

# VRINDAVAN AYURVEDA CHIKITSALAYAM

(Unit of R.P Garg and Associates)

Shivalik Foothills, Village Thana, EPIP-2, Baddi, Himachal Pradesh - 173205

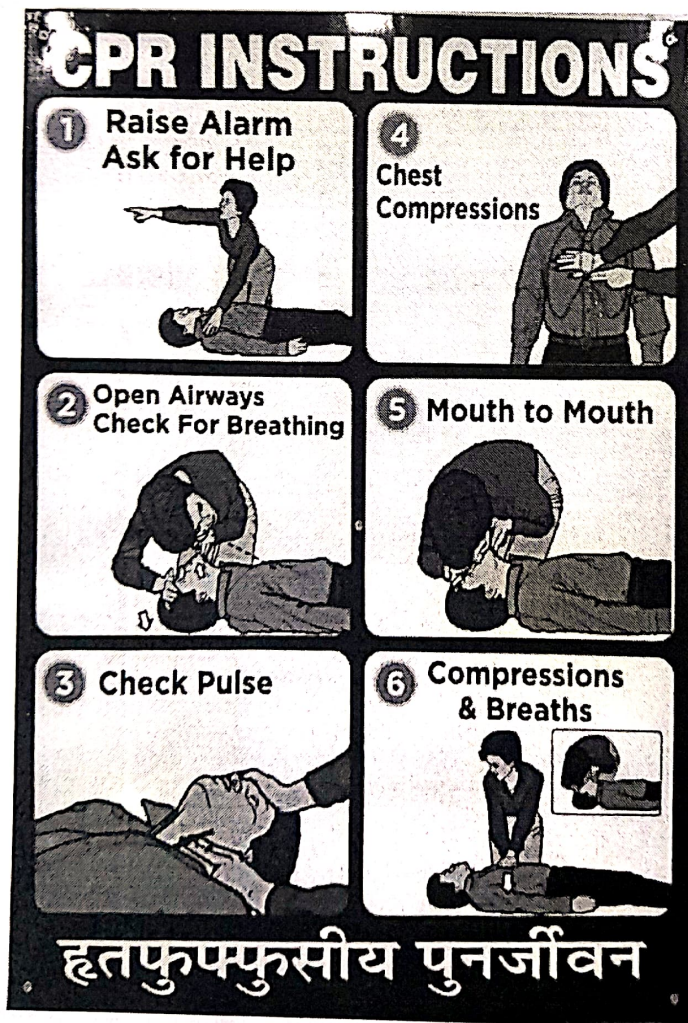
Name: of Trainer	Dr. Anon Ksha
Date of Mock Drill	09-04-22
Topic of Mock Drill	CPR (Cardiopulmonary resuscitation)

## MOCKDRILL TRAINING FEEDBACK FORM

S NO.	Name	Designation
1.	Raj Kishi Bang	AM, operation
2.	Dr. Shri Kant Sharma	consultant chief vaidya
3.	Dr. Sakshi Singla	Naturopathy consultant
4.	Vishal Kumar	Billing & Admin
5.	Bhram Singh	Chief - Kitchen
6.	Sandeep J. Kumar	Therapist Attendant
7.	Dharam Raj	"
8.	Surinder	"
9.	Bhagwati Devi	"
10.	Barkha Lal	"
11.	Dr. Anon Ksha	RMO - Ayurveda
12.	Dr. Aishwarya Kamal	RMO - Ayurveda
13.	Bishan Singh	Receptionist
14.	Vinish Sagar	Kitchen - Chef
15.	Lal Chand	Kitchen - Service
16.	Sanjay	"
17.	Anmol	"
18.	Gurmeet	"
19.	Raj Singh	Housekeeping
20.	Vipul Pal	Housekeeping
21.	Deep Sharma	Receptionist
22.	Shyam Sundar Dubey	Security Guard
23.	Anant Singh	Engineer
24.	Utkarsh Raj	Operation
25.	Vishal Sharma	Accountant
26.	Shubh K. S.	Therapist
27.	Akhya Marwan Sagar	"
28.	Vishal Devasia	"
29.	Melbin Nicholl	"
30.	Akshita Kalapath	Guest Relation Officer
31.	Harsh Rajde	Therapist
32.	Dr. Sonam Kulshreshtha	Operation Manager
33.	Surinder Singh Dhanwar	Naturopathy Technician

## ➤ 7 Step of CPR Everyone should know

- Position your hand
- Interlock fingers
- Give chest compression
- Open the airway
- Give rescue breath
- Watch chest fall
- Repeat chest compression and rescue breath
- Team Leader Compressor
- Airway manager
- ADE/ Monitor/ Defibrillator
- Medication Provider
- Time Recorder





## FEEDBACK FORM

Attended By

1) Rate The Level of Training information useful to you.

A. Good

☒

B. Average

☐

C. Below Average

☐

2) Rate the Level of Training Method of Explanation.

A. Appropriate

☐

B. Average

☒

C. Below Average

☐

3) Rate the Importance of Training.

A. Good

☒

B. Medium

☐

C. Not Good

☐

Trainer Sign:

DR. AKANKSHA SONI  
B.A.M.S., REGD. NO. 6145  
VRINDAVAN AYURVEDA CHIKITSALAYAM

Attended by Sign:

Vijaylal  
R

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Name: of Trainer	Dr. Akanksha
Date of Mock Drill	10-04-22
Topic of Mock Drill	Fire

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SNO.	Name	Designation
1.	Raj Kishu Garg	GM operation
2.	Dr. Shrikant Sharma	Con. Chief Vaidya
3.	Dr. Sakshi Singh	Naturopathy Consultant
4.	Vibin Rawat	Billing & Admin
5.	Bhim Singh	Chief - Kitchen
6.	Sandeep Kumar	Therapist - Attendant
7.	Dharm Raj	Therapist - Attendant
8.	Sunder	Therapist Attendant
9.	Bhawani Devi	Therapist Attendant
10.	Banwari Lal	Therapist Attendant
11.	Dr. Akanksha	R.M.O - Ayurveda
12.	Dr. Aishwarya Komal	R.M.O - Ayurveda
13.	Bishen Singh	Receptionist
14.	Vinod Sharma	Kitchen Chief
15.	Lal Chand	Kitchen - Service
16.	Sanjay	Kitchen - Service
17.	Anmol	Kitchen Service
18.	Yashmeet	Kitchen Service
19.	Raj Singh	Housekeeping
20.	Vijay Lal	Housekeeping
21.	Deep Sharma	Receptionist
22.	Shyam Sundar Dubey	Security Guard
23.	Amarjit Singh	Engineer
24.	Lakh Raj	Manager
25.	Vishal Sharma	Accountant
26.	Smriti K.S	Therapist
27.	Prithvi Mariani Saji	Therapist
28.	Vibin Devasia	Therapist
29.	Malvin Michael	Therapist
30.	Nikmala Kalpath	Guest Relation Officer
31.	Parash Rayal	Pharmacist
32.	Dr. Sonam Kishorekshika	operation Manager
33.	Sunder Singh Tanwar	Naturopathy Technician



## TOPIC

### ➤ Who to Contact In Case of a Fire

- In order to ensure that the proper authorities are notified of a fire when the opportunity arises once you are safe from imminent danger, call any of the following:

### ➤ Fire Safety Precautions and Fire Systems Equipment

- Keep doorways, corridors, and egress paths clear and unobstructed. Make sure that all electrical appliances and cords are in good condition and UL approved. Do not overload electrical outlets.

### • Fire Safety Do's

- DO remain in your room if you are unable to exit the building safely.
- Keep the door closed and await assistance from the fire department.
- DO close the doors behind you if it is safe to leave your room.
- DO become aware of your neighbors and note if they have not evacuated and tell authorities they are missing and may need assistance.

### ➤ Fire Safety Don'ts

- Don't try to extinguish the fire yourself and then call the clinic staff
- Don't try to be a hero, Use fire extinguisher
- Don't re-enter your clinic once you have evacuated.
- Don't leave cooking food unattended and DO NOT use water on a cooking fire.

### ➤ What to Do in Case of a Fire

- Immediately pull the nearest fire alarm pull station as you exit the building.
- When evacuating the building, be sure to feel doors for heat before opening them to be sure there is no fire danger on the other side.
- If there is smoke in the air, stay low to the ground, especially your head, to reduce inhalation exposure.

➤ Fire Exit Plan

- Your plan must show how you have:
- Clear passageway to all escape routes.
- emergency doors that open easily.
- emergency lighting where needed.
- training for all employees to know and use the escape routes.

➤ Fire Assembly Point



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