

NIC Telangana: CPR (Cardiopulmonary Resuscitation) Training Session

Organized by:

National Informatics Centre (NIC), Government of India, Hyderabad, Telangana

In association with KIMS Hospitals, Secunderabad (CGHS Empanelled for OPD, Tests, and Treatment)

Date & Time: Monday, 11 August 2025, 11:00 AM

Venue: 6th Floor, Conference Hall, NIC, Hyderabad, Telangana.

1. Introduction

A CPR (Cardiopulmonary Resuscitation) Training Session was organized to enhance life-saving skills among participants and to empower individuals to act swiftly and effectively during cardiac emergencies. The session aimed to provide both theoretical knowledge and hands-on experience, enabling attendees to respond with confidence in real-life situations.

This program was successfully coordinated by **Sh. Ravi Bandi, Scientist-C & Welfare Officer, NIC Telangana**, received an overwhelming response from employees.

2. Guests and Facilitators

The event commenced with a warm welcome to **Dr. Shekar Reddy**, Head of the Emergency Department, KIMS Hospitals, and his expert medical team. The session was officially inaugurated by **K. Radha Krishna, ASIO State**, who presented a plant to Dr. Shekar Reddy Garu as a gesture of respect and appreciation.

Special acknowledgment was extended to **Sri Guntuku Prasad, SIO, NIC, Telangana**, for granting permission and supporting the initiative & **Sri John Peter, Section Officer, NIC, Telangana**, for enabling the smooth conduct of the session. The training was facilitated by certified trainers from KIMS Hospitals, bringing extensive expertise and practical insights.



Training Content

The CPR Training Program included:

- **CPR for All Ages** – covering infants, children, and adults
- **Emergency Response** – understanding immediate steps during cardiac arrest situations
- **Hands-on Learning** – practical demonstrations using CPR manikins
- Guidance on safety measures and the importance of timely medical intervention
- A special segment of the training focused on Choking and the **Automated External Defibrillator (AED)** – a portable device used to restore normal heart rhythm during sudden cardiac arrest. Participants were shown how to operate the AED, recognize when it should be used, and integrate it effectively with CPR techniques. This practical exposure aimed to ensure that attendees could confidently handle the device in a real emergency until professional medical help arrives.
- The trainers emphasized that "**Safety Starts with You**", underscoring the role of community awareness in preventing fatalities. Participants were encouraged to practice the techniques repeatedly for better retention and readiness.



Training by: Dr. Shekar Reddy, Head of the Emergency Department, KIMS Hospitals, and his expert medical team.

4. Participation and Engagement

The session witnessed enthusiastic participation from NIC employees and Outsourcing Staff, and Security Personnel. The interactive nature of the training allowed participants to clarify doubts, practice chest compressions, and understand the correct sequence of actions during emergencies.

Feedback collected post-session indicated that attendees felt significantly more confident in performing CPR after the training.



Participation by NIC Employees.
