



Shri Siddheshwar Devasthan's Solapur,

SHREE SIDDHESHWAR COLLEGE OF PHYSIOTHERAPY, SOLAPUR.

(Affiliated to MUHS, Nashik)

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**REPORT ON COLS WORKSHOP
(COMPRESSION ONLY LIFE SUPPORT)**

Organized by: Shree Siddheshwar College of Physiotherapy, Solapur

Date: 24th March 2026

Venue: SSCOP College Campus

Time: 3:00 PM to 5:00 PM

Shree Siddheshwar College of Physiotherapy, Solapur, successfully organized a **COLS (Compression Only Life Support) Hands-on Practice Workshop** on **24th March 2026**. The program aimed to create awareness and impart essential life-saving skills among students and healthcare professionals.

The primary objective of this workshop was to train participants in recognizing sudden cardiac arrest and performing immediate compression-only CPR effectively. The session focused on improving practical skills, confidence, and emergency response readiness.

The program commenced with a warm welcome to all dignitaries, speakers, faculty members, and participants. The esteemed speakers for the workshop were:

- Dr. Shiraj Shaikh
Treasurer, Solapur Anaesthesiologists' Society
- Dr. Sudip Sarda
Consultant Anaesthesiologist
- Dr. Madhura Burte
Consultant Anaesthesiologist
- Dr. Sagar Pargunde
Consultant Anaesthesiologist

The program was conducted under the valuable guidance of Dr. Sachin Jamma, Laparoscopic Surgeon and Member of SAGES & Asia Pacific Hernia Society.

The inaugural ceremony began with the traditional lamp lighting, symbolizing the dissemination of knowledge. This was followed by the felicitation of the esteemed speakers as a token of appreciation.

The speakers provided detailed insights into:

- Importance of early recognition of cardiac arrest
- Steps involved in Compression Only Life Support (COLS)
- Correct hand positioning and compression techniques
- Importance of immediate response in saving lives

A hands-on training session was conducted where participants practiced CPR techniques on mannequins under expert supervision. The interactive nature of the workshop enhanced learning and skill development.



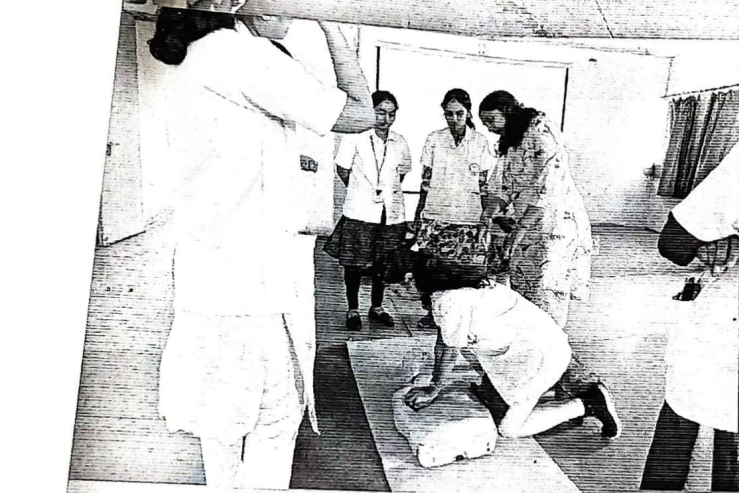
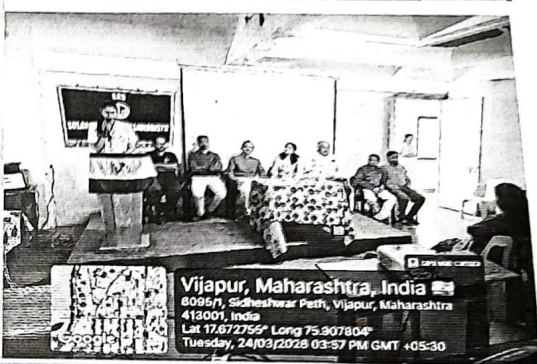
The workshop witnessed active participation from undergraduate students from 3rd, 4th Year B.P.Th and faculty members. Participants showed great enthusiasm and actively engaged in the practical session.

The program was highly beneficial in:

- Enhancing knowledge about emergency cardiac care
- Developing practical skills in performing COLS
- Increasing confidence to handle real-life emergency situations

The COLS workshop was a great success and proved to be highly informative and skill-oriented. It contributed significantly to empowering participants with life-saving techniques. The institution looks forward to organizing more such programs in the future.





P. D. Kulkarni
Principal
Shree Siddheshwar College of
Physiotherapy, Solapur