

## CIRCULAR

**ARKA JAIN**  
**University**  
Jharkhand

### NOTICE

#### SCHOOL OF NURSING




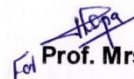
**Ref. NO: AJU/SON/103/2023-24****Date: 05/06/2024**

As you are aware, every year on **May 17<sup>th</sup>** is observed as "**WORLD HYPERTENSION DAY**". In this regard, the School of Nursing is going to organize a **HYPERTENSIVE DIET&SALAD MAKING COMPETITION** on **11/06/2024** at **Canteen Area, Block- Aryabhata** with the Theme- "**MEASURE YOUR BLOOD PRESSURE ACCURATELY CONTROL IT, LIVE LONGER**".

We invite all the fraternity of **ARKA JAIN** on **June 11<sup>th</sup>, 2024** from **11:00 am** at **Canteen Area, 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****PRINCIPAL**  
**School of Nursing**  
**ARKA JAIN UNIVERSITY**  
**Arka Jain University****Copy to:**

PS to Vice Chancellor  
PS to Director  
DSW and Campus Director  
Office of the Registrar  
IQAC  
Dean/PC of University Campus  
Class Coordinators  
In charge website  
Office Record  
ERP Co-ordinator

## **HYPERTENSIVE DIET & SALAD MAKING COMPETITION IN REFERENCE TO WORLD HYPERTENSION DAY 2024**

<b>Date of Event</b>	<b>11.06.2024</b>
<b>Name of the Event</b>	<b>Hypertensive Diet &amp; Salad Making Competition in Reference to World Hypertension Day 2024 Theme: "Measure your Blood Pressure Accurately control it, Live Longer"</b>
<b>Type of the Event</b>	<b>Competitions</b>
<b>Conducted by</b>	<b>School of Nursing</b>
<b>No. of Participants</b>	<b>20 participants</b>

**OBJECTIVE:** To ensure that nutritional exhibition serve as effective platforms for promoting health and nutrition education within communities.

**DETAILS:** In celebration of World Hypertension Day, the School of Nursing, ARKA JAIN University organized a "**Hypertensive Diet & Salad Making Competition**" on June 11<sup>th</sup>, 2024 with the Theme: "**Measure your Blood Pressure Accurately controls it, Live Longer**". This event aimed to promote awareness about hypertension-friendly diets and encourage healthy eating habits among participants. The competition provided an engaging platform for Nursing Students to showcase their culinary skills while learning about nutrition that helps manage and prevent hypertension. The event was conducted under **SAMARITAN- The Nursing Club & Student Nurses Association of India (SNAI)**.

The event commenced at JEH Auditorium, Block- Aryabhatta from 10:00 am. The event started with the registration and the guests from various schools got registered themselves. The event commenced with an opening speech by Ms. Lata Purohit, Associate Professor, and Event Coordinator, who highlighted the importance of dietary habits in controlling hypertension. She also outlined the rules and criteria for the competition followed by welcoming of the dignitaries & judges of the day. As a Special Guest Dr. S. S. Razi, Chairperson, Board of Management & Dr. Jasbir Singh Dhanjal, Joint Registrar & Prof. Shilpa. J, Vice Principal embarked the event. Ms. Shiwani Kumari, Basic B. Sc. Nursing, 03<sup>rd</sup> Semester Student took a session on Hypertensive Diet through PowerPoint presentation. Participants were divided into teams and provided with a variety of fresh ingredients. They were given one hour to prepare their hypertensive-friendly salads. Dr. Charu Wadhwa, Presiding Officer, ICC, Mr. Mukul Pandey, Assist. Professor, Department of MBA, Mr. Sarbojeet Goswami, HOD of Optometry & Mr. Anup Singh, Assist. Professor, Department of Fashion Designing were the judging panel for the competition.

The event was conducted under the supervision & guidance of Prof. Shilpa. J, Vice Principal.

**TAKEAWAY (OUTCOMES):** Students will be able to participate in the advancement of the profession to improve health care for the betterment of the global society.

## Poster of the Event



**JGI** **ARKA JAIN University** **NAAC GRADE A** **Outlook** **RANKED 3<sup>rd</sup>** **ISO** **Samaritan**

**SCHOOL OF NURSING**

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

**ORGANIZES**

**SALAD MAKING** **COMPETITION**

**ON HYPERTENSION 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 : 11th June, 2024 | TIME : 09:00 AM ONWARDS | VENUE - JEH Auditorium A BLOCK ARYABHATTA

Poster of the Event: SALAD MAKING COMPETITION In Reference to WORLD HYPERTENSION DAY



## Photos of the Event



Photo of the Event: Session on Hypertensive Diet presented by Ms. Shiwani Kumari, 03<sup>rd</sup> Semester, Basic B. Sc. Nursing Student



Photo of the Event: Varieties of Hypertensive Diet & Salad displayed by Basic B. Sc. Nursing Student

## Photos of the Event



**Photo of the Event: Judges judging the Salads prepared by Nursing Students**



**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-11/06/2024

SL-NO.	NAME OF THE PARTICIPANTS	ENROLLMENT NO.	SIGNATURE
1.	Samarth Kumar	AJU1222026	Samarth Kumar
2.	Sakshi Choubey	AJU1221947	Sakshi Choubey
3.	Janjana Mandal	AJU1221928	Janjana Mandal
4.	Shalu Singh	AJU1221923	Shalu Singh
5.	Pharom Marohi	AJU1221897	Pharom Marohi
6.	Shiwani Kumari	AJU1221953	Shiwani Kumari
7.	Sohani Lakra	AJU1221921	Sohani Lakra
8.	Souvik Mandal	AJU1221907	Souvik Mandal
9.	Jubodh Kumar	AJU1229099	Jubodh Kumar
10.	Suboy Maity	AJU1221963	Suboy Maity
11.	Surya Kumari	AJU1221926	Surya Kumari
12.	Juthma Hada	AJU1221925	Juthma Hada
13.	Sweety Sahu	AJU1221921	Sweety Sahu
14.	Sneha Kumari	AJU1221936	Sneha Kumari
15.	Varsha Bharti	AJU1221948	Varsha Bharti
16.	Monal Paul	AJU1221904	Monal Paul
17.	Anisha Hembram	AJU1221902	Anisha Hembram
18.	Aditya	AJU1221983	Aditya
19.	Divyanshi Kumari	AJU1221946	Divyanshi Kumari
20.	Mohi Boipai	AJU1221941	Mohi Boipai
21.			
22.			
23.			
24.			
25.			
26.			
27.			
28.			
29.			
30.			

SIGNATURE OF THE EVENT CO-ORDINATOR

SIGNATURE OF THE HOD  
School of Nursing  
ARKA JAIN UNIVERSITY

## Judging Criteria

S. No.	GROUP	Taste & Flavor Balance (05)	Presentation and Explanation (05)	Creativity (05)	Nutritional Value (05)	Use of Ingredients (05)	Adherence to Theme (05)	Total (30)
1.	A	4	3	4	3	4	4	22
2.	B	3	2	3	2	3	3	16

THEME: "Measure your Blood Pressure Accurately control it, Live Longer" Date: June 11<sup>th</sup>, 2024

Name & Signature of the Judges  
Coordinators

Signature of Event

Group A- 1<sup>st</sup>  
Group B- 2<sup>nd</sup>

S. No.	GROUP	Taste & Flavor Balance (05)	Presentation and Explanation (05)	Creativity (05)	Nutritional Value (05)	Use of Ingredients (05)	Adherence to Theme (05)	Total (30)
1	A	2	3	3	2	2	2	14
2	B	4	3	4	4	3	4	22
3	C	4	3	3	3	3	4	20
4	D	2	2	2	2	2	2	12

THEME: "Measure your Blood Pressure Accurately control it, Live Longer" Date: June 11<sup>th</sup>, 2024

Name & Signature of the Judges  
Coordinators

Signature of Event

Group B- 1<sup>st</sup>  
Group C- 2<sup>nd</sup>  
Group A- 3<sup>rd</sup>



## Sample Certificates

 **SNA UNIT, School of Nursing,  
ARKA JAIN University**

Mohanpur, Gambaria, Distt – Seraikela – Kharsawan, State – Jharkhand, Pin – 832108  
(Approved by Trained Nurses' Association of India)

**WORLD  
HYPERTENSION DAY**


*Certificate of Appreciation*

This certificate is certify that  
✓ Ms. /Mr. /Mrs SURBHI  
of B.Sc NURSING III SEMESTER  
has secured I<sup>st</sup> position in SALAD COMPETITION  
for Academic Year 2024



  
PRESIDENT, SNA UNIT  
SCHOOL OF NURSING,  
ARKA JAIN University

  
ADVISOR, SNA UNIT  
SCHOOL OF NURSING,  
ARKA JAIN University

  
VICE PRESIDENT, SNA UNIT  
SCHOOL OF NURSING,  
ARKA JAIN University

 **SNA UNIT, School of Nursing,  
ARKA JAIN University**

Mohanpur, Gambaria, Distt – Seraikela – Kharsawan, State – Jharkhand, Pin – 832108  
(Approved by Trained Nurses' Association of India)

**WORLD  
HYPERTENSION DAY**

*Certificate of Appreciation*

This certificate is certify that  
✓ Ms. /Mr. /Mrs SANJANA MANDAL  
of B.Sc NURSING III SEMESTER  
has secured I<sup>st</sup> position in HYPERTENSIVE DIET  
for Academic Year 2024



  
PRESIDENT, SNA UNIT  
SCHOOL OF NURSING,  
ARKA JAIN University

  
ADVISOR, SNA UNIT  
SCHOOL OF NURSING,  
ARKA JAIN University

  
VICE PRESIDENT, SNA UNIT  
SCHOOL OF NURSING,  
ARKA JAIN University