

# VRINDAVAN AYURVEDA CHIKITSALAYAM

(Unit of R.P Garg and Associates)

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

Name: of Trainer	Dr. Akon 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 Rishi Bhang	AM - Operation
2.	Dr. Shrikant Sharma	Consultant Chy. Vaidsya
3.	Dr. Sakshi Singh	Naturopathy Consultant
4.	Amit Kumar	Billing & Relation
5.	Bhim Singh	Chy - Kitchen
6.	Sandeep Kumar	Therapist - Attendant
7.	Dharam Raj	"
8.	Swarnendu	"
9.	Bhagwan Devi	"
10.	Barkha Lal	"
11.	Dr. Akon Ksha	RYO - Ayurveda
12.	Dr. Nishwara Kamal	RYO - Ayurveda
13.	Bishan Singh	Receptionist -
14.	Vinush Sehan	Kitchen - Chy
15.	Lal Chand -	Kitchen - Service
16.	Sanjay	"
17.	Anindal	"
18.	Sumit	"
19.	Raj Singh	Housekeeping
20.	Vipay Pal	Housekeeping
21.	Deep Sharma	Receptionist
22.	Shyam Sundar Dubey	Security Guard
23.	Amarit Singh	Engineer
24.	Lekha Raj	Cleaner
25.	Vishal Sharma	Accountant
26.	Shubha K.S	Therapist
27.	Rajanya Meenakshi Singh	"
28.	Abin Devasia	"
29.	Abin Michael	"
30.	Nimbla Kalpathi	Guest Relation Officer
31.	Harsh Raide	Pharmacist
32.	Dr. Sonam Kalsurkhma	Operation Manager
33.	Swarnendu Singh Danwar	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: Vijaypal

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*Vijaypal*

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

MOCKDRILL TRAINING FEEDBACK FORM

S NO.	Name	Designation
1.	Raj Rishi Garg	IN Operation
2.	Dr. Shrikant Sharma	Co. Chief Vaidya
3.	Dr. Sakshi Saini	Ayurvedic Consultant
4.	Nikhil Rawat	Billing & Admin
5.	Bhup Singh	Chef - Kitchen
6.	Sandeep Kumar	Therapist - Attendant
7.	Dharmendra Raj	Therapist - Attendant
8.	Surinder	Therapist Attendant
9.	Bhavani Devi	Therapist Attendant
10.	Banwari Lal	Therapist Attendant
11.	Dr. Akanksha	R. M.O - Ayurveda
12.	Dr. Arshwarya Komal	R. M.O - Ayurveda
13.	Bishen Singh	Receptionist
14.	Vinay Singh	Kitchen Chef
15.	Lal Chand	Kitchen - Service
16.	Sanjay	Kitchen - Service
17.	Anmol	Kitchen Service
18.	Yummeet	Kitchen Service
19.	Rey Singh	Housekeeping
20.	Vijay Pal	Housekeeping
21.	Deep Sharma	Receptionist
22.	Shyam Sundar Dubey	Security Guard
23.	Amritpal Singh	Engineer
24.	Lokh Raj	Waiter
25.	Vishal Sharma	Accountant
26.	Sneha K.S	Therapist
27.	Nimisha Marium Soj	Therapist
28.	Tilim Devalia	Therapist
29.	Mulbin Michael	Therapist
30.	Nimma La Kalpathi	Guest Relation Officer
31.	Harsh Rayal	Pharmacist
32.	Dr. Sonam Kulshreshtha	Operation Manager
33.	Surinder Singh Tanwar	Ayurvedic Technique

# 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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