

# **REPORT ON**

## **HANDS-ONLY CPR TRAINING PROGRAMME – 2026**

### **Name of the Programme:**

Annual Hands-Only CPR Training Programme

### **Organised by:**

GHM Alumni Association and GHMC Global Alliance in association with  
Janahitha Seva Trust

### **Date:**

2nd February 2026

### **Venue:**

Gandhi Medical College Alumni Education Centre,  
Secunderabad, Hyderabad

### **Participating Institution:**

Andhra Mahila Sabha Arts and Science College for Women, Hyderabad

### **Number of Participants:**

13 NSS Volunteers

### **Accompanying Faculty:**

Sravani reddy

Naga sandhya

**Introduction :**

Cardiopulmonary Resuscitation (CPR) is a life-saving emergency procedure performed when the heart stops beating suddenly. The National Service Scheme (NSS), Osmania University organized an Annual Hands-Only CPR Training Programme to create awareness and train students in basic life-saving skills. The programme was conducted at Gandhi Medical College Alumni Education Centre, Secunderabad.

### **Programme Details :**

The Hands-Only CPR Training Programme was conducted by medical professionals with the aim of educating participants about emergency response during sudden cardiac arrest. The trainers explained the importance of immediate bystander intervention and demonstrated the correct method of performing chest compressions.

Participants were also introduced to the use of Automated External Defibrillator (AED) through a live demonstration. NSS volunteers were given an opportunity to practice Hands-Only CPR techniques on mannequins under expert supervision. The session was interactive, informative, and practical in nature.

### **Participation of NSS Volunteers :**

NSS volunteers from Andhra Mahila Sabha Arts and Science College for Women actively participated in the training programme. The volunteers showed keen interest and enthusiasm in learning the life-saving techniques. They carefully followed the instructions given by the trainers and actively participated in the practical sessions.

### **Significance of the Programme :**

The programme helped in creating awareness about the importance of CPR and emergency medical response. It empowered NSS volunteers with essential life-saving skills and encouraged them to act as responsible citizens and Good Samaritans during emergencies.

## **Outcome of the Programme :**

Created awareness about Hands-Only CPR

Enhanced practical knowledge of life-saving techniques

Improved confidence to respond during medical emergencies

Participation certificates were provided to all volunteers

## **Conclusion :**

The Hands-Only CPR Training Programme was successfully conducted and proved to be highly beneficial for NSS volunteers. The training enhanced their awareness, skills, and sense of social responsibility. Such programmes play a vital role in promoting public health and safety.













