



**Shri Guru Ram Rai Institute of Medical & Health Sciences  
College of Nursing**

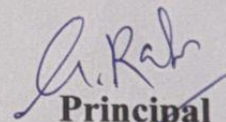
Patel Nagar, Dehradun - 248 001

Ref.No./SGRR/CON/2025- 890

Date: 13/06/2025

**NOTIFICATION**

SGRRU, SGRRIM & HS College of Nursing, Department of Mental Health Nursing is organizing CPR Training Program on 14/06/2025 at Mothrowala, Dehradun from 11:00 am onwards. All are cordially invited.

  
**Principal**  
Principal  
College of Nursing  
S.G.R.R.I.M.H.S.  
Patel Nagar, Dehradun

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**SGRR UNIVERSITY,  
S.G.R.R.I.M&H.S  
COLLEGE OF NURSING, DEHRADUN**

**A REPORT ON  
“CPR PROGRAM”  
2025**



**INTRODUCTION:** As a part of curriculum, college of nursing planned and organized CPR awareness program at community area, Dehradun on 14<sup>th</sup> May 2025 at 10:00 am for community members under the guidance of Dean and Faculty as mentioned below:

<i><b>DATE</b></i>	<i><b>BATCHES</b></i>	<i><b>TOTAL NUMBER OF STUDENTS</b></i>	<i><b>MENTAL HEALTH NURSING DEPARTMENT FACULTY</b></i>	<i><b>DEAN</b></i>
14/06/2025	M.Sc. Nursing II year GNM II year students	15	Ms. Reena Maibam Ms. Sulekha Ms. Deepali Rawat Mr. Shashank Mr. Ankit	Dr. G Ramalakshmi

**Students offer various programs to the patients like:**

- 1. Health education**
- 2. Demonstration**

## **CPR DAY**

On June 14, 2025, Shri Guru Ram Rai College of Nursing hosted a significant event, the “cardiopulmonary Resuscitation (CPR) awareness programme”. The program, conducted offline, aimed to train individuals in life-saving CPR techniques, focusing on chest compression and rescue breaths, with the primary objective of providing immediate assistance to those experiencing cardiac arrest until professional help arrives.

The event witnessed the participation of 04 M.Sc. Nursing students, 11 GNM students and 05 Faculty members. The program, aligned with addressed the rising cases of heart attacks nationwide. With a 12.5% increase in deaths due to cardiac arrests from 2021 to 2022, the CPR training sought to create a more informed and prepared society capable of responding to medical emergencies effectively.

The highlights of the program included early intervention strategies, imparting Basic Life Support (BLS) skills, AED training, team coordination in resuscitation efforts, awareness of the Chain of Survival, and legal and ethical considerations in providing CPR. The initiative aimed to adapt CPR training to various settings, ensuring participants could apply their skills in diverse situations.

Ms. Deepali Rawat, Assistant Professor of Mental Health Nursing Department, delivered a keynote address emphasizing the importance of Cardiopulmonary Resuscitation in patient care. Her words resonated with the audience, highlighting the benefits of attending the program. Mr. Ankit, CPR Co-ordinator of Medical Surgical Nursing Department, Demonstrated the CPR Procedure and explain the benefits of CPR. These benefits included acquiring lifesaving skills, immediate response capabilities, confidence in emergency situations, community resilience, team coordination, understanding AED usage, child and infant CPR skills, legal and ethical awareness, and certification.

The CPR Awareness Programme proved to be a pivotal initiative in aligning with national efforts to combat the increasing instances of cardiac arrests. By equipping participants with essential CPR skills, the program aimed to contribute to a more resilient and responsive community in medical emergencies. The engagement of both students and faculty underscored the importance of widespread CPR training in saving lives and promoting a culture of preparedness.

### **Goals of the CPR campaign:**

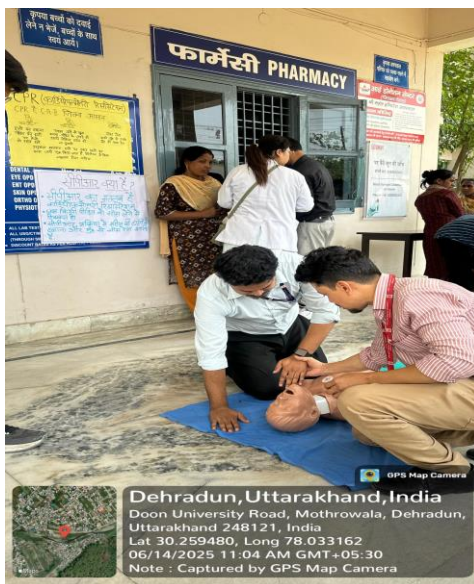
The goal of CPR is to return the heart to a normal heartbeat. CPR manually pumps the heart to keep blood circulating through the body, keeping the brain and other vital organs supplied with blood and oxygen until professional medical treatment can be administered.



## Photos/Screenshots of the event:







**Master of Ceremony:** Mental Health Nursing Department

**Venue:** Mothrowala, Dehradun

**Outcome of the Event:**

CPR awareness is not just a campaign; it's a movement that empowers individuals, strengthens communities, and saves lives. Through strategic education initiatives, impactful stories, and a collaborative approach, we can ensure that CPR awareness becomes a universal language of compassion and preparedness. By embracing the power of education and information dissemination, we create a world where everyone is equipped to make a life-saving difference when it matters most.

CPR can be a scary process, but **YOU** are able to assist the victim.

**Remember: C-A-B**

1. Compression (at the rate of 100-120 per minute)
2. Airway (head-tilt and chin-lift)
3. Breathing (rescue breaths, E-C clamp, barrier device)

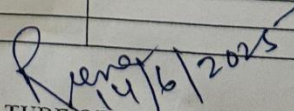
**"CPR is not just a skill, it's a lifesaver."**



**CPR TRAINING PROGRAM ATTENDANCE SHEET**  
**SGRRU, SGRRIM&HS COLLEGE OF NURSING, PATEL NAGAR DEHRADUN**

S.NO	NAME OF CANDIDATES	SIGNATURE
1	Reena Negi	Reena
2	Danshi	Danshi
3	P. J. J. J.	P. J. J. J.
4	Madan Singh Chaur	Madan Singh
5	Neelam	Neelam
6	Geeta	Geeta
7	Sumit	Sumit
8	Reena Maurya	Reena
9	Sudha	Sudha
10	Ramohan Singh	Ramohan Singh
11	Satish Kumar	Satish Kumar
12	Reena Negi	Reena
13	Vikram Singh	Vikram Singh
14	Aditya Singh	Aditya Singh
15	Dhruv	Dhruv
16	Shabnam Khan	Shabnam Khan
17	Mamta	Mamta
18	Kurum. Uniyal	Kurum. Uniyal
19	Seeta	Seeta
20	Neha	Neha
21	Sheshu Paimali	Sheshu Paimali
22	Poonam Raut	Poonam Raut
23	Jyoti Bhat	Jyoti Bhat
24	Ramech	Ramech
25	Susai	Susai
26	Neeldam	Neeldam
27	Sidhi	Sidhi
28	Poonam	Poonam
29	Sumita	Sumita
30	Rahel	Rahel
31	Himanshi	Himanshi
32	Suman	Suman
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DATE: 14/06/2025

  
 SIGNATURE OF COORDINATOR



SGRRIM&HS, COLLEGE OF NURSING

PATELNAGAR DEHRADUN

सीपीआर प्रशिक्षण कार्यक्रम

प्रतिपूरी

फार्म

1. नाम- H. M. Singh & Mohan Singh

2. तारीख- 14-06-2025

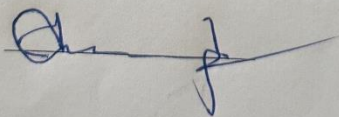
3. गाँव का नाम- Shanti Vihar D.Am

4. कोई सुझाव-

Very nice Amma

5.

प्रतिभागी के हस्ताक्षर-



SGRRIM&HS, COLLEGE OF NURSING

PATELNAGAR DEHRADUN

सीपीआर प्रशिक्षण कार्यक्रम

प्रतिपुष्टी

फार्म

1. नाम- MARKAN SINGH CHAUHAN

2. तारीख- 14-06-2025

3. गाँव का नाम- SANGHASTBIHAR MATHANALLA

4. कोई सुझाव-

VERY GOOD PERFORMANCE

5.

प्रतिभागी के हस्ताक्षर-

(M) row



SGRRIM&HS, COLLEGE OF NURSING

PATELNAGAR DEHRADUN

सीपीआर प्रशिक्षण कार्यक्रम

फार्म

प्रतिपुष्टी

1. नाम- ललित कुमार

2. तारीख- 14/6/21

3. गाँव का नाम- सौंथजेवाला

4. कोई सुझाव-

बहुत अच्छा लगा

5.

प्रतिभागी के हस्ताक्षर-

ललित