Heart Care Foundation of India organizes a hands-only CPR 10 camp at S D Public School B U Block Pitam Pura New Delhi

Trains over 250 children in the essential life-saving technique which can help revive a clinically dead person for up to 10 minutes after they suffer a sudden cardiac arrest.

New Delhi, November 27, 2016: Heart Care Foundation of India, a leading National non-profit organization working towards spreading health awareness in the country and making it a healthier one successfully organized a CPR training camp at the S D Public School B U Block Pitam Pura New Delhi yesterday. The key purpose behind the initiative was to spread awareness about the increasing incidence of sudden cardiac arrest in the country and how a simple to learn yet effective method such as hands-only CPR 10 can help revive a person till 10 minutes after their death. Over 250 students attended the training camp.

Speaking about the initiative, Padma Shri Awardee Dr KK Aggarwal who is the President of Heart Care Foundation of India said, “Around 240,000 people die every year due to heart attacks and we believe that 50% of them can be saved if 20% of the population learns hands only CPR. The technique is easy to learn, can be performed by anyone and is extremely effective. What people need to remember is two things, one CPR must not be practiced on a person who is breathing, has a pulse rate and is clinically alive. It must be administered within ten minutes of someone's death and continued till the ambulance arrives or the person is revived. A cardiac arrest can happen to anyone at any time and a simple formula can help save a loved one's life. We have successfully trained over 1.2 lakh people in this life-saving technique in the past 1 year. We also hold three world records in the Limca Book for the maximum number of people trained in this technique in one place, in one hour and at the same time”.

“The Heart Care Foundation of India Hands- Only CPR 10 mantra is: Within 10 minutes of death (earlier the better), for a minimum of 10 minutes (adults 25 minutes and children 35 minutes), compress the center of the chest of the deceased person continuously and effectively with a speed of 10×10 = 100 per minute” he added.

A sudden cardiac arrest occurs when the electrical conducting system of the heart fails and the heart beats irregularly and very fast (more than 1000 times, technically called as ventricular fibrillation). Soon after the heart suddenly stops beating and the blood flow to the brain stops. As a result, the person becomes unconscious and stops normal breathing. A cardiac arrest is not the same as a heart attack, but it may be caused by a heart attack. In most cases, sudden cardiac arrest may be reversible in the first 10 minutes. This is possible because the brain remains alive during this period when the heart and respiration have stopped, a situation called clinical death.
Continuous compression only CPR compresses the heart between the sternum and the backbone and builds up the pressure that keeps the oxygenated blood flowing to the brain and keeps the person alive until a defibrillator becomes available or expert medical help arrives. Therefore, if you see someone collapse from sudden cardiac arrest, acting promptly can save his or her life. It is important to act quickly for every minute lost reduces the chances of revival by 10%. So, if you wait 5 minutes, the chances of surviving are 50% less. The earlier you give CPR to a person in cardiac arrest, the greater the chance of a successful resuscitation. To know more or to organize a training camp in your locality, please call the NGO’s helpline number 9958771177.

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About Heart Care Foundation of India
Initiated in 1986, the Heart Care Foundation of India is a leading National NGO working in the field of creating mass health awareness among people from all walks of life and providing solutions for India's everyday healthcare needs. The NGO uses consumer-based entertainment modules to impart health education and increase awareness amongst people. A leading example of this is the Perfect Health Mela, an annual event started in 1993 that is attended by over 2-3 lakh people each year. The Mela showcases activities across categories such as health education seminars and check-ups, entertainment programs, lifestyle exhibitions, lectures, workshops, and competitions. In addition to this, the NGO conducts programs and camps to train people on the technique of hands only CPR through its CPR 10 mantra for revival after a sudden cardiac arrest. They currently hold three Limca book of world records for the maximum number of people trained in hands-only CPR in one go. Keeping article 21 of the Indian constitution in mind, which guarantees a person Right to Life, Heart Care Foundation of India has also recently initiated a project called the Sameer Malik Heart Care Foundation Fund to ensure that no one dies of a heart disease just because they cannot afford treatment.

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