

Nationwide CPR Awareness Week Celebration

Vedantaa Institute of Medical Sciences and Research Center

enthusiastically observed Nationwide CPR Awareness Week from October 13 to 17, 2025. The inaugural event was held at VIMS Auditorium on October 13, 2025.

Program Highlights:

An introduction to the importance of CPR was given to students, faculty, and staff.

A pledge was taken to promote CPR awareness.

A small act, PPT, and Rangoli presentation highlighted CPR's significance.

Hands-on Training: Participants demonstrated CPR techniques and performed a mock drill.

The program was a valuable experience for all, emphasizing CPR's importance in saving lives.



13th-17th OCTOBER

VIMS-2025

CPR CARDIOPULMONARY RESUSCITATION

1

CALL 911



2

CHECK
RESPONSE



3

CHEST
COMPRESSIONS



4

OPEN AIRWAY
AND TWO BREATHS

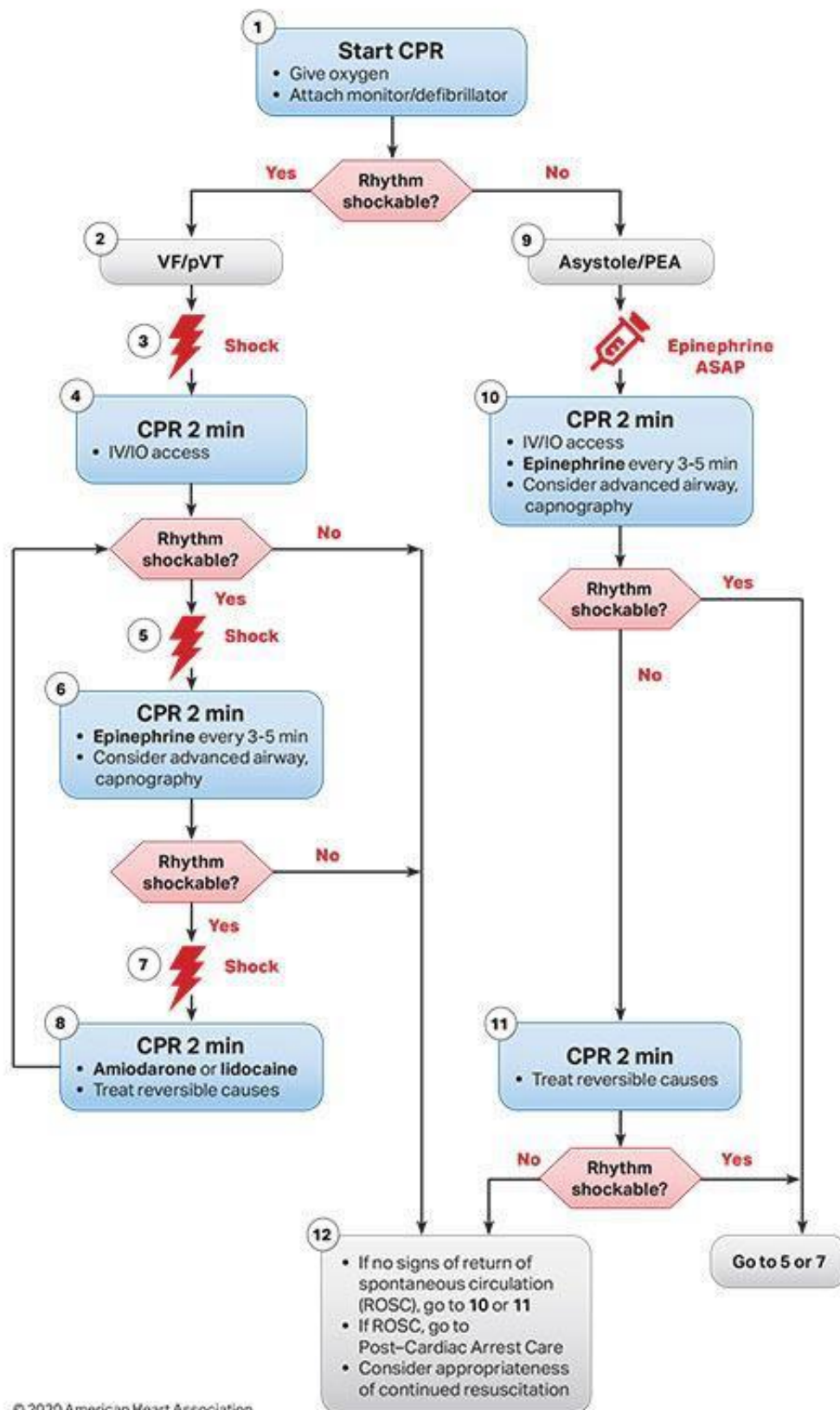


5

REPEAT SETS OF
30 COMPRESSIONS



Adult Cardiac Arrest Algorithm (VF/pVT/Asystole/PEA)



CPR Quality

- Push hard (at least 2 inches [5 cm]) and fast (100-120/min) and allow complete chest recoil.
- Minimize interruptions in compressions.
- Avoid excessive ventilation.
- Change compressor every 2 minutes, or sooner if fatigued.
- If no advanced airway, 30:2 compression-ventilation ratio.
- Quantitative waveform capnography
 - If PETCO₂ is low or decreasing, reassess CPR quality.

Shock Energy for Defibrillation

- **Biphasic:** Manufacturer recommendation (eg, initial dose of 120-200 J; if unknown, use maximum available. Second and subsequent doses should be equivalent, and higher doses may be considered.
- **Monophasic:** 360 J

Drug Therapy

- **Epinephrine IV/IO dose:** 1 mg every 3-5 minutes
- **Amiodarone IV/IO dose:** First dose: 300 mg bolus. Second dose: 150 mg.
- **Lidocaine IV/IO dose:** First dose: 1-1.5 mg/kg. Second dose: 0.5-0.75 mg/kg.

Advanced Airway

- Endotracheal intubation or supraglottic advanced airway
- Waveform capnography or capnometry to confirm and monitor ET tube placement
- Once advanced airway in place, give 1 breath every 6 seconds (10 breaths/min) with continuous chest compressions

Return of Spontaneous Circulation (ROSC)

- Pulse and blood pressure
- Abrupt sustained increase in PETCO₂ (typically ≥40 mm Hg)
- Spontaneous arterial pressure waves with intra-arterial monitoring

Reversible Causes

- Hypovolemia
- Hypoxia
- Hydrogen ion (acidosis)
- Hypo-/hyperkalemia
- Hypothermia
- Tension pneumothorax
- Tamponade, cardiac
- Toxins
- Thrombosis, pulmonary
- Thrombosis, coronary



This week is dedicated to equipping every citizen with the ~~basic~~ skill of Cardiopulmonary Resuscitation (CPR). Understanding human heart and the role of emergency medical equipment is crucial to effective intervention.

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Day 1: Kickstarting the Life-Saving Mission

Monday, 13th October 2025



Inauguration & Pledge Ceremony

Formal pledge led by the Secretary (Health) at 10:30 AM. A symbolic start to our collective commitment to saving lives.



Live CPR Demonstration

Online and offline demonstration of CPR techniques at Nirman Bhawan, extensively webcasted to reach a nationwide audience

The entire week focuses on both widespread digital engagement and training to maximize participation and skill development.

1

Digital Engagement (Week-long)

- *Online Pledge through MyGov Portal: Commit to learning CPR.*
- *Online Quiz through MyGov Portal: Test your saving knowledge and win prizes.*

2

Physical Training (Week-long)

Handson CPR training available at designated physical centers across the country, ensuring practical skill acquisition.



Day 2: Expert Insights and Community Action

Tuesday, 14th October 2025

Day two emphasizes expert dialogue and continued public engagement through awareness drives and hotlines.

Featured Event



Panel Discussion

'CPR Techniques and the Critical Role of Bystanders'

Time: 3:00 PM 4:00 PM

Experts will discuss **high-quality chest compression**, recognizing cardiac arrest, and the immense impact of immediate bystander action.



Sustained Digital & Physical Training

Online Pledge and Quiz remain active on MyGov Portal. Physical training continues at all centers throughout the day. Mass demonstrations and interactive booths will be set up in public areas to maximize outreach and practical experience.

Community Awareness Blitz

Mass demonstrations and interactive booths will be set up in public areas to maximize outreach and practical experience.

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Day 3: Mid-Week Immersion in Skill Development

Wednesday, 15th October 2025

Day three is dedicated entirely to reinforcing the skills introduced earlier in the week, focusing on sustained participation and mastery of CPR.

Physical Training Sessions

Centers remain open for hands-on, instructor-led training. Consistent practice is key to confidence in an emergency.

MyGov Portal Engagement

The online Pledge and Quiz continue to serve as accessible entry points for citizens to engage with CPR awareness.

A hands-on approach ensures that the knowledge translates directly into lifesaving competence. Find your nearest center and participate today!

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Day 4: Unleashing Creativity in Awareness

Thursday, 16th October 2025

Thursday sees the expansion of creative and interactive awareness activities designed to reach diverse community segments, ensuring the message of lifesaving skills is widely understood and remembered.



Key Community Awareness Activities



Mass Demonstration of CPR

Large-scale public demonstrations to demystify the technique and encourage immediate action by bystanders.



Poster Competition

A creative outlet for citizens to express the importance of CPR, generating visually compelling educational materials.



Street Play (Nukkad Natak)

Engaging, culturally relevant performances used to convey critical information on CPR and emergency response to local communities.



Awareness Booths

Interactive stations providing educational materials, Q&A sessions, and opportunities for quick practice.

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Day 5: Conclusion and Call to Action

Friday, 17th October 2025

The final day marks the culmination of the week initiative, celebrating participation and ensuring final access to information and training opportunities before the campaign closes.



Quiz Competition Finale

Final opportunity to participate in or attend the concluding rounds of the online quiz, recognizing and rewarding high knowledge retention.



Final Booth Presence

Awareness booths remain active for the last day, providing final resources and answering residual questions from the public.



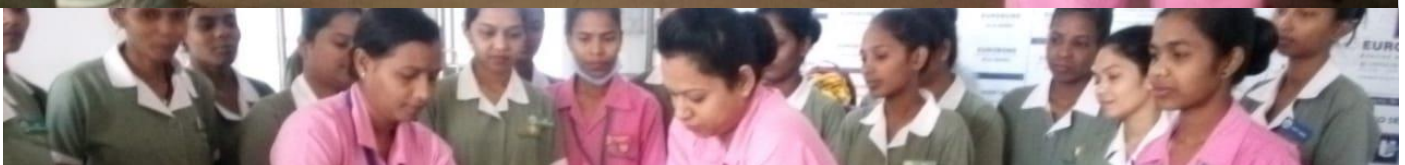
Recognition & Closing

Acknowledging the immense effort of volunteers, health staff, and participants who made the awareness week a resounding success.

While the official week concludes, the mission to spread CPR knowledge continues. Use the skills you have learned to save lives in your community.

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GPS Map Camera

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2wm7+x7i Sasvand Maharashtra 401606 India

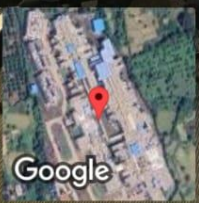






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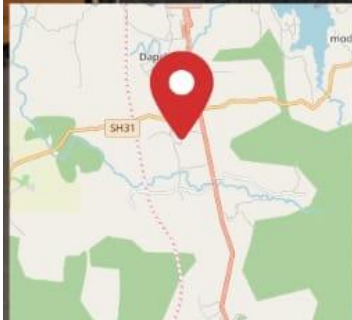
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Adult CPR

- ▶ CPR is a series of life saving actions that improve the chance of survival following cardiac arrest.
- ▶ Cardiac arrest results from the failure of the pumping action of the heart or circulation which may result in loss of consciousness and absence of pulse and breathing.
- ▶ There is a Chain of Survival in CPR.



GPS Map Camera



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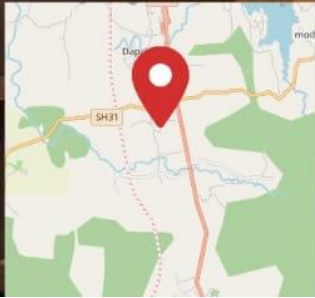
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ADULT CPR

1 Shout for help, have someone call 9-1-1, and get an AED

2 If not breathing give 30 compressions

3 Open the airway

4 Give 2 breaths

5 Repeat sets of 30 compressions and 2 breaths

6 When AED arrives, turn it on and follow the prompts



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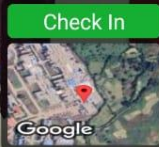




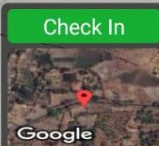




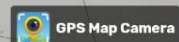




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3xrp+gvc, Loharpada, Udhawa, Maharashtra 401606, India
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Palghar, Maharashtra, India

Dahanu, Palghar, Maharashtra, India, 401610

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16/10/2025 Thursday, 2:59 PM

13.0 km/h

77%

50 uT

24 °C

254° W

83.42 m

Tag: GPS Map Camera



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Institute Of Physiotherapy Sciences
Vedantaa Hospital & Research Centre



GPS MAP
CAMERA



Palghar, Maharashtra, India

Dahanu, Palghar, Maharashtra, India, 401610

Lat 20.034066° Long 72.914078°

16/10/2025 Thursday, 3:00 PM



13.0 km/h



77%



24 °C



255° W



50 uT



83.42 m

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GPS MAP
CAMERA



Palghar, Maharashtra, India

Dahanu, Palghar, Maharashtra, India, 401610

Lat 20.034066° Long 72.914078°

16/10/2025 Thursday, 3:00 PM

13.0 km/h

77%

50 uT

24 °C

254° W

83.42 m

Tag: GPS Map Camera



Palghar, Maharashtra, India

Dahanu, Palghar, Maharashtra, India, 401610

Lat 20.034066° Long 72.914078°

16/10/2025 Thursday, 3:04 PM

13.0 km/h

77%

50 uT

24 °C

263° W

83.42 m

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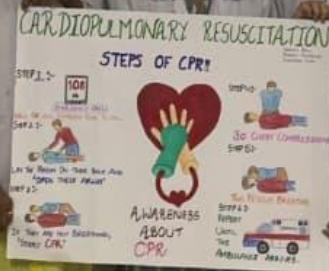
50 uT

24 °C

254° W

83.42 m

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GPS MAP
CAMERA



Palghar, Maharashtra, India

Dahanu, Palghar, Maharashtra, India, 401610

Lat 20.034066° Long 72.914078°

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13.0 km/h

77%

50 uT

24 °C

252° W

83.42 m

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GPS MAP
CAMERA



Palghar, Maharashtra, India

Dahanu, Palghar, Maharashtra, India, 401610

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13.0 km/h



77%



24 °C



251° W



50 uT



83.42 m

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CPR CARDIOPULMONARY RESUSCITATION



GPS MAP
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Palghar, Maharashtra, India

Dahanu, Palghar, Maharashtra, India, 401610

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50 uT



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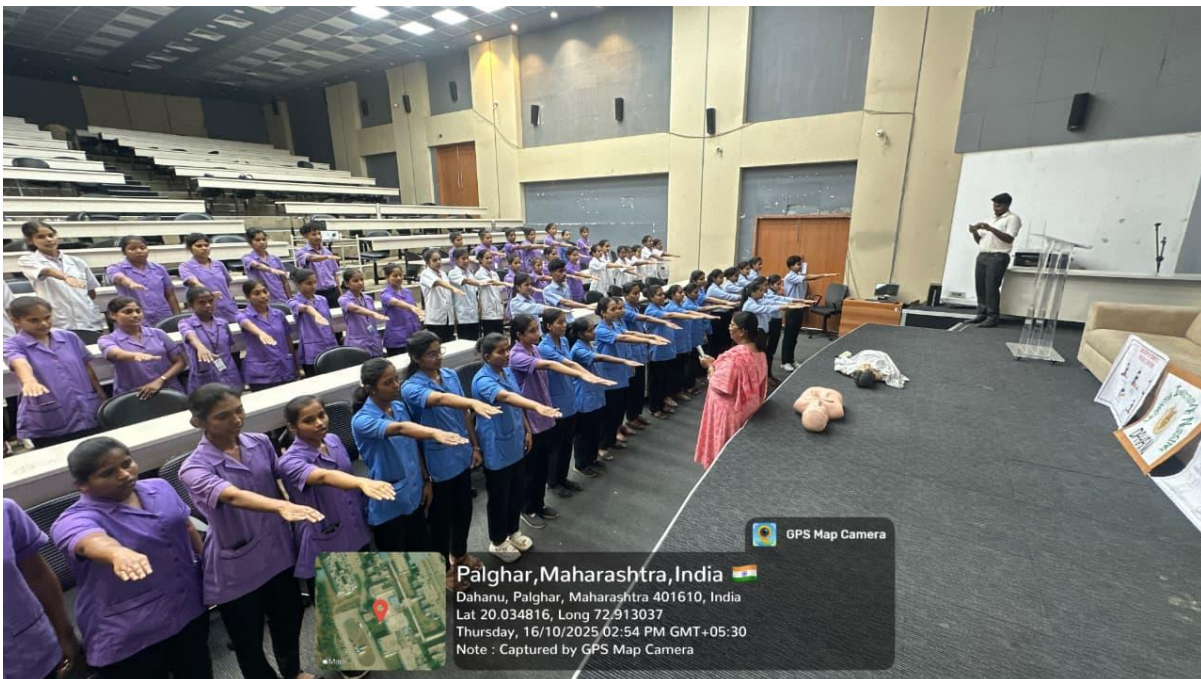
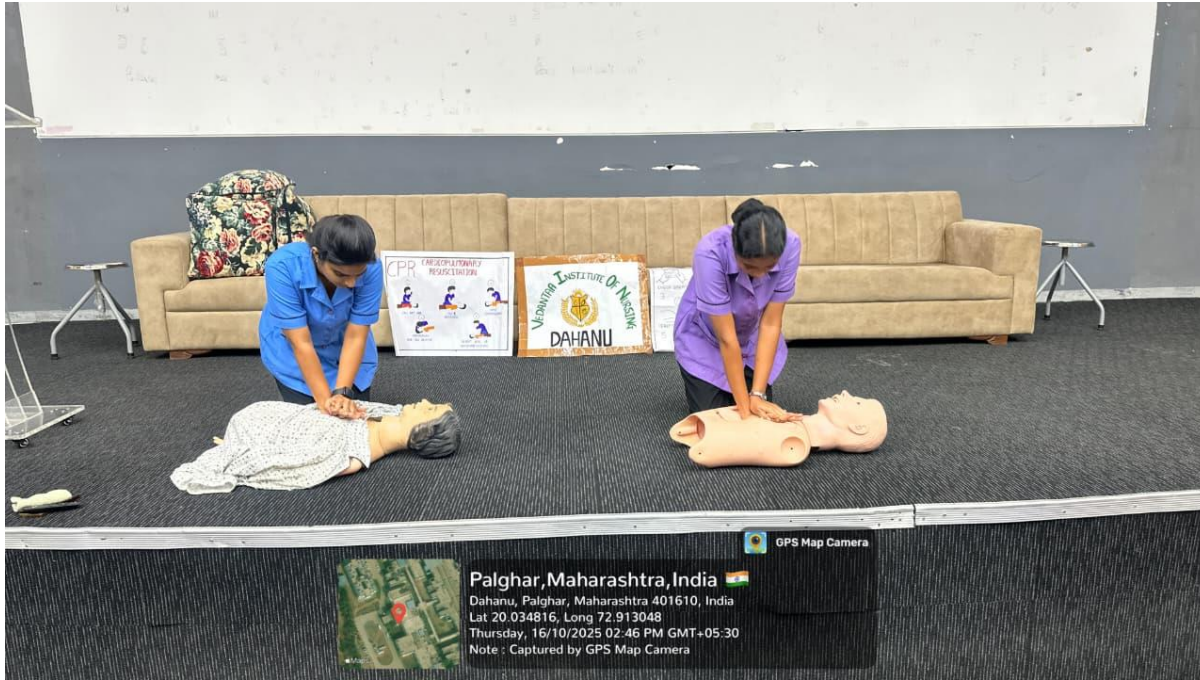


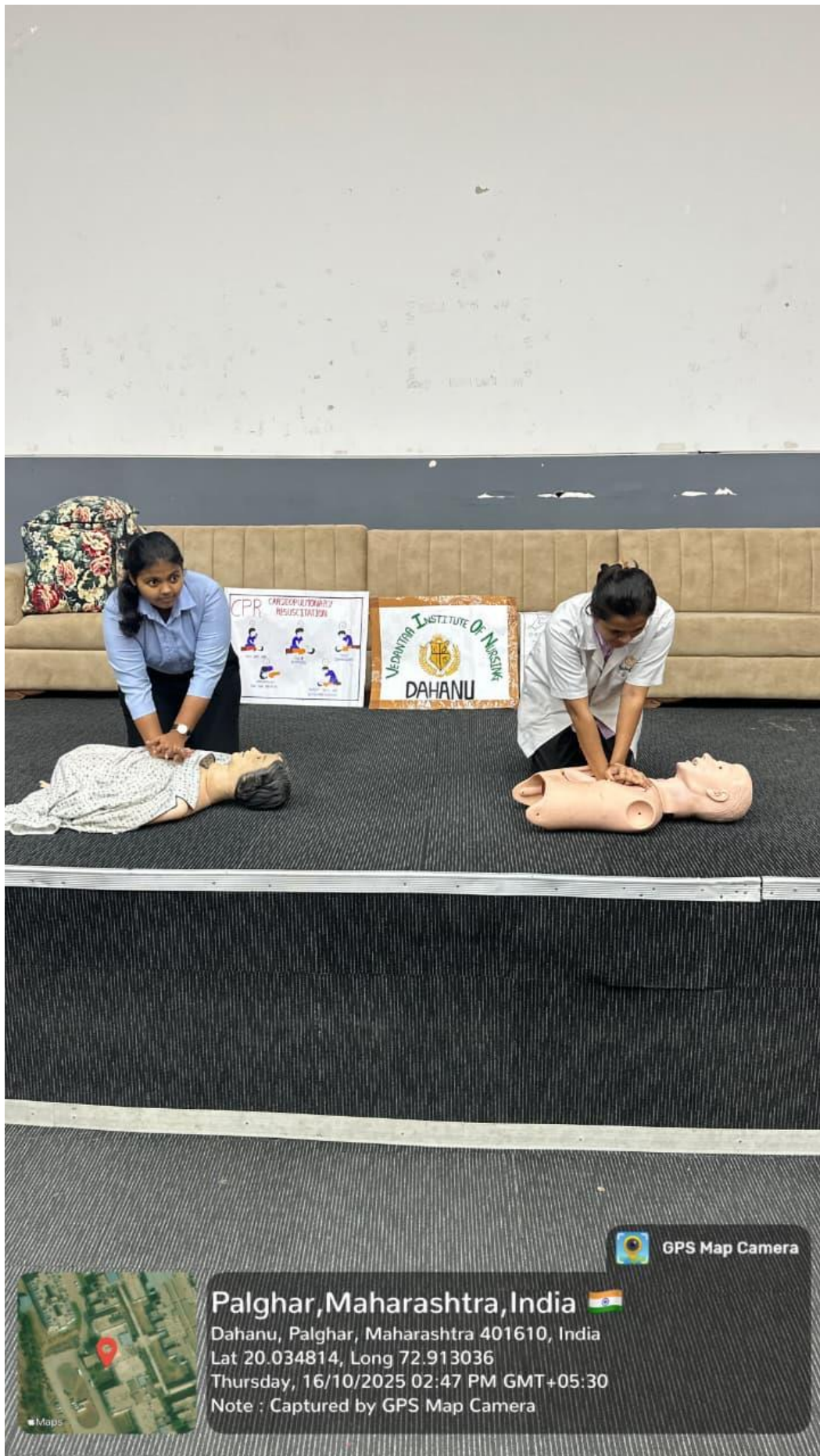
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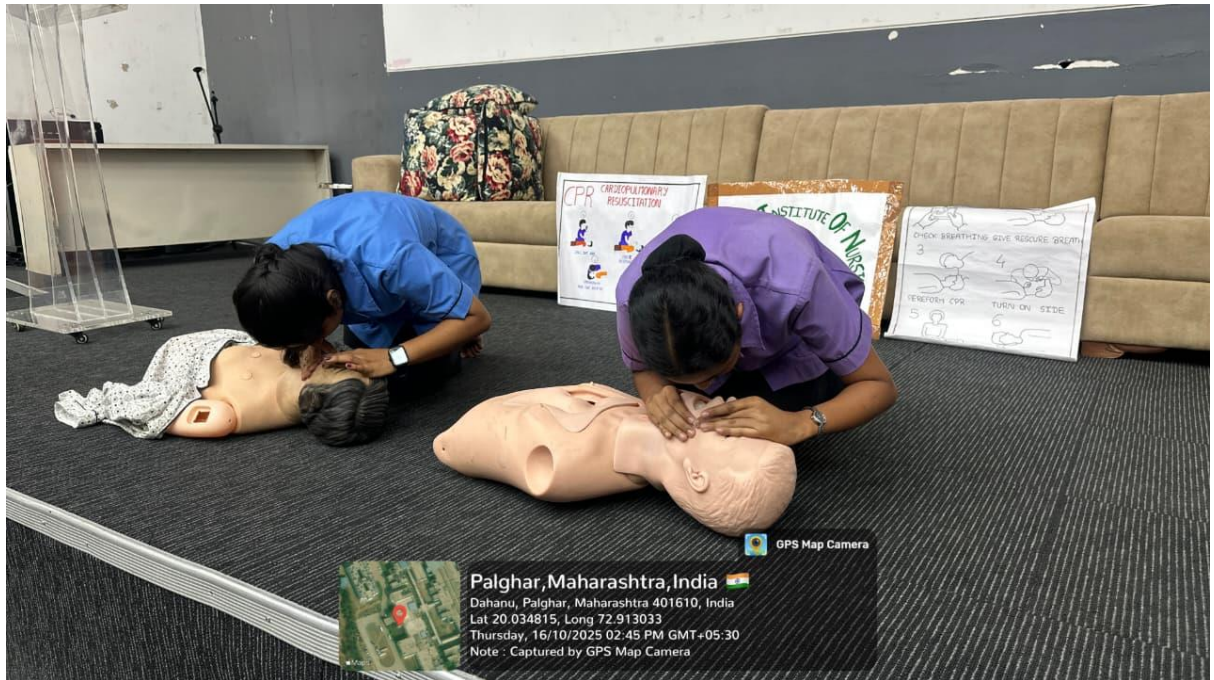
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GPS Map Camera



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