



## CPR Training Program

On October 27th, the Rotary Club of Ahmedabad West (RCAW) organized a life-saving Cardiopulmonary Resuscitation (CPR) training program at the Oswal Welfare Society, led by the distinguished intensivist, Rtn Dr. Rajesh Mishra. This impactful session drew participation from 50 board members of the Oswal Welfare Society, each eager to learn the critical skills necessary for responding to cardiac emergencies.

Dr. Mishra, with his vast expertise, began by explaining the vital role CPR plays during cardiac arrest situations. He provided a detailed demonstration of the CPR technique on a manikin, guiding participants through each step and offering them hands-on practice to build their confidence and competence. The session also included an essential overview of Automated Defibrillators (AED), where Dr. Mishra illustrated the device's usage in emergency scenarios, enhancing the participants' preparedness to act decisively in such instances.

Responding to the audience's keen interest, Dr. Mishra further elaborated on emergency responses for choking incidents, specifically highlighting the steps to address food pipe obstruction. With visual aids and relevant videos, he provided a comprehensive learning experience, answering questions and fostering a highly interactive session.

The president and secretary of the Oswal Welfare Society extended heartfelt thanks to RCAW for facilitating this invaluable session, and both RCAW and the Society had the honor of felicitating Dr. Mishra for his time and contribution. Dr. Mishra graciously assured RCAW members of his continued support, promising to conduct similar life-saving workshops as the need arises. This event underscored RCAW's commitment to empowering the community with essential skills, leaving participants equipped with the knowledge and confidence to potentially save lives.