

City Hilights October 17, 2024

KJC students master life-saving CPR skills

Over 780 students from Kristu Jayanti College participated in an essential CPR (cardiopulmonary resuscitation) and first aid training program on October 16, 2024. Led by Dr. Sreekanth C, Head of Emergency Medicine at Baptist Hospital, the initiative aimed to equip students with vital skills to respond effectively in emergencies.

Dr. Sreekanth introduced the DRS CAB protocol—Danger, Response, Send for Help, Compression, Airway, and Breathing—highlighting how immediate action can sig-

nificantly improve survival rates. The training also included basic first aid for various crises, such as choking, severe bleeding, seizures, and snake bites, reinforced through real-life scenarios.

Hands-on practice was a key component, with students performing CPR on mannequins under professional supervision, honing their techniques for effective chest compressions and airway management. Organized by the Department of Life Sciences, this program provided both theoretical knowledge and practical experience.



The engaging workshop not only built the students' confidence but also underscored the importance of having essential life-saving skills. Dr. Sreekanth emphasized that recognizing distress signals and acting

swiftly can make a critical difference. Conducted in three sessions for different student groups, the training successfully empowered participants to handle medical emergencies with skill and assurance.