



District 3141
Rotaract
Club ID: 79248



Club of
Principal K. M. Kundnani College
of Pharmacy, Mumbai
Rotary Club of Bombay Midtown



PRINCIPAL K. M. KUNDNANI COLLEGE OF PHARMACY

(GOVT. AIDED, PCI APPROVED, ACCREDITED BY NBA & AFFILIATED TO UNIVERSITY OF MUMBAI)
Plot No. 23, Jote Joy Building, Rambhau Salgaonkar Road, Cuffe Parade, Mumbai-400005.

The Principal K. M. Kundnani College of Pharmacy (KMKCP), in collaboration with Revive Heart Foundation – I Care, organized a CPR Training Program on 14th February 2025.

Report: BE A LIFESAVER : CPR Training Program for everyone

Day & Date: 14th February 2025 (Friday)

Name of Organisation Visited: Revive Heart Foundation – I Care (Holy Family Hospital, Bandra)

No. of Participants: 8 Faculty and 150 students of KMKCP

Content:

The Principal K. M. Kundnani College of Pharmacy (KMKCP) organised a CPR Training Program on 14th February 2025 in collaboration with Revive Heart Foundation – I Care from 12:00 PM onwards at KMKCP. This session aimed to equip students and faculty with essential life-saving skills in case of a cardiac emergency.

Objective of the Program

The primary goal of the training was to educate participants on the importance of CPR (Cardiopulmonary Resuscitation) and the correct techniques to respond effectively in a cardiac arrest situation. The training highlighted the critical role of bystanders in saving lives, as immediate response within the first 10 minutes significantly improves survival rates.

Introduction and Session Overview:

The session was conducted by **Dr. Soumya Raghvan, founder of Revive Heart Foundation – I Care, at Holy Family Hospital, Bandra.** She shared insights into the foundation's mission and experiences, which led to its establishment. Dr. Raghvan and her team introduced the agenda of the session, starting with an interactive Q&A round to clarify the difference between a heart attack and cardiac arrest.

Key Learnings from the Training:

1. Identifying a Cardiac Arrest

Dr. Raghvan explained how to recognize cardiac arrest symptoms, including:

- Sudden collapse
- Unconsciousness
- No pulse or heartbeat
- No breathing movements

She emphasized that **every minute lost results in a 10% decrease in heart function**, reinforcing the need for immediate action.



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2. Five Critical Steps in a Cardiac Emergency

A. Recognize the Emergency

- Lay the person flat on the floor.
- Check for breathing by placing a hand on the abdomen.
- Tap their shoulder firmly to check for response.
- If no response and no breathing, it is cardiac arrest.

B. Call for Emergency Help

- Dial a cardiac ambulance immediately.(108)

C. Perform Cardiac Massage (CCR – Cardiac Compression Resuscitation)

- Come down on your knees and hold a triangular position wrt to the patient. Cross your hands according to instruction. Position hands at the center of the chest (between the nipples).
- Compress the chest 100-120 beats per minute in a straight upright posture.
- This acts as an artificial heartbeat, keeping blood circulation active.
- Continue until:
 - The person revives.
 - The ambulance arrives.
 - An AED machine is ready for use.
- No mouth-to-mouth breathing is required.

3. Using an AED Machine (Automated External Defibrillator)

- The AED box provides step-by-step instructions.
- It analyzes the patient's condition and, if necessary, delivers a shock.
- The device comes with scissors for minimal dress removal in women to maintain modesty.
- However, high cost (approx. ₹10 lakhs) makes widespread availability a challenge.

4. Hospitalization

- Even if the person is revived, they must be taken to the hospital for further medical treatment.
- CPR is only first aid, not a complete treatment.

Live Demonstration and Hands-On Training

- The team demonstrated proper CPR techniques using dummy models.
- A Q&A session followed, where Rtr. Keerti asked about CPR for children.
- Dr. Raghvan explained that for children: Two-thumb chest compressions should be used. Less pressure is needed as their bodies are delicate.
- She also stated that CCR is safe for all individuals, including: Pregnant women, Patients with pacemakers, stents, or bypass surgeries, Accident survivors.

The session concluded with volunteers practicing CCR on mannequins, ensuring hands-on experience for all attendees.

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Conclusion:

- The CPR Training Program at KMKCP was a highly informative and successful event, empowering students and faculty with crucial life-saving skills. The session reinforced the importance of prompt action in medical emergencies and encouraged active participation in helping those in need.
- The event concluded with a vote of thanks delivered by Rtr. Tanvi Poojary, appreciating the efforts of Dr. Soumya Raghvan and her team for their valuable guidance.

Photos of the event:



Felicitations of Dr. Soumya Raghvan and her team by Dr. Mrinal Sanaye, Dr. Mandar Mulik and Dr. Nalini Kurup.



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Presentation on the details of Significance of CPR and associated Information by Dr. Soumya Raghvan and her team.



Demonstration of CPR to all the Attendees Information by Dr. Soumya Raghvan and her team.