

## Report on Let's Rehydrate With Herbal Rehydrants Held on 21.05.2022 & 22.05.2022

<b>Date of Event</b>	<b>21<sup>st</sup>-22<sup>nd</sup> May 2022</b>
<b>Name and Type of Event</b>	Let's Rehydrate With Herbal Rehydrants
<b>Conducted by</b>	BESAJAM THE PHARMA CLUB OF SCHOOL OF PHARMACY
<b>No. Of Participant</b>	<b>70</b>
<b>Type</b>	<b>Skill Based</b>

### **LET'S REHYDRATE WITH HERBAL REHYDRANTS**

Bhesajam the Pharma Club of School of Pharmacy in association with NSS organized an event on the theme LET'S REHYDRATE WITH HERBAL REHYDRANTS on 21st & 22nd May 2022. This event was dedicated to the participants to the National Integration Camp conducted at ARKA JAIN University from 18th to 24th May 2022. It is an effort to educate the students for their skill development as well as to spread the message WATER IS PRECIOUS, which need to be realized and to conserve water for the future generation. The students of Pharmacy organized this event. In classroom teaching they are taught formulating and dispensing common pharmaceutical dosage forms. A concept is developed the faculties of Pharmacy to formulate and distribute HERBAL REHYDRATED SOLUTION. That's how the theme was entitled. Dehydration happens when your body loses more fluid than you consume. This can happen for many reasons, including excessive diarrhea or vomiting. When left untreated, dehydration can be dangerous. This is because your body relies on water to perform basic functions. Oral rehydration therapy is a treatment for dehydration. It involves drinking a beverage made of water, sugar, and electrolyte, specifically potassium and sodium. The beverage is called an oral rehydration solution (ORS). The goal of oral rehydration therapy is to replenish the body's fluid levels. It's typically used to treat moderate dehydration due to diarrhea, vomiting or other conditions. In general, mild dehydration can be treated with fluids like water and clear broth. But for moderate dehydration, an ORS might be ideal. In addition to water, ORS contains specific amounts of glucose and electrolytes. The electrolytes are potassium and sodium. These components maximize fluid absorption in the gastrointestinal tract. The gastrointestinal tract relies on sodium-glucose co-transporters (SGLTs), which are carrier proteins in the intestinal cells. Co-transporters help move substances across membranes. Constantly feeling fatigued throughout the day and thirsty even after drinking several glasses of water may be due to body is not retaining enough water and is asking for more.

Summer is getting intense and the need to keep yourself hydrated has increased to the power infinity. In this scorching heat, your body tends to lose water and mineral salts at a fast pace, a phenomenon known as dehydration, which is a common problem in all age-groups. If not treated well on time, chronic dehydration could be fatal. Dehydration disrupts metabolic processes and can affect all organs of the body. You may not get enough time to keep yourself hydrated, but considering the health hazards dehydration

may have on your body, you must look at curing it immediately. Dehydration affects vital organs of the body like brain, kidney, lungs, liver, stomach etc by hampering the oxygen supply to the brain. Due to lack of water or moisture, the motility of vital nutrients and minerals decreases, and overall energy reduces because the brain gets exhausted and fatigued easily. Students collected various herbal ingredients and referring the SOP prepared the solution, and distributed in a most hygienic way. It is an effort to educate the students for their skill development as well as to spread the message WATER IS PRECIOUS, which needs to be conserved for the future generation. In classroom teaching students of pharmacy taught about formulation and development of various dosage forms. A concept is developed by the faculties of Pharmacy to formulate a HERBAL REHYDRATED SOLUTION to distribute among the participants of National Integration Camp. The formulation contained Mentha piperita, Zingiber officinale, Cuminum cyminum, Asparagus racemosus, Glycyrrhiza glabra, Citrus limon and other herbal ingredients along with purified water. Students served the preparation with disposable glass made from food grade paper. The entire preparation was stored in earthen pot. The event was inaugurated by the Regional Director of NSS Mr. Peeyush Paranjape in the presence of the NSS coordinators and participants of NIC. All other dignitaries expressed their good wishes and praised for the effort of the students. They said this eventually a good concept where class room teaching is valued.

## Poster of the Event





## Glimpse of the Event:





