardiac emergency, patients may require considerable time to reach an appropriate healthcare facility.

In cases of cardiac arrest, **every minute without effective CPR and emergency care can significantly reduce the chances of survival**. Therefore, the period between the occurrence of the emergency and the patient's arrival at a hospital represents a critical window during which immediate intervention can be life-saving.

Considering the geographical and healthcare-access limitations of the adopted villages, training the local **AYUSH Swasthya Workers in CPR and Basic Life Support (BLS)** was considered essential. These trained workers can provide immediate first response, initiate CPR when indicated, and help **bridge the critical window until the patient reaches a hospital or higher healthcare facility**.

The programme was therefore undertaken as a community-oriented capacity-building initiative to improve emergency preparedness and strengthen the first-response mechanism in the adopted villages.

Objectives of the Programme

The major objectives of the training programme were:

1. To create awareness regarding **cardiac emergencies and sudden cardiac arrest**.
2. To familiarize AYUSH Swasthya Workers with the principles of **Basic Life Support (BLS)**.
3. To develop the ability to recognize cardiac emergencies and initiate an appropriate immediate response.
4. To provide **hands-on training in CPR techniques**.
5. To enable health workers to provide immediate assistance during the critical period before the patient reaches a hospital.
6. To improve the confidence and preparedness of community health workers in handling emergency situations.
7. To strengthen the emergency healthcare response system within the institution's adopted villages.

Resource Persons

The training session was conducted by experienced medical professionals:

- **Dr. Jaydeep Singh**, Casualty In-charge, Smt. Malini Kishor Sanghavi Homoeopathic Medical College and Hospital
- **Dr. Harshit Dhongani**, MD Medicine
- **Shehbaz** (intern of college)

The resource persons provided comprehensive theoretical guidance along with practical demonstrations and hands-on training in CPR and Basic Life Support.

Training Session

The session focused on the identification and initial management of **cardiac emergencies**, with special emphasis on the importance of timely intervention in cases of cardiac arrest.

The participants were introduced to the essential principles of **Basic Life Support (BLS)**, including recognition of an emergency, assessment of responsiveness, activation of emergency medical assistance, and initiation of CPR.

A major component of the programme was the **hands-on demonstration and practice of CPR**. The participants were guided through the essential steps and techniques of CPR and were given an opportunity to practice under the supervision of the resource persons.

The practical training helped participants understand the importance of early intervention and equipped them with the confidence to initiate appropriate life-saving measures while arranging for further medical care and transportation of the patient to a hospital.

Participation

A total of **12 AYUSH Swasthya Workers** serving the institution's adopted villages participated in the training programme.

The participants actively engaged in the theoretical discussions, demonstrations, and practical CPR training. Their participation reflected the importance of strengthening the emergency response capabilities of frontline health workers working in areas with limited immediate access to primary healthcare facilities.



Outcome of the Programme

The CPR training programme successfully enhanced the awareness, knowledge, and practical preparedness of the participating AYUSH Swasthya Workers regarding cardiac emergencies and Basic Life Support.

The participants gained:

- Improved understanding of cardiac emergencies and sudden cardiac arrest.
- Knowledge of the basic principles of CPR and BLS.
- Practical exposure to CPR techniques through hands-on training.
- Greater confidence in responding to cardiac emergencies.
- Understanding of the importance of immediate CPR and timely referral.
- Ability to provide an initial emergency response during the critical period before hospital care is available.

The training thus helped strengthen the **first-response capacity of the adopted villages**, particularly in view of the limited availability of PHCs within the immediate vicinity.

Conclusion

The **CPR Training Programme organized on the occasion of World Heart Day** was a significant community-oriented initiative undertaken by the **Unnat Bharat Abhiyan Team** of Smt. Malini Kishor Sanghavi Homoeopathic Medical College and Hospital.

In view of the fact that **none of the adopted villages has a PHC within approximately 10 km**, the training of local AYUSH Swasthya Workers in CPR and Basic Life Support was especially relevant. The programme aimed to ensure that trained personnel are available within the community who can initiate appropriate emergency measures and help **save the critical window until the patient reaches a hospital**.

With **12 AYUSH Swasthya Workers trained**, the initiative contributed towards building a more prepared and responsive community healthcare network. It also reflects the institution's commitment to **community health, capacity building, preventive healthcare, and strengthening emergency preparedness under the Unnat Bharat Abhiyan initiative**.

Prepared by

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