



SCHOOL OF PHARMACY CIRCULAR

No: AJU/SP/041 (i)/23

Date 22.02.2023

It is hereby notified that School of Pharmacy will organize an outreach academic extension activity "Hypertension Alarm" on 6th March 2023, to commemorate the National Pharmacy Education Day at nearby village Mohanpur. Students of School of Pharmacy are encouraged to celebrate this occasion.


Dean
School of Pharmacy
ARKA JAIN University Jharkhand

Dean

School of Pharmacy

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Office of the Registrar
IQAC
Website In-charge
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Student Whatsapp group

**“HYPERTENSION ALARM” AN OUTREACH ACADEMIC EXTENSION
ACTIVITY TO COMMEMORATE NATIONAL PHARMACY EDUCATION DAY**

Date of Event	06.03.2023
Name of the Event	Hypertension Alarm” An Outreach Academic Extension Activity To Commemorate National Pharmacy Education Day
Type of the Event	National Commemorative Day & Awareness Camp
Conducted by	School of Pharmacy
No. Of Participants	50

OBJECTIVE: To aware people about the increased risks of cardio-cerebrovascular morbidity and mortality that is associated with elevated blood pressure (BP) and how to get rid of it.

DETAILS: To commemorate the National Pharmacy Education Day on 6th March 2023 School of Pharmacy outreached to Mohanpur village adopted by ARKA JAIN University for an Academic extension Activity “Hypertension Alarm”. Students made a camp in the village Mohanpur from 11:30 Am-1:30 PM. Students measured the blood pressure of the villagers and explain them about the demerits of hypertension and how life style and food habit needs to be changed to avoid hypertension.

Leaflets bearing tips to prevent hypertension were distributed to villagers and also explained.

1. Eat a Healthy Diet.
2. Choose healthy meal and snack options to help you avoid high blood pressure and its complications.
3. Keep Yourself at a Healthy Weight.
4. Be Physically Active.
5. Do Not Smoke.
6. Limit How Much Alcohol You Drink.
7. Get Enough Sleep.

Ms Chinmayee Behera, Dusmanta Mahanta and Barun Mandal coordinated the event.

OUTCOMES: Such kind of activities can improve awareness about hypertension and can significantly increase early treatment, thereby reducing cardiovascular complications and premature death. Students developed their skill to measure blood pressure.

Poster of the Event

JGI | **ARKA JAIN**
University
Jharkhand



School of Pharmacy
Celebrates
**National Pharmacy
Education Day 2023**

Date : March 6th, 2023

Time : 11:30 AM
On The Eve of
Celebration of NPED 2023

An Awareness Camp
Hypertension Alarm &
Rational Use of Medicine

To Commemorate the
Birth Anniversary of
Professor M. L. Schroff

www.arkajainuniversity.ac.in Toll Free : 1800-1200-200

Photos of the Event



Hypertension Alarm on the Eve of National Pharmacy Education Day 2023





Students Measuring Blood Pressure of a Villager to make her aware about Hypertension



Villagers Participated in the Measurement of Blood Pressure



Teacher Supervised the Activity

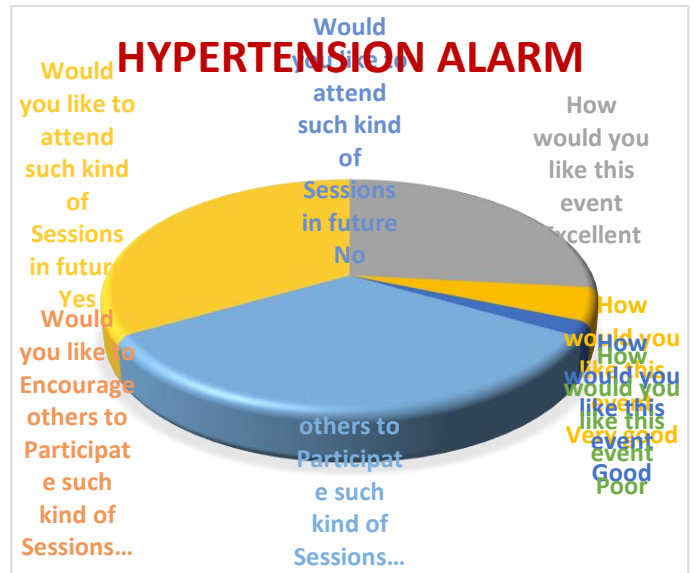
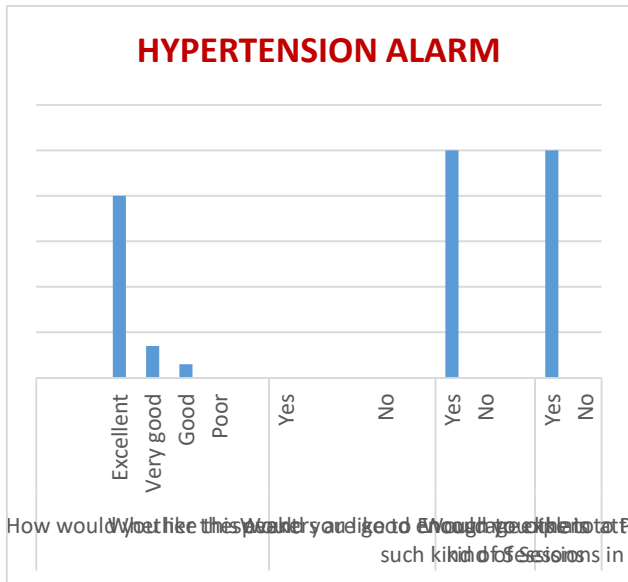


Students Eagerly involved with Measurement of Blood Pressure of the Villagers



With awareness placards for Hypertension Alarm

Feedback



Villagers Attendend Hypertension Alarm Camp

VENUE: Mohanpur Village, Jharkhand.

SL. No	NAME	AGE	B.P. VALUE	REMARKS	SIGNATURE
1	Mridula Mandal	55	135/84 mm Hg	Normal	मृदुला मंडल
2	Patit Mandal	62	120/85 mm Hg	Normal	पति मंडल
3	Saidul Ali	58	125/80 mm Hg	Normal	Saidul Ali
4	Atma Ram mandal	60	145/70 mm Hg	High	आत्माराम मंडल
5	Mithala Devi	56	130/80 mm Hg	Mild	मीथला देवी
6	Tarun mandal	31	110/70 mm Hg	Low	Tarun
7	Nidhi Das	62	135/70 mm Hg	Mild	निधि
8	Satyudhan mandal	60	140/85 mm Hg	High	सत्युधन
9	Ravindar mandal	42	110/70 mm Hg	Low	Ravindar
10	Abhinav mandal	28	130/95 mm Hg	Mild	अभिनव मंडल
11	Mohi Ram mandal	45	130/85 mm Hg	Mild	मोहीराम मंडल
12	Pon Kay Ram mandal	40	120/80 mm Hg	Normal	Pankaj Ram
13	Nisha mandal	33	120/70 mm Hg	Normal	Nisha mandal
14	Geeta mandal	40	110/60 mm Hg	Low	गीता
15	Sadhan Das	38	130/80 mm Hg	Normal	Sadhan
16	Sobhawati mandal	50	130/75 mm Hg	Mild	सोभवती
17	Pon Kay mandal	35	135/70 mm Hg	Mild	Pankaj Mandal
18	Prithvi mandal	26	115/75 mm Hg	Low	प्रीति
19	Sobhan mandal	52	135/75 mm Hg	Mild	S. Mandal
20	Lourav Das	35	125/80 mm Hg	Mild	Lourav Das
21	Sakhi mandal	30	120/70 mm Hg	Normal	Sakhi
22	Nishi Kant mandal	58	140/80 mm Hg	High	N.K. Mandal
23	Deepak Mahato	60	145/90 mm Hg	High	दीपक
24	Sunny Kumar	55	110/75 mm Hg	Low	D. Mahato
25	Ajul Kumar	32	125/75 mm Hg	Mild	Ajul Kumar
26	Paddawati Devi	55	115/65 mm Hg	Low	Paddawati Devi
27	Paddawati Devi	40	120/40 mm Hg	Mild	P. Devi

[Signature]
School of Health
ARKA JAIN University Jharkhand

[Signature]
04/02/23
(Event Coordinator)



Students' Attendance



SCHOOL OF PHARMACY
Event Registration cum
Attendance Form

Name of the Event: National Pharmacy Education Day 2023

Date of the Event: 06/03/23 to _____

Sl. No.	Name of the Candidate	Enrolment No	Signature of the Candidate	Feedback							Attendance								
				How would you like this session/event	The speaker explained the topic clearly					Would you like to attend this type of event/session in future	D1	D2	D3	D4	D5	D6	D7		
																		E	V
1	Adarsh Ranjan	AJ4/220404	Adarsh Ranjan	✓															
2	Nisha Kumari	AJ11/221775	Nisha Kumari	✓															
3	Sunny Kumar	AJ4/220059	Sunny Kumar	✓															
4	Arun Kumar	AJ4/221359	Arun Kumar	✓															
5	Abhinav Kumar	AJ11/220308	Abhinav Kumar	✓															
6	Amit Kumar wala	AJ11/220297	Amit Kumar	✓															
7	Nitish Sahu	AJ11/220236	Nitish Saha	✓															
8	Sahelika Behera	220054	Sahel kr Behera	✓															
9	Bhikshu Pradhan	220012	Bhikshu	✓															
10	Pankaj Kumar	220013	Pankaj	✓															

*E-Excellent, V-Very good, G-good, A-Average, P-Poor

Signature of the Head
ARKA JAIN University, Jharkhand

Signature of the Event Coordinator

Hypertension Alarm on the Eve of National Pharmacy Education Day 2023 Attendance Sheet 1



SCHOOL OF PHARMACY
Event Registration cum
Attendance Form

Name of the Event: National Pharmacy Education Day 2023

Date of the Event: 06/03/23 to _____

Sl. No.	Name of the Candidate	Enrolment No	Signature of the Candidate	Feedback							Attendance								
				How would you like this session/event	The speaker explained the topic clearly					Would you like to attend this type of event/session in future	D1	D2	D3	D4	D5	D6	D7		
																		E	V
11	Deepak Kumar	220030	Deepak	✓															
12	Poojita Kumar	220053	Poojita Kumar	✓															
13	Sandeep Kumar	220503	Sandeep	✓															
14	Ashjoti Singh	220248	Ashjoti	✓															
15	Poojita Singh	220001	Poojita Singh	✓															
16	Abhishek Behera	220136	Abhishek Behera	✓															
17	Vivek Mahato	220377	Vivek Mahato	✓															
18	Nimesh Kumar Mahato	220216	Nimesh kr Mahato	✓															
19	Vikas Pal	221499	Vikas Pal	✓															
20	Pradeep Kumar		Pradeep Kumar	✓															

*E-Excellent, V-Very good, G-good, A-Average, P-Poor

Signature of the Head
ARKA JAIN University, Jharkhand

Signature of the Event Coordinator

Hypertension Alarm on the Eve of National Pharmacy Education Day 2023 Attendance Sheet 2

