



JSS MAHAVIDYAPEETHA

# J S S COLLEGE FOR WOMEN(AUTONOMOUS)

(An Autonomous College of University of Mysore: Re-Accredited by NAAC with 'A' Grade (CGPA:

3.07)Saraswathipuram, Mysore – 570 009

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## COLLEGE EXTENSION SERVICES

### NSS /NCC/RED CROSS/ SCOUT AND GUIDES

or

### Workshops/Seminars/Webinars

### PRERANA PROGRAMME

Organized by

RANGERS UNIT

**Date: 06-Mar-2026**

**Place: JSS College for Women(A)**

**Number of beneficiaries: 150 students**

### Objective:

- **Identify Cardiac Arrest:** Recognize signs of sudden cardiac arrest versus fainting.
- **Understand Chain of Survival:** Learn the steps required to save a life.
- **Learn Legal Protections:** Understand Good Samaritan laws to eliminate liability fears.
- **Know Emergency Logistics:** Memorize local emergency numbers and dispatch procedures.
- **Master Hands-Only CPR:** Deliver continuous compressions without performing rescue breaths.
- **Maintain Compression Rates:** Keep a steady pace of 100–120 compressions per minute.

- **Achieve Correct Depth:** Compress the chest effectively at 5–6 centimeters deep.
- **Operate an AED:** Apply pads and follow Automated External Defibrillator voice prompts.
- **Clear Choking Airways:** Perform the Heimlich maneuver on conscious choking adults.
- **Conquer Bystander Panic:** Overcome hesitation to act immediately in public spaces.
- **Direct Emergency Scenes:** Appoint specific bystanders to call emergency lines.
- **Build Community Resilience:** Create a safer campus environment through peer readiness.

### **Impact:**

- **Drastic Skill & Knowledge Increase:** Studies indicate that while pre-training knowledge is often low, post-training, over 95% of students develop adequate skills and knowledge to perform CPR.
- **Boosted Confidence & Willingness:** Hands-on training removes the "fear of doing something wrong," significantly increasing students' willingness to intervene as bystanders during emergencies.
- **Increased Survival Rates:** Schools implementing CPR training see higher rates of bystander CPR, with studies showing that prompt CPR can double or triple a victim's chance of survival.
- **Empowerment & Social Responsibility:** Training fosters a sense of community service and leadership, helping students realize they can make a difference in life-threatening situations, whether on a soccer field or at home.
- **Ripple Effect in Communities:** Students often share their skills with parents and peers, expanding the impact beyond the classroom to the wider community.

- **Hands-Only CPR Focus:** Hands-only CPR training (pushing hard and fast in the center of the chest) is highly effective and simple for students to learn
- **Retention and Action:** School-based CPR programs, including AED (automated external defibrillator) familiarization, ensure students can recognize symptoms and act, often leading to better outcomes than adult-only training initiatives.
- **Targeted Age Group:** Training is particularly impactful for young adults, with studies showing significant improvements in skill retention and attitude among students around age 12 and older.
- **Improved Safety Culture:** Continuous, routine CPR training in schools creates a "ResusReady" environment, fostering a culture of safety, responsibility, and preparedness within the school system.
- **Lifesaving Legacy:** Students trained in CPR retain these skills, creating a future generation of citizens who are prepared to handle medical emergencies.

**Brief Write up on the Programme:** Cardio Pulmonary Resuscitation Hands-on training program conducted at JSS College for Women on the occasion of Women's Day

"Knowing CPR is not just a skill-it is the power to save a life"-Dr. Vaidyanathan R

A CPR Hands-on training program was organised by the Saraswathi Rangers Unit of JSS College for Women (Autonomous), Saraswathipuram, Mysuru, on 6th March, 2026 at 3:00 PM to create awareness among students about life-saving emergency techniques.

The program was inaugurated by the chief guest and the Resource Person Dr. Vaidyanathan R, Director and Head of the department of critical care and emergency, Cauvery Hospital, Mysuru. In his address, Dr. Vaidyanathan explained the types of heart attacks and the major reasons that lead to heart attacks. He also elaborated on the symptoms and warning signs that help in identifying when a person is experiencing a heart attack.

Dr. Vaidyanathan further clarified the difference between a heart attack and cardiac arrest, helping participants understand how to recognize these emergency situations correctly. He used visual presentations and medical images to explain the concepts in a clear and practical manner. A live demonstration of CPR techniques was conducted, where students and faculty members actively participated in the hands-on training session. Participants practiced the correct method of performing CPR under the guidance of the expert, learning the essential steps that can help save a life during cardiac emergencies.

Dr. Vaidyanathan also highlighted the importance of ECG (Electrocardiogram) in identifying heart-related problems and its role in supporting emergency response during cardiac situations. The training program was highly informative and beneficial, equipping students and staff with basic life-saving skills and awareness about cardiac emergencies. He highlighted the importance of Cardio-Pulmonary Resuscitation (CPR) and explained how timely CPR can save lives during medical emergencies such as cardiac arrest. He also provided practical guidance and demonstrated the correct techniques of CPR to the students.

The program was presided over by Dr. Rechanna, Principal. Sri M.M. Swamy, Controller of Examinations, Dr. Chaithra S and Kum. Pallavi D G, leaders of Rangers unit were present. Faculty members and students actively participated in the program. Kum. Apeksha HR, II BA, welcomed the gathering. Kum. Disha, I B.Sc rendered the invocation. Kum. Sneha N, III BA, proposed the vote of thanks.

Kum. Manya M, III BA, compered the program.

**Brochure/Invitation/Program list/Hand bills etc(Image –JPG)**



JSS MAHAVIDYAPEETHA  
JSS COLLEGE FOR WOMEN (Autonomous)  
Saraswathipuram ,Mysuru-09

06 March 2026

03:00 pm

Saraswathi Rangers Unit

**CPR HANDS-ON TRAINING PROGRAM**

Chief Guest  
**Dr. VAIDHYANATHAN R**

Director and Head of the Department  
Critical Care and Emergency  
Cauvery Hospital, Mysuru.

President  
**Dr. Rechanna**  
Principal

Dr Chaitra S  
Leader unit - 1

Pallavi DG  
Leader unit - 2

you are cordially invited

## Photos





Mysuru, Karnataka, India  
1st Main Road, Saraswathipuram, Mysuru, Karnataka 570009, India  
Lat 12.304142, Long 76.633449  
Friday, 06/03/2025 04:33 PM GMT+05:30  
Note: Captured by GPS Map Camera



Mysuru, Karnataka, India  
4th Main Road, Saraswathipuram, Mysuru, Karnataka 570009, India  
Lat 12.304056, Long 76.633003  
Friday, 06/03/2025 04:56 PM GMT+05:30  
Note: Captured by GPS Map Camera

Participants list(Image -JPG) -

Sl.No	STUDENT NAME	CONTACT NO	SESSION-1	SESSION-2	SESSION-3
1	Varsha Dhaksh	8105366843	Jaylin	Thirivepili	
2	Varsha Pd	7676096518	Varsha	Thirivepili	
3	Prasanna Manjunath	9488925530	Prasanna	Sulima	
4	Keerthana H.R	7411516105	Keerthana	Lakshmi	Prasanna
5	Kaustha G.D	7935847041	Keerthana	Sudhakar	Sudhakar
6	Vedapathakrishna	9110895956	S	Sudhakar	Sudhakar
7	Shreetha R	529242929	S	Kulume R.P	Kulume
8	Amulya S	6366382944	Amulya	Amulya	Amulya
9	Amulya DC	8970081178	Amulya	Amulya	Amulya
10	Neethalatha	9741840963	Neethalatha	Neethalatha	Neethalatha
11	Phoosha Py.	9740924113	Phoosha	Phoosha	Phoosha
12	Anusha S	9483827643	Anusha	Anusha	Anusha
13	Chandana K.S	8183880489	Chandana	Chandana	Chandana
14	Chandana R.V	829716284	Chandana	Chandana	Chandana
15	Manasa M	89104735536	Manasa	Manasa	Manasa
16	Megha C	7795615866	Megha	Megha	Megha
17	Amulya M	7111735949	Amulya	Amulya	Amulya
18	Shreetha R	814743284	Shreetha	Shreetha	Shreetha
19	Srisanjanya P	6364763878	Srisanjanya	Srisanjanya	Srisanjanya
20	Anu K.T	9344421086	Anu	Anu	Anu
21	Aravindha	9945413320	Aravindha	Aravindha	Aravindha
22	Aravindha K.C	899211524	Aravindha	Aravindha	Aravindha
23	Aravindha N	9019122290	Aravindha	Aravindha	Aravindha
24	Varsha S.Ramya	8218719103	Varsha	Varsha	Varsha
25	Aravindha R	636433062	Aravindha	Aravindha	Aravindha
26	Aravindha S.	8158994531	Aravindha	Aravindha	Aravindha
27	Aravindha K	812226658	Aravindha	Aravindha	Aravindha
28	Aravindha S	8762360910	Aravindha	Aravindha	Aravindha
29	Aravindha R.M	636433062	Aravindha	Aravindha	Aravindha
30	Aravindha R.M	636433062	Aravindha	Aravindha	Aravindha
31	Aravindha S.N	636433062	Aravindha	Aravindha	Aravindha
32	Aravindha H.S	7916026449	Aravindha	Aravindha	Aravindha
33	Aravindha G	8217508801	Aravindha	Aravindha	Aravindha
34	Aravindha S	8122446796	Aravindha	Aravindha	Aravindha
35	Aravindha R	9108004092	Aravindha	Aravindha	Aravindha
36	Aravindha N	7676724187	Aravindha	Aravindha	Aravindha
37	Aravindha T.M	7949717018	Aravindha	Aravindha	Aravindha
38	Aravindha K.S	9003099150	Aravindha	Aravindha	Aravindha
39	Aravindha	8660358544	Aravindha	Aravindha	Aravindha
40	Aravindha N	6360907351	Aravindha	Aravindha	Aravindha
41	Aravindha K.G	8998119332	Aravindha	Aravindha	Aravindha
42	Aravindha S	8396088347	Aravindha	Aravindha	Aravindha
43	Aravindha M	6363810583	Aravindha	Aravindha	Aravindha
44	Aravindha N.M	9019417093	Aravindha	Aravindha	Aravindha

Sl.No	STUDENT NAME	CONTACT NO	SESSION-1	SESSION-2	SESSION-3
1	Aravindha S	8088887331	Aravindha	Aravindha	Aravindha
2	Aravindha Suresh	775804178	Aravindha	Aravindha	Aravindha
3	Sindha N.Raj	8904497859	Sindha	Sindha	Sindha
4	Aravindha L	7019731116	Aravindha	Aravindha	Aravindha
5	Aravindha R	8015123583	Aravindha	Aravindha	Aravindha
6	Aravindha N	7482961828	Aravindha	Aravindha	Aravindha
7	Aravindha P	8148252767	Aravindha	Aravindha	Aravindha
8	Aravindha S	7668899520	Aravindha	Aravindha	Aravindha
9	Aravindha S	892018250	Aravindha	Aravindha	Aravindha
10	Aravindha K	8211152426	Aravindha	Aravindha	Aravindha
11	Aravindha C.S	9863293124	Aravindha	Aravindha	Aravindha
12	Aravindha B.R	8431425702	Aravindha	Aravindha	Aravindha
13	Aravindha S	9110803410	Aravindha	Aravindha	Aravindha
14	Aravindha P	7050043033	Aravindha	Aravindha	Aravindha
15	Aravindha G	7483566596	Aravindha	Aravindha	Aravindha
16	Aravindha L	9686062435	Aravindha	Aravindha	Aravindha
17	Aravindha P	7475821680	Aravindha	Aravindha	Aravindha
18	Aravindha P	9113821177	Aravindha	Aravindha	Aravindha
19	Aravindha P	9330234600	Aravindha	Aravindha	Aravindha
20	Aravindha S.S	9363311009	Aravindha	Aravindha	Aravindha
21	Aravindha R	9019766795	Aravindha	Aravindha	Aravindha
22	Aravindha S	959157681	Aravindha	Aravindha	Aravindha
23	Aravindha S	9019662192	Aravindha	Aravindha	Aravindha
24	Aravindha M	9108214653	Aravindha	Aravindha	Aravindha
25	Aravindha M	920232455	Aravindha	Aravindha	Aravindha
26	Aravindha M	7904446780	Aravindha	Aravindha	Aravindha
27	Aravindha DN	9146294091	Aravindha	Aravindha	Aravindha
28	Aravindha M	9059909239	Aravindha	Aravindha	Aravindha
29	Aravindha PV	8154727637	Aravindha	Aravindha	Aravindha
30	Aravindha S.S	9608966823	Aravindha	Aravindha	Aravindha
31	Aravindha K.	843195613	Aravindha	Aravindha	Aravindha
32	Aravindha P	901930404	Aravindha	Aravindha	Aravindha
33	Aravindha P	741199992	Aravindha	Aravindha	Aravindha
34	Aravindha M	68086159	Aravindha	Aravindha	Aravindha
35	Aravindha	853535859	Aravindha	Aravindha	Aravindha
36	Aravindha A	8996144764	Aravindha	Aravindha	Aravindha
37	Aravindha S	8660862164	Aravindha	Aravindha	Aravindha
38	Aravindha B.R	7028451206	Aravindha	Aravindha	Aravindha
39	Aravindha A.V	9050525861	Aravindha	Aravindha	Aravindha
40	Aravindha Y	4363137634	Aravindha	Aravindha	Aravindha
41	Aravindha M.R	767211089	Aravindha	Aravindha	Aravindha
42	Aravindha A.B	7347573344	Aravindha	Aravindha	Aravindha
43	Aravindha B	935547879	Aravindha	Aravindha	Aravindha