

CHRIST (Deemed to be University), Bangalore

School of Engineering and Technology
Department of Computer Science and Engineering

Activity Report

General Information

Type of Activity	Workshop
Title of the Activity	Cardio-Pulmonary Resuscitation (CPR) for Her: Empowering Women with Lifesaving Skills
Date/s	26th July 2024
Time	3:00 – 4:00 PM
Venue	Seminar Hall, Block 2, Floor 3
Collaboration/Sponsor (if any)	Nil

Speaker/Guest/Presenter Details

Name	Dr. Seela Sara Mathew
Title/Position	Medical Officer
Organization	Christ (Deemed to be) University
Title of Presentation	Cardio-Pulmonary Resuscitation (CPR) for Her: Empowering Women with Lifesaving Skills

Participants Profile

Type of Participants	Faculty Members
No. of Participants	13

Synopsis of the Activity

Highlights	Empowering Women: The program focuses on teaching women the critical life-saving skill of CPR, empowering them to confidently respond in emergency situations.
Key Takeaways	CPR Training: Participants received hands-on training in CPR techniques, including chest compressions and rescue breathing. Participants gained hands-on experience and practical knowledge of CPR techniques, including chest compressions and rescue breaths.

Summary	The activity "Cardio-Pulmonary Resuscitation (CPR) for Her: Empowering Women with Lifesaving Skills" was designed to provide women with essential life-saving skills through hands-on CPR training. The program aimed to equip participants with the knowledge and confidence to effectively respond to cardiac emergencies. It focused on teaching key CPR techniques, such as chest compressions and rescue breathing. Beyond technical skills, the activity promoted health awareness and emphasized the importance of early intervention during emergencies. Participants were exposed to real-life simulations, ensuring practical understanding and preparedness. The program not only empowered women to act confidently in crisis situations but also fostered a sense of community by encouraging them to spread awareness and advocate for CPR training within their circles. In summary, the activity highlighted the crucial role women can play in saving lives, while boosting their self-assurance and breaking gender barriers in emergency response.
Follow-up Plan	Set up occasional practice sessions with updated simulated scenarios to reinforce learning and improve participants' ability to handle evolving emergency situations

Report Prepared By

Name	Dr Sujatha A K and Dr Deepa Yogish
Designation/Title	Associate Professor

Speaker Profile

Dr. Seela. brings a wealth of experience and expertise to our event today. With her extensive background in medicine and a passion for preventive care, she is a beacon of knowledge in the field of healthcare. Dr. Seela Completed MBBS from Jawaharlal Nehru Medical College, Maharashtra and associated with Christ since 2016.

Photos of the Activity

No images uploaded.

Additional Attachments

No attachments provided.

Feedback Screenshots

No images uploaded.