



**SHRI GURU RAM RAI  
UNIVERSITY  
SGRRIM&HS COLLEGE OF NURSING  
REPORT ON BEST PRACTICE  
CARDIO -PULMONARY  
RESUSCITATION (CPR) TRAINING**

**Lecture and live demonstration Conducted for School of Basic and Applied Sciences, SGRR University Dehradun on 16/1/24.**

**VENUE: SGRRIM&HS COLLEGE OF NURSING, DEHRADUN, PATEL NAGAR.**

SGRRIM&HS , College of Nursing, MENTAL HEALTH NURSING DEPARTMENT Conducted CPR Training Under the guidance of Prof G. Ramalakshmi Dean , College of Nursing on 16/1/24 at 11: am, 92 students of School of Basic & Applied Sciences received the students from Dr Arun kumar Dean, School of Basic & Applied sciences. Mrs. Maibam Reena Associate professor ,HOD Mental Health Nursing Department Introduced the

session of CPR. The objectives of this programme is to develop the knowledge, abilities and psychomotor skills that a bystander requires in saving a person collapsed from cardiac arrest.

Training session was taken by Mr. Abhilash ,Assistant Professor in the form of lecture cum discussion about the CPR and its various aspects and made them aware about the importance of Cardio -Pulmonary Resuscitation. Later on Demonstration was given in the skill Lab By Mrs Sulekha, Assistant Professor Mental Health Nursing. Interactive sessions were conducted with students and trainers. Mrs Maibam Reena, Mr.Abhilash, Mrs Sulekha, Mr Ankit have assisted the students in compressing the manikins at the right position and posture to be maintained during hands-only CPR. Then the students were asked to independently demonstrate the procedure on manikins. After satisfactory demonstration of the procedure, the students were asked to fill a post-test questionnaire.

Results indicate that of the 92 students, 80 % mean Post Test in an excellent way. Whereas the remaining 20% responded in a better way.It can be concluded that after Administration of theory class & demonstration the students gained adequate knowledge regarding CPR. Students were satisfied with their new learning.

**NOTE:** Photographs, attendance sheet, pret test and post test sample sheet, post test scores are attached below.

## PHOTOS

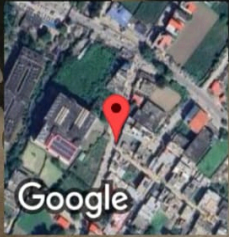





Dehradun, Uttarakhand, India  
822C+WQV, Nanak Vihar, Brahmanwala, Dehradun, Uttarakhand 248001, India  
Lat 30.302134°  
Long 78.022132°  
16/01/24 10:55 AM GMT +05:30

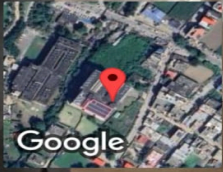


Dehradun, Uttarakhand, India  
822C+XRJ, Nanak Vihar, Dehrakhas, Brahmanwala, Dehradun, Uttarakhand 248121, India  
Lat 30.302353°  
Long 78.022164°  
16/01/24 10:52 AM GMT +05:30



Dehradun, Uttarakhand, India  
0, Nanak Vihar, Brahmanwala, Dehradun, Uttarakhand 248001, India  
Lat 30.302972°  
Long 78.022108°  
16/01/24 12:04 PM GMT +05:30

 GPS Map Camera



Dehradun, Uttarakhand, India  
823C+4P6, Dehrakhas, Brahmanwala, Dehradun, Uttarakhand 248121, India  
Lat 30.303003°  
Long 78.021701°  
16/01/24 11:54 AM GMT +05:30





GPS Map Camera



**Dehradun, Uttarakhand, India**

823C+2RM, K P Rd, Nanak Vihar, Dehrakhas, Patel Nagar, Dehradun, Uttarakhand  
248121, India  
Lat 30.302942°  
Long 78.02187°  
16/01/24 12:06 PM GMT +05:30

## ATTENDANCE SHEET

CPR TRAINING PROGRAM ATTENDANCE SHEET		
SGRRU, SGRRIM&HS COLLEGE OF NURSING, PATEL NAGAR DEHRADUN		
S.NO	NAME OF STUDENT	SIGNATURE
01.	SHREYA SINGH	
02.	VAISHNAVI JOSHI	
3.	ANCHAL PAL	
4.	PRARTHANA JAGODRI	
5.	NAZISH KHATOON	
6.	NIKUNJ SHREE	
7.	KAMNA SHARMA	
8.	SAUMYA SINGH	
9.	MAHAK RAWAT	
10.	PRATIKSHA RANA	
11.	SANJYA RAWAT	
12.	POOJA	
13.	MANJARI RAWAT	
14.	SHRASHWATA KHATRI	
15.	SANSYA SABEEN	
16.	Madhu Khumane	
17.	Khushi	
18.	Joya Ali	
19.	Joya Khan	
20.	ANBALI CHAUHAN	
21.	Ishca Jha	
22.	RIYA JUMRAN	
23.	BERNA PATWAL	
24.	NIKITA DHANRAJ	
25.	KUMARI ANSHIKA	
26.	ANSHIKA SAJJ	
27.	PRIYANKA BHATT	
28.	PRIYANSHI	
29.	GURUPREET	
30.	ESHA NAUTIYAL	
31.	ANUSHKA	
32.	SHRISHTI MANDEEP PANDEY	
33.	KHUSHNUNA ISLAM	
34.	ANAMIKA NAUTIYAL	
35.	VANSHIKA CHAUHAN	
36.	SWEETHA SHAH	
37.	TRIPATI RAWAT	
38.	Tanishka Sharma	
39.	SHREYA PANDEY	
40.	Simran Patel	

DATE: 16/1/24

SIGNATURE OF COORDINATOR



**CPR TRAINING PROGRAM ATTENDANCE SHEET**

**SGRRU, SGRRIM&HS COLLEGE OF NURSING, PATEL NAGAR DEHRADUN**

S.NO	NAME OF STUDENT	SIGNATURE
41	Nidhi Rana	Nidhi
42	Deepika	Deepika
43	Nikita Seshi	Nikita Seshi
44	Nitanka Singh	Nitanka Singh
45	Tanya Kaur	Tanya Kaur
46	Anshika Sharma	Anshika
47	Simran Khatiyap	Simran
48	Utkarsh Chakhan	Utkarsh
49	Anshu Negi	Anshu
50	Sarthak	Sarthak
51	Tanishka Gaur	Tanishka
52	Mahdeep Rishi	Mahdeep
53	Chitva Kumari	Chitva
54	Avinya Singh	Avinya
55	Nitesh Rana	Nitesh
56	Aaryam Shukla	Aaryam
57	Bhusham Shukla	Bhusham
58	Aarushi Sobhal	Aarushi
59	Ahamika	Ahamika
60	Archana Nakotwal	Archana
61	Kankaj Sharma	Kankaj
62	Mukul Kumar	Mukul
63	Kavita Pandit	Kavita
64	Khushi Verma	Khushi
65	Tanmay Tomar	Tanmay
66	Palak Nautiyal	Palak
67	Vipul Rawat	Vipul
68	Nikita	Nikita
69	Venus Doshi	Venus
70	Harish Rawat	Harish
71	Gaurav	Gaurav
72	Riya Saini	Riya
73	Abhishek Kumar	Abhishek
74	Achint Garg	Achint
75	Kamal Prajapati	Kamal
76	Mohit Deswari	Mohit
77	Prangal	Prangal
78	Ankur	Ankur
79	Vivek	Vivek
80	Shubham Puri	Shubham

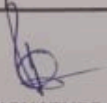
15/1/24  
DATE:

SIGNATURE OF COORDINATOR

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

S.NO	NAME OF STUDENT	SIGNATURE
81	TUSHAR	Tushar
82	Sakshi Rana	Sakshi
83	Ritika	Ritika
84	Smriti	Smriti
85	Sadiya Jahan	Jahan
86	Aman Bhatt	Aman
87	Rahul Patel	Rahul
88	Amandeep	Amandeep
89	Amritha Chandrasekhar	Amritha
90	AKSHAT SINGH 'PARSHURAM'	Akshat
91	LOVE GAIROLA	Love Gairola
92	SANDEEP JOSHI	Sandeep Joshi

16/1/24  
DATE:

  
SIGNATURE OF COORDINATOR

M. Peera  
16.1.24

## PRE TEST QUESTION:

### PRE TEST

Name: MOHIT DEVRARI

Program/Course: B.Sc. PCM VI Sem.

Contact No: 8868042731

Email: itsmohitdoo3@gmail.com

**INSTRUCTION:** Read the question carefully, for each question, kindly put a tick (✓) on only one option which you consider as 'correct'.

1. When was CPR first developed
  - a) 1920
  - b) 1942
  - c) 1960
  - d) 1971
  
2. What does CPR stand for
  - a) Cardiopulmonary resuscitation
  - b) Caring personal rescue
  - c) Cardiac personal resuscitation
  - d) Cardiopulmonary rescue
  
3. What is CPR
  - a) Rescue breathing
  - b) A combination of chest compression
  - c) Chest compression
  - d) Back blow
  
4. When is CPR performed
  - a) If a person faint
  - b) If a person has an asthma attack
  - c) If a person is choking
  - d) If a person is in cardiac arrest
  
5. When is the best time to administer CPR
  - a) Fifteen minutes after a cardiac incident
  - b) One to three minutes after a cardiac incident
  - c) Ten minutes after a cardiac incident
  - d) As soon as possible after a cardiac incident
  
6. What does C-A-B stand for
  - a) Cardiac abnormal beat
  - b) Circulatory abnormal breathing

- c) Circulation and breathing
- d) Circulation airway breathing

7. What does a cycle of CPR consist of
- a) 30 chest compressions and 2 rescue breaths
  - b) 30 chest compressions and 3 rescue breaths
  - c) 20 chest compressions and 3 rescue breaths
  - d) 20 chest compressions and 2 rescue breaths

8. What is the proper rate of chest compressions in CPR
- a) 80 per minute
  - b) 40 per minute
  - c) 100 - 120 per minute
  - d) 60 per minute

9. During CPR chest compression should be
- a) 2 inch
  - b) 1 inch
  - c) 2.5 inch
  - d) 1.5 inch

## POST TEST QUESTION

### CPR POST TEST

Name: MIKITADHANRAJ

Program/Course: Mq. Sc. Nacio.

Contact No: 7302165325

Email: mikitadkhanraj.17@gmail.com

**INSTRUCTION:** Read the question carefully, for each question, kindly put a tick (✓) on only one option which you consider as 'correct'.

1. When was CPR first developed
  - a) 1920
  - b) 1942
  - c) 1960
  - d) 1971
  
2. What does CPR stand for
  - a) Cardiopulmonary resuscitation
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- c) 100-120 per minute
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