

# “Prathiraksha”: Fire and safety awareness program by NSS units



On 27 February 2022, the NSS units of Vidya conducted a regional level awareness session on fire and safety and first aid and CPR. The session was handled by Mr Sminesh Kumar V S, Fire and Rescue Officer. He started the session by discussing the classification of fire accidents the benefits and disadvantages of LPG. He also talked about some of the fire accidents that happened recently due to carelessness and due to lack of awareness about fire extinguishing methods. The procedure for doing CPR was also demonstrated. NSS program officers Mr Cinto P A and Ms Ayana Ajith also participated in the program along with volunteers.

## What is CPR?

Cardiopulmonary resuscitation (CPR) is a lifesaving technique that's useful in many emergencies, such as a heart attack or near drowning, in which someone's breathing or heartbeat has stopped. It 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. It is recommended in those who are unresponsive with no breathing or abnormal breathing. (Wikipedia)

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