

CIRCULAR

**ARKA JAIN**
University
Jharkhand

NOTICE

SCHOOL OF NURSING

Ref. NO: AJU/SON/106/2023-24

Date: 06/06/2024

As you are aware, every year on **May 17th** is observed as "**WORLD HYPERTENSION DAY**". In this regard, the School of Nursing is going to organize a **HYPERTENSIVE YOGA SESSION, RESULT ANNOUNCEMENT, THEME PRESENTATION & PRIZE DISTRIBUTION** on **14/06/2024** at **JEH Auditorium, Block- Aryabhata** with the Theme- "**MEASURE YOUR BLOOD PRESSURE ACCURATELY CONTROL IT, LIVE LONGER**".

We invite all the fraternity of **ARKA JAIN** on **June 14th, 2024** from **09:00 am** at **JEH Auditorium, Block- Aryabhata** to participate & make the event a grand success.


Below is the link pasted for the competitions:

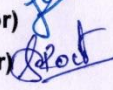
<https://forms.gle/aVvyJcqm94PFX2Pr9>



Co-convener

Prof. Shilpa. J (Vice Principal)

Event Coordinator

Ms. Lata Purohit (Associate Professor) 

Mrs. Subhashree Rout (Nursing Tutor) 


Prof. Mrs. Ginu Anie Joseph
Principal

School of Nursing

Arka Jain University

PRINCIPAL
School of Nursing
ARKA JAIN UNIVERSITY

Copy to:

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PS to Director
DSW and Campus Director
Office of the Registrar
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Dean/PC of University Campus
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YOGA SESSION ON HYPERTENSION IN REFERENCE TO WORLD HYPERTENSION DAY 2024

Date of Event	14.06.2024
Name of the Event	YOGA SESSION ON HYPERTENSION In Reference to WORLD HYPERTENSION DAY Theme: “Measure your Blood Pressure Accurately control it, Live Longer”
Type of the Event	Life Skills Development
Conducted by	School of Nursing
No. of Participants	30 participants

OBJECTIVES: To educate participants about the role of yoga in managing hypertension and to demonstrate specific yoga poses and breathing techniques beneficial for hypertension.

DETAILS: In recognition of World Hypertension Day, the School of Nursing at Arka Jain University organized a special Yoga Session on June 14th, 2024 with the Theme: **“Measure your Blood Pressure Accurately controls it, Live Longer”** at JEH Auditorium, Block- Aryabhata. The session aimed to highlight the benefits of yoga in managing and preventing hypertension, providing participants with practical techniques to incorporate into their daily routines for better health and well-being. The event was conducted under **SAMARITAN- The Nursing Club & Student Nurses Association of India (SNAI)**.

The event began with a welcome dance by Ms. Swati Kumari, GNM, 02nd year Student followed by address by Mrs. Subhashree Rout, Nursing Tutor who emphasized the importance of holistic health practices in managing hypertension. He introduced the yoga instructor and outlined the session's objectives. Before the yoga session, Ms. Anjali Rao, a certified yoga instructor and wellness expert, gave a brief talk on the connection between hypertension and lifestyle. The impact of stress on blood pressure, benefits of yoga in reducing stress and improving cardiovascular health and importance of a balanced lifestyle incorporating physical activity, diet, and mindfulness were discussed. Mr. Aditya along with Ms. Nandani Raj, Basic B. Sc. Nursing, 03rd Semester led the participants through a series of yoga poses and breathing exercises specifically chosen for their benefits in managing hypertension. The session included: **Warm-Up Exercises, Yoga Poses, Breathing Techniques (Pranayama) and Relaxation Techniques**. The winners of the competitions were appreciated with the certificates by Prof. Dr. S. S. Razi.

The Event was successfully conducted under the Guidance & Supervision of Prof. Shilpa. J. Vice Principal. An extend my heartfelt appreciation for the successful organization and execution of the recent Five-Day World hypertension day 2024 on

Theme “**Measure your Blood pressure Accurately, Control It Live Longer**” and knowledge shared throughout the world hypertension day

TAKEAWAY (OUTCOMES): It effectively highlighted the benefits of yoga in managing hypertension and promoted a holistic approach to health and wellness. The event underscored the university’s commitment to fostering healthy lifestyle practices and community well-being.

Poster of the Events



JGI ARKA JAIN University Jharkhand
NAAC GRADE A ACCREDITED UNIVERSITY
Outlook ICARE RANKING 2023
RANKED 3rd IN "TOP-15 EMERGING PRIVATE UNIVERSITIES IN INDIA" CATEGORY
ISO 9001:2015
Samaritan

SCHOOL OF NURSING

SAMARITAN THE NURSING CLUB & SNAI (STUDENT NURSES ASSOCIATION OF INDIA)

ORGANIZES

HYPERTENSIVE YOGA SESSION

IN REFERENCE TO "WORLD HYPERTENSION DAY 2024"

Measure Your Blood Pressure Accurately, Control it, and Live Longer

CONVENER :
Prof. Ginu Anie Joseph (Principal)

CO- CONVENER :
Prof. Shilpa J (Vice - Principal)

COORDINATOR :
Ms. Lata Purohit (Associate Professor)
Mrs. Subhashree Rout (Nursing Tutor)

ON : 14th June, 2024 | TIME : 10:00 AM ONWARDS | VENUE - JEH Auditorium A BLOCK ARYABHATTA

Poster of the Event: HYPERTENSIVE YOGA SESSION In Reference to WORLD HYPERTENSION DAY

Photos of the Event



Photo of the Event: A welcome dance performed by Ms. Swati Kumari, GNM, 02nd Year

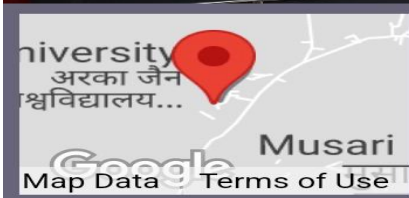


Photo of the Event: Yoga Session on Hypertension demonstrated by 03rd Semester, Basic B. Sc. Nursing Student

Photos of the Event



Photo of the Event: Participants attending the Yoga session on Hypertension



R4V2+8XQ, Mohanpur, Jharkhand 832108, India
lat: 22.843186 long: 86.102155 alt: 165

Photo of the Event: Group Snap of the event

List of the Participants

ARKA JAIN UNIVERSITY
 WORLD HYPERTENSION DAY 2024
 THEME - "Measures Your Blood Pressure Accurately, Control It, Live Longer".
 Date- 14/06/2024

SL. NO.	NAME OF THE PARTICIPANTS	ENROLLMENT NO.	SIGNATURE
1.	Aditi	AJU/222084	
2.	Aditya	AJU/221983	
3.	Akash	AJU/222095	
4.	Anshika	AJU/221979	
5.	Anshika	AJU/221920	
6.	Ankita	AJU/222031	
7.	Ashwini	AJU/221961	
8.	Sandhya	AJU/221922	
9.	Chandani	AJU/221902	
10.	Divyanshi	AJU/221946	
11.	Diya Paul	AJU/221909	
12.	Atul Nag	AJU/222092	
13.	Tejika Kumari	AJU/221956	
14.	Jasmin Jannudin	AJU/221923	
15.	Kamran	AJU/221994	
16.	Komal Raj	AJU/221934	
17.	Manish	AJU/221969	
18.	Manali	AJU/221894	
19.	Mallika	AJU/221941	
20.	Nandani	AJU/221985	
21.	Pallavi	AJU/222004	
22.	Priyanshu	AJU/221934	
23.	Purnam	AJU/221924	
24.	Ramita	AJU/221949	
25.	Ramita	AJU/221969	
26.	Rashika	AJU/221992	
27.	Rishi	AJU/221984	
28.	Sabina	AJU/221896	
29.	Sadika	AJU/220229	
30.	Sabika	AJU/221991	

SIGNATURE OF THE EVENT CO-ORDINATOR

SIGNATURE OF THE HOD
 School of Nursing
 ARKA JAIN UNIVERSITY