



## **Training Programme on Cardio- Pulmonary Resuscitation (CPR) -2023**

Cardiopulmonary resuscitation (CPR) is an emergency procedure consisting of chest compressions often combined with artificial ventilation in an effort to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest. Cardiopulmonary resuscitation (CPR) is an emergency lifesaving procedure that helps restart a person's heartbeat and breathing when they stop. It is used when someone is unresponsive and not breathing or gasping for air. Immediate CPR can double or triple chances of survival after cardiac arrest. CPR involves:

Chest compressions - Rapidly pushing on the chest to keep blood moving. The American Red Cross recommends 100 to 120 compressions per minute.

Rescue breathing - Blowing air into the person's mouth to help them breathe and send oxygen to their lungs.

Surendranath Law College is an esteemed law institute affiliated of the University of Calcutta and recognized by the Bar Council of India, also regarded as one of the oldest law colleges of the country. "Rastraguru' Surendranath Banerjea, the great patriot and educationist founded this college in the heart of the city considering the convenience of commuting and to encourage more students to partake of quality education, especially for those who belonged to the downtrodden community

The Student Welfare Committee of the College organized a one day Cardio Pulmonary Resuscitation (CPR) Training Programme in collaboration with Rotary Club (East Calcutta) on 24.03.2023 in the college auditorium. It was mandatory for all students to attend the training session and they were provided certificates of the programme.



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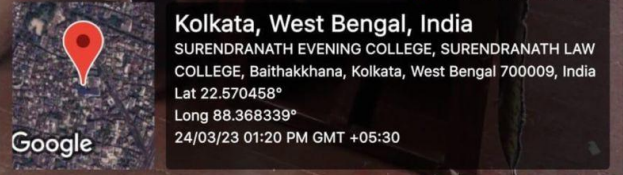
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