

## **Workshop Report**

### **Workshop on Basic Life support and Disaster Management**

**January 18-19, 2024, at Government College of Physical Education,**

**East Hill, Kozhikode**

The Workshop on Basic Life support and Disaster Management, sponsored by the Directorate of Collegiate Education, Government of Kerala, unfolded successfully from January 18-19, 2024. It was a comprehensive session aimed at equipping participants with essential skills and knowledge to respond effectively during emergencies and disasters.

The workshop began with a warm welcome speech delivered by Uthara U R, Assistant Professor highlighting the importance of emergency preparedness and the role of basic life support in saving lives. Her words set the tone for an informative and interactive session ahead. The meeting was presided over by the honorable principal of Government college of physical education Dr.Sunil Alphonse whose leadership and support were instrumental in organizing such a valuable learning opportunity for the participants.

The workshop featured Mr.G rajasekharan Nair, senior instructor and Ashik Bobby ,Instructor from Indian Institute of Emergency Medical Services (IIEMS) in Kottayam as the resource persons. Their expertise and experience in emergency medical services provided invaluable insights and practical knowledge during the sessions.

The workshop, limited to 40 participants.

#### **Workshop Schedule**

- **Day 1-18/01/2024**

First aid basics

Medical emergency

Hands on training on first aid practices

- **Day 2- 19/01/2024**

An introduction to CPR

Hands on training on CPR

Disaster management

**Session Highlights:**

- **Basic Life Support (BLS):** The session on BLS covered crucial topics such as CPR (Cardiopulmonary Resuscitation), AED (Automated External Defibrillator) usage, choking emergencies, and basic first aid techniques. Participants were engaged in hands-on training and simulations to reinforce their learning.
- **Disaster Management:** The workshop delved into disaster preparedness, response strategies, triage methods, and evacuation procedures. Case studies and real-life scenarios were discussed to enhance participants' understanding of managing crises effectively.
- **Interactive Sessions:** Throughout the workshop, interactive sessions facilitated active participation and knowledge sharing among attendees. Q&A sessions provided opportunities for clarifications and deeper discussions on specific topics.

**Resource Person:**

1. Mr.Rajasekharan Nair ,Sr.Instructor IEMS Kottayam
2. Mr.Ashik Bobby ,Insturctor IEMS Kottayam

**Organizing Committee**

- Chairman: Dr. Sunil Alphonse (Principal)
- Organizing Secretary: Uthara.U.R (Assistant Professor)
- Coordinator: Nithin Rajan (Assistant Professor)

The concluding day saw Mr.Nithin Rajan, Assistant Professor, delivering a heartfelt vote of thanks. Expressing gratitude to the Directorate of Collegiate Education for their sponsorship and the

participants for their enthusiastic involvement, He encapsulated the collaborative spirit that defined the workshop.

The workshop on Basic Life Support and Disaster Management was a resounding success, thanks to the collaborative efforts of the organizing committee, IIEMS experts, and all participants. The knowledge and skills gained from this workshop will undoubtedly contribute to creating a safer and more prepared community in handling emergencies.





East Hill

19.01.2024

Uthara.U.R  
Assistant Professor  
Government college of physical education  
Calicut