



Shri Siddheshwar Devasthan Solapur,
**Shree Siddheshwar College of Physiotherapy,
Solapur.**

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Report on Compression Only Life Support Training Program

On the occasion of **World Heart Day**, Shree Siddheshwar College of Physiotherapy organized 1st Hands on Practice Training Programme on **Compression Only Life Support (COLS)** on 15th Oct 2024 by Department of Cardiovascular & Respiratory sciences.

The Compression Only Life Support (COLS) training program is a cardiac resuscitation method that can be taught to laypersons to help victims of cardiac arrest. The program designed to be simple, easy to remember, and easy to perform, even for those who unable or unwilling to perform recue breaths.

The session was started at 2:00 pm in the college premises with introductory session and Dr. Suresh Kumar T (PT), Principal, Shree Siddheshwar College of Physiotherapy, welcomed the resource persons and delegates.

Around 160 Physiotherapy students and 20 Teaching and Non-teaching faculty were actively participated and updated their knowledge on Compression Only Life Support (COLS) and appropriate hands-on skills.

Dr. Santosh Chandrakant Kalshetti, delivered a keynote address emphasizing the importance of compression only life support in patient care. His words resonated with the audience, highlighting the benefits of attending the training program which include acquiring life saving skills, immediate response capabilities, confidence in emergency situations.

The delegates were divided into batches and had practice sessions on Compression Only Life Support by Dr. Santosh Chandrakant Kalshetti, Dr Rahul swami, Dr Nilesh Dindore, Dr Ramachandra Lahande.

The students who completed the course were provided with participation certificate. The programme was arranged and executed by Dr Sunil Kumar(PT) and Dr Sachin Kajale(PT) and session was ended by 5:00pm with vote of thanks.



Fig -1: Compression Only Life Support (COLS) training program & Inauguration



Fig – 2: welcoming the Resource persons



Fig – 3: Delegates





Fig – 4: Training Activities