Progress Report on

Highway Mrityunjay Doot Initiative
Basic Life Support Workshop

Maharashtra (INDIA)
September 2021 - March 2022

IN ASSOCIATION WITH

Maharashtra PEOOne
Helping Hands
PROJECT MUMBAI.org

APRIL 2022 // THE RESILIENT FOUNDATION// BY EKTA CHHEDA- HR OPERATIONS
The Resilient Foundation conducted 36 Basic Life Support Workshop under Highway Traffic Mrityunjay Doot Program Initiative for Police personnel and appointed Mrityunjay Doots out of which 6 with the support of YUVA under Mahapeconet, 5 Project Mumbai and rest Helping Hands Charitable Trust with the aim to reduce highway accidents death fatalities ratio.

> The workshop would focus on theoretical and demonstration elements of First Aid, Emergency Rescue Methods and Artificial Respiration Methods.

Continuing on the objective, the modules may need to be customised to suit the audience, and the training would be conducted as per national guidelines.

**OBJECTIVE**

**ACTIVITY AND RESULT**

The recipient has conducted workshop from September 21- March 22 at various districts of Maharashtra (India). This report summarises the subjects and scale covered across 36 workshops.

**Workshop in numbers:**
- **Duration:** Workshop of about 2-4 hours each batch.

- **Participants:** The 36 workshops covered a total of 1358 participants (Police and Mrityunjay Doot) in 5 different regions (19 districts) of Maharashtra, India.

**Districts covered:**
- Thane, Palghar, Raigad, Nandurbar, Dhule, Jalgaon, Nashik, Aurangabad, Ahmednagar, Ratnagiri, Kolhapur, Satara, Pune, Solapur, Osmanabad, Latur, Beed, Jalna, Nagpur
COVERAGE

Subjects covered in the workshop:

- **First Aid:** Its introduction, steps involved in first aid, types of bandage (head bandage, palm bandage, jaw bandage, improvised bandage using shirt/T-shirt, bandage when the casualty patient is conscious vis-à-vis when they are unconscious, handling wounds, haemorrhage, sprain, choking, asphyxia, fractures and splints, simple sling and St. John sling, artificial respiration methods (mouth to mouth, mouth to nose, seesaw, Schafer method, Silvester method, Holger-Nielsen method), **CPR**, burns and scalds, epilepsy, mental shock.

- **Search and Rescue:** Common methods and principles, cradle method, human crawl, two-hand, three-hand and four-hand sitting methods, pick-up back, front and back, human crutch, toe and drag, removal downstairs, fire-men lift and fire-men dragging methods and S&M method.

- **Knots and Hitches:** Types of ropes (multiple thumb knot, reef knot, chain knot, chair knot, bow line, draw hitch, timber hitch (if time permits).

- **Improvized Stretcher:** Its definition, types of stretchers, improvises the stretcher using rope, bamboo plus blanket, only blanket, belt, handkerchief and scarf.

Softer aspects while conducting the sessions:

- The workshop was kept interactive and demonstrative.
- The demonstration was covered by the practical session.
- A degree of adaptation was done as per the audience.
- An ice-breaking activity was conducted at the start and mid of the sessions.
- Mindful to keep workshop interesting and enjoyable, apart from the learning element.

Key takeaways from the workshop:

- Many among the overall attendees are aware about the basic disaster management techniques; and if they are aware of the basics, it would be beneficial to leverage them for advanced sessions later.
- There is general support from each one for such training endeavours.
- Adhering to Covid-19 precautions enabled conducting the workshop without hitches.
- Every attendees were taking equal interest irrespective of their age, gender, seniority level, which were very encouraging.
- Upfront participation and real life case study sharing by many participants.
- Even senior officers were also encouraging others to participate in practicals.
- All participants have been very supportive throughout the workshop.

Equipment bought/rented:

- CPR mannequin, triangular bandages, ropes, banner, standees and certificates.

Support Required:

We are looking for INR 6.5Lakh to train 1000 participants across 25 location of Highway Traffic Police of Maharashtra.
KEYNOTE TRAINER

Bhupendra Mishra
Founder|DM Instructor
The Resilient Foundation

Aniket Patil
DM Instructor
The Resilient Foundation

Ravindra Kudi
DM Instructor
The Resilient Foundation

All trainers are well certified and experienced in their particular field having deep and upgraded knowledge with higher skill set.

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