

J.J College of Arts and Science (Autonomous)
PG and Research Department of Biotechnology

30.07.2026

Hands-On Training Session: "The Golden 10 Minutes to Save a Life"

The Wilmot Club of the Department of Biotechnology at J.J. College of Arts and Science (Autonomous), Pudukkottai, organized a specialized **Hands-on Training Programme** titled "**The Golden 10 Minutes to Save a Life**". The workshop took place at the UG Biotechnology Laboratory on Thursday, July 30, 2026, starting at 10:00 a.m.

The training session featured Dr. Sudharsanan Mohandass, Consultant Interventional Cardiologist at Muthu Meenakshi Hospitals, Pudukkottai, as the chief resource person. During the session, Dr. Mohandass demonstrated CPR (Cardiopulmonary Resuscitation) and proper intervention can double or triple a person's chances of survival. During the hands-on session, students were trained on recognising early warning signs of cardiac emergencies, prompt activation of emergency services, correct techniques for chest compressions and rescue breathing.

A total of 105 students from the Department of Biotechnology actively participated in the interactive workshop, gaining practical knowledge on cardiac health awareness and emergency life-saving methods.

The event was conducted under the leadership of Dr. G. Manigandan, Head of the Department of Biotechnology, who served as the Convenor, alongside Mr. K. Chellamuthu, Assistant Professor in the Department of Biotechnology, as the Organizing Secretary. The program concluded with enthusiastic engagement from faculty members and students alike.

Principal