

**MIET/EVENT/24-41**

**Date-06-05-2024**

**NOTICE**

This is to inform to all the faculty members and students of Mangalmay Institute of Engineering and Technology, Greater Noida that Wellness is going to organize "World Asthma day" on 7<sup>th</sup> May 2024 as per given schedule.

All are requested to be on time.

**SPOC: Dr.Ishwar Singh**

Resource Person; **Dr. Pradeep Kumar**

Venue: Room No. 309, Block-A, 3<sup>rd</sup> Floor.

Time: 03:00 PM onwards.

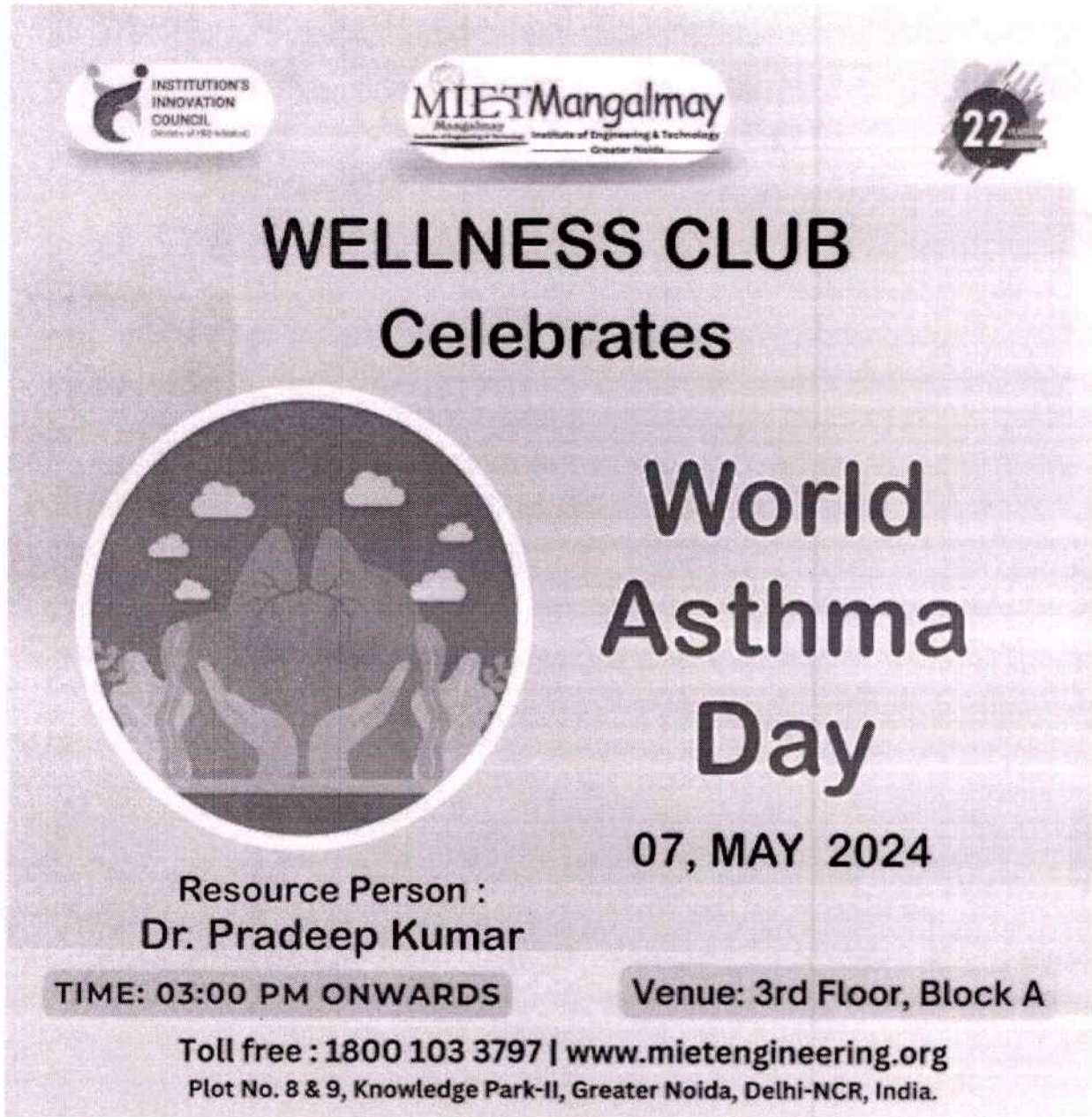
  
06-05-24  
**Program Coordinator :**




  
**Director**

**CC:**

1. Director IQAC
2. HOD MIET
3. Coordinator MIET
4. All Faculty Members
5. Notice Board/ Digital Platform
6. Office File

**Banner**



**WELLNESS CLUB  
Celebrates**

**World  
Asthma  
Day**

**07, MAY 2024**

**Resource Person :**  
**Dr. Pradeep Kumar**

**TIME: 03:00 PM ONWARDS**      **Venue: 3rd Floor, Block A**

**Toll free : 1800 103 3797 | [www.mietengineering.org](http://www.mietengineering.org)**  
**Plot No. 8 & 9, Knowledge Park-II, Greater Noida, Delhi-NCR, India.**



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Mangalmay Institute of Engineering & Technology  
Plot-8 & 9, Knowledge Park-II, Greater Noida-201310 (U.P.)  
College Code: 785

<b>Report</b>	
<b>Academic Year</b>	<b>2023-24</b>
<b>Name of Activity</b>	<b>Session on “World Asthma Day”</b>
<b>Date of Activity</b>	<b>07/05/2024</b>
<b>Organized by</b>	<b>Wellness Club, Mangalmay Institute of Engineering and Technology Greater Noida</b>
<b>Resource Person</b>	<b>Dr.Pradeep Kumar (Associate Professor, MIET)</b>
<b>SPOC</b>	<b>Dr.Ishwar Singh (Associate Professor, MIET)</b>
<b>Beneficiary</b>	<b>77 in which 25 Faculty Members &amp; 52 Students</b>
<b>Objective</b>	<ul style="list-style-type: none"> <li>• MIET organize this to raise awareness about asthma-related diseases and the importance of liver health.</li> <li>• It aims to educate people about the prevention, diagnosis, and treatment of lungs diseases etc.</li> </ul>
<b>Brief Report</b>	<p>Mangalmay Institute of Engineering &amp; Technology organized a session titled “World AsthmaDay” on 07 May, 2024” to effectively communicate about the awareness of asthmadisease and ways to keep once self-fit and fine by doing exercise and meditation.</p> <p>World Asthma Day is held on the first Tuesday of May. World Asthma Day has been established with an aim to increase emphasis on patient-centered care. The day also focuses on promoting evidence-based research for the development of new therapies, technologies, and interventions to improve Asthma outcomes.</p> <p>The Session began with a brief inaugural speech at Mangalmay institute of Engineering and Technology. The Program started with pomp and show with the distribution of tulsi Plants sapling. The dignitaries present on the occasion were Prof.Dr.ChetanKhemraj(MIET Director), Dr.SanjayPachauri(HOD CSE), Dr. GarimaSrivastav-Coordinator MIET, all the esteemed Faculty members and students.</p> <p>Dr.Pradeep Kumar explained about asthma diseases and given many tips, In 2024, the theme of World Asthma Day is 'Asthma Education Empowers'. The idea behind this is to provide a call to action to address common myths and misconceptions about asthma. These misconceptions are often detrimental and don't help to raise asthma awareness.</p>



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They also prevent people with asthma from enjoying the benefits from the major advances in the management of this condition.

Here are some common myths and misconceptions surrounding asthma:

- asthma is infectious
- everyone grows out of their childhood asthma
- asthma is only controllable with high dose steroids
- people with asthma shouldn't exercise

For better health, we should maintain proper exercise regularly. Exercise improves your overall health and wellbeing and helps maintain a healthy body weight.

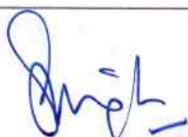
1. Limit alcohol intake. Heavy alcohol use can permanently damage your liver and its ability to function. It is recommended that adults have no more than two standard drinks per day with at least two alcohol-free days per week.

- ❖ Quit smoking.
- ❖ Control your diabetes if you have it. Keep your blood sugar levels under control.
- ❖ Ask your GP for a liver health check and hepatitis test.

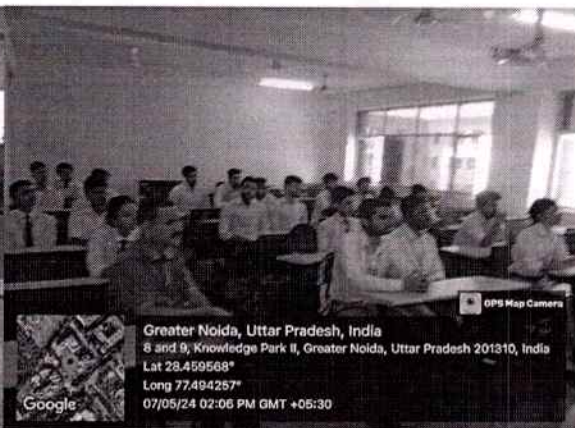
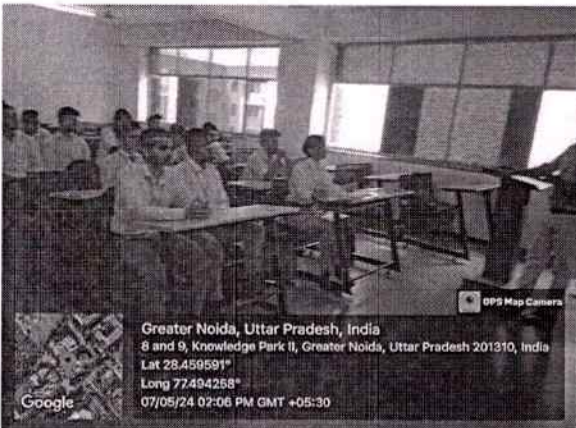
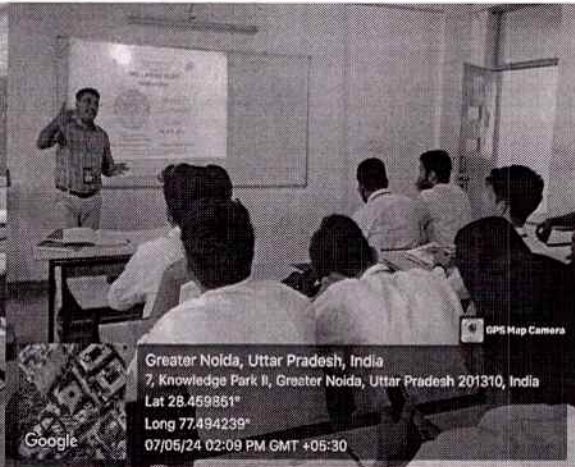
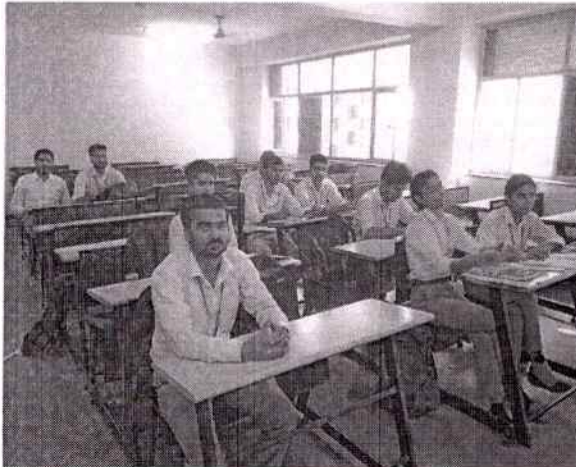
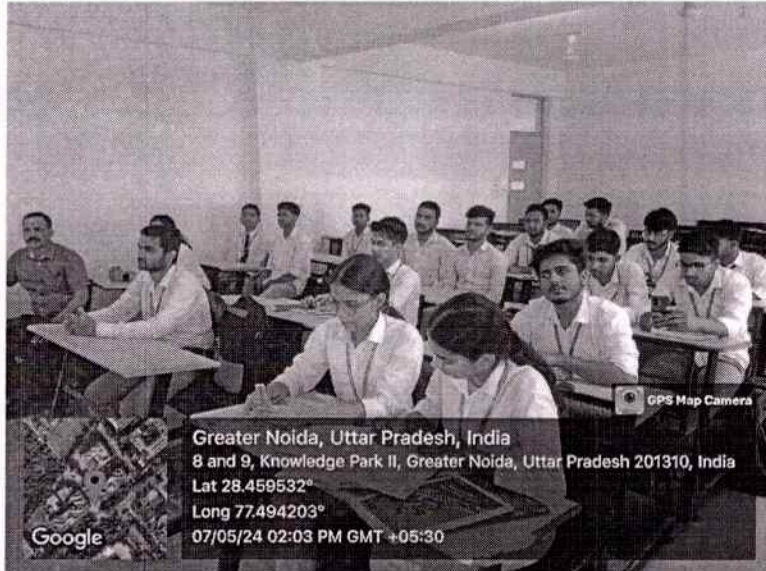
Ask for a referral to a dietitian or exercise physiologist for practical advice on food and nutrition and exercise. By loving your lungs and improving its health, you stand to reap a wide range of health and wellbeing benefits including improved infection and disease control, increased energy levels and improved mental health.

**Outcome**

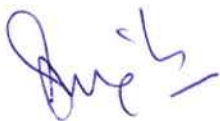
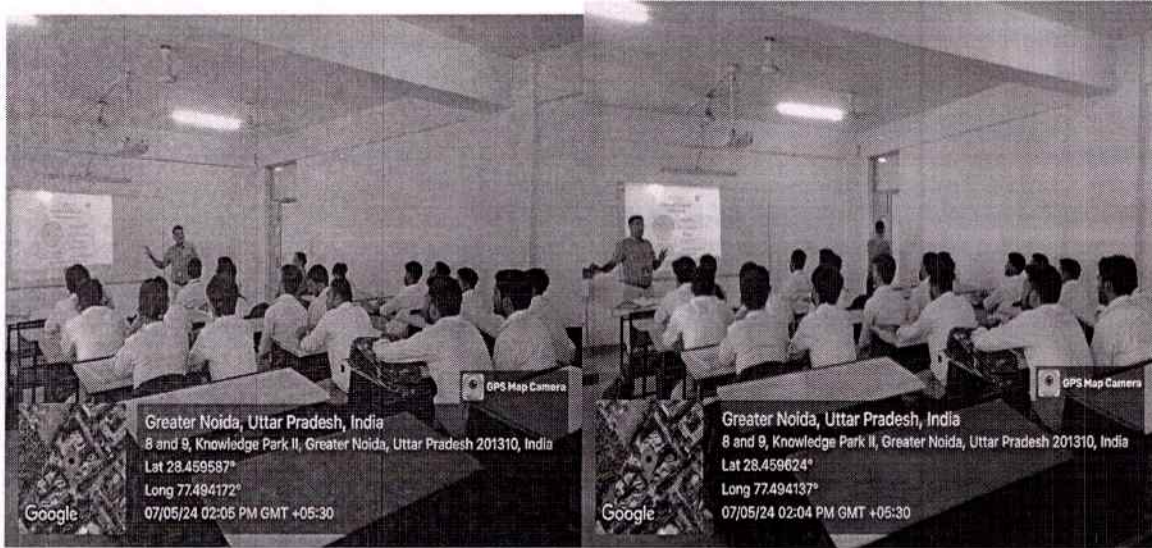
- All Students were aware about the asthma and their symptoms
- Be prepared - always carry a reliever inhaler and an identity card that tells people what to do in the event of an emergency.
- Keep fit - exercise raises your heart rate, boosts the strength of your lungs/immune system, improves your mood and helps you maintain a healthy weight.
- Avoid triggers - learn to recognize and manage what triggers your asthma attacks. This will help you to control how frequently you have them.
- If you are a smoker, quit. For children, try - if possible - to limit the amount of time they spend in highly polluted areas.





**Photographs/  
 News  
 Papercutting**




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 College Code: 786



**Activity  
Coordinator**

Director   
Mangalmay Institute of Engineering & Technology  
Plot-8 & 9, Knowledge Park-II, Greater Noida-201310 (U.P.)  
College Code: 785

**Director  
MIET**

## MANGALMAY INSTITUTE OF ENGINEERING &amp; TECHNOLOGY, GREATER NOIDA

PLOT No. 8, KNOWLEDGE PARK - II, GREATER NOIDA

NAME - World Asthma Day

Date: 07/05/24

S.No.	FACULTY NAME	Department	Disignation	Signature
1	Prof. Dr. Chetan Khemraj Lanjewar	CSE	Director	
2	Dr. Sanjay Pachauri	CSE	Professor & HOD	
3	Dr. Garima Srivastava	CSE	Associate Professor	
4	Dr. Ishwar Singh	ASH	Associate Professor	
5	Dr. Pradeep Kumar	ASH	Associate Professor	
6	Mr. Dhananjay Singh	CSE	Assistant Professor	
7	Mr. Amit Kumar Mourya	CSE	Assistant Professor	
8	Mr. Prabhat Kumar	ASH	Assistant Professor	
9	Mr. Ajay Nandan	ASH	Assistant Professor	
10	Mr. Shubham Goel	ASH	Assistant Professor	
11	Ms. Km Ikra	CSE	Assistant Professor	
12	Dr. Amit Bhati	CSE	Associate Professor	
13	Ms. Jyoti Mahur	CSE	Assistant Professor	
14	Ms. Neha Bakshi	ASH	Assistant Professor	
15	Ms. Chandani Srivastava	ASH	Assistant Professor	
16	Ms. Rachna Sharma	CSE	Assistant Professor	
17	Mr. Anuj Kumar	CSE	Assistant Professor	
18	Ms. Radha	CSE	Assistant Professor	ABSENT
19	Dr. Pragati Sinha	ASH	Associate Professor	
20	Dr. Dharam Singh	ASH	Associate Professor	
21	Mr. Anurag Singh Yadav	CSE	Tech. Associate	
22	Ms. Geeta Sharma	CSE	Assistant Professor	
23	Ms. Rashmi Ricchariya	CSE	Assistant Professor	
24	Ms. Srinkhala Maddhesia	CSE	Assistant Professor	
25	Ms. Garima Singh Kaushik	ASH	Assistant Professor	
26	Ms. Ayushi Gupta	CSE	Assistant Professor	
27	Ms. Monika Mann	CSE	Assistant Professor	
28	Dr. Aparna	CSE	Assistant Professor	
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College Code: 785

MANGALMAY INSTITUTE OF ENGINEERING & TECHNOLOGY

Student Attendance Sheet

Date: 07/05/2024

Time: 3:00 PM

Venue: Room-No-309 Block-A - 3rd floor

Activity: World Asthma Day

Department:

Sr. No	Student Name	Year/Sem	Sign.	Sr. No	Student Name	Year/Sem	Sign.
1	Priyanshu Rai	1st/II	Priyanshu	41			
2	Sumit Hansraj	1st/II	Sumit	42			
3	Shreyam Kumar	1st/II	Sh	43			
4	Rahul Thakur	1st/II	R	44			
5	Shashank Singh	1st/II	Shashank	45			
6	Prince Maurya	1st/II	Prince	46			
7	Ayush Patidar	1st/II	Ayush	47			
8	Nishant Prajapati	1st/II	Nishant	48			
9	Shivan Chauhan	1st/II	Shivan	49			
10	Priyanshu	1st/II	Priyanshu	50			
11	SHREYASH PANDEY	1st/II	Shreyash	51			
12	MOHD. TOUFIK	1st/II	Toufik	52			
13	Manchhatra Singh	1st/II	Manchhatra	53			
14	Tomishq Sharma	1st/II	Tomishq	54			
15	Rishabh Tiwari	1st/II	Rishabh	55			
16	Shivang Srivastava	1st/II	Shivang	56			
17	Somya Raj	1st/II	Somya	57			
18	Satish Raj	1st/II	Satish Raj	58			
19	Siya Sharma	1st/II	Siya	59			
20	Vinay Kumar	I/II	Vinay	60			
21	Vishnu Mishra	1st/II	Vishnu	61			
22	Harshit Tiwari	1st/II	Harshit	62			
23	Rohan Yadav	1st/II	Rohan	63			
24	Ishant	1st/II	Ishant	64			
25	Vani Sharma	1st/II	Vani	65			
26	Anshu Chaturvedi	1st/II	Anshu	66			
27	Ritesh Pathak	I/II	Ritesh	67			
28	Isha Singh	I/II	Isha	68			
29	Neda Fatima	I/II	Neda	69			
30	Tanuj Yadav	1st/II	Tanuj	70			
31	Kutjeet	1st/II	Kutjeet	71			
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# MANGALMAY INSTITUTE OF ENGINEERING & TECHNOLOGY

## Student Attendance Sheet

Date: 07/05/2024 Time: 3:00 PM

Venue: Room - No. 309 Block - A - 3<sup>rd</sup> floor

Activity: World Asthma Day

Department:

Sr. No	Student Name	Year/Sem	Sign.	Sr. No	Student Name	Year/Sem	Sign.
1	Vani Sharma	1 <sup>st</sup> /II <sup>nd</sup>	Vani	41			
2	Anshi Chaturvedi	1 <sup>st</sup> /II <sup>nd</sup>	Anshi	42			
3	Harshit Tiwari	1 <sup>st</sup> /II <sup>nd</sup>		43			
4	Priyanshu Rai	1 <sup>st</sup> /II <sup>nd</sup>		44			
5	Priyanshu	1 <sup>st</sup> /II <sup>nd</sup>	Priyanshu	45			
6	Ritesh pathak	1 <sup>st</sup> /II <sup>nd</sup>	Ritesh	46			
7	Sumit Hansraj	I <sup>st</sup> /II <sup>nd</sup>	Sumit	47			
8	Tanishq Sharma	1 <sup>st</sup> /II <sup>nd</sup>	Tanishq	48			
9	Rishabh Tiwari	1 <sup>st</sup> /II <sup>nd</sup>	Rishabh	49			
10	Anurag Mandal	1 <sup>st</sup> /II <sup>nd</sup>	Anurag	50			
11	Kuljeet	1 <sup>st</sup> /II <sup>nd</sup>	Kuljeet	51			
12	Shashank Singh	1 <sup>st</sup> /II <sup>nd</sup>	Shashank	52			
13	Aditya Sharma	1 <sup>st</sup> /II <sup>nd</sup>	Aditya	53			
14	ZK Kamran Faridi	1 <sup>st</sup> /II <sup>nd</sup>	Kamran	54			
15	Rahul Thakur	1 <sup>st</sup> /II <sup>nd</sup>	Rahul	55			
16	MOHD. TOUFIK	1 <sup>st</sup> /II <sup>nd</sup>	Toufik	56			
17	Mamchhatra Singh	1 <sup>st</sup> /II <sup>nd</sup>		57			
18	Shreyash Pandey	1 <sup>st</sup> /II <sup>nd</sup>	Shreyash	58			
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*[Handwritten Signature]*

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Plot-8 & 9, Knowledge Park-II, Greater Noida-201310 (U.P.)  
College Code: 786

## Feedback by Google form

Timestamp	Email	Name	College	Phone No	Rate the activity	Would you like to attend these type of activity in future?
2024/05/07 2:03:38 PM GMT+5:30	harshittiwariwari8@gmail.com	Harshit Tiwari	Mangalmay institute of engineering and technology	6387336314	4	Sure
2024/05/07 2:06:16 PM GMT+5:30	pathakritesh2004@gmail.com	Ritesh Pathak	Mangalmay Institute of Engineering and Technology	9151538542	5	Yes
2024/05/07 2:16:50 PM GMT+5:30	geeta.sharma@mietengineering.org	Geeta Sharma	Mangalmay Institute of Engineering & Technology	9711567995	4	Yes
2024/05/07 2:17:38 PM GMT+5:30	Rashmi.richhariya@miet.org	Rashmi Richhariya	Mangalmay institute Engineering of technology	8800924727	5	Yes
2024/05/07 2:18:24 PM GMT+5:30	monika.maan@mietengineering.org	Monika Mann	Mangalmay Institute of Engineering and Technology	9350278104	5	Yes
2024/05/07 2:18:33 PM GMT+5:30	anuj.kumar@mietengineering.org	Anuj Kumar	Mangalmay Institute of Engineering and Technology, Greater Noida	9540399066	5	Yes
2024/05/07 2:19:08 PM GMT+5:30	srinkhala.maddhesia@mietengineering.org	Ms. Srinkhala Maddhesia	MIET GREATER NOIDA	7011092344	5	Yes
2024/05/07 2:20:36 PM GMT+5:30	MOURYA.AMITKUMAR@GMAIL.COM	Amit Kumar Mourya	MIET, Greater Noida	9910653296	5	Yes
2024/05/07 2:31:37 PM GMT+5:30	anurag.yadav@mietengineering.org	Mr. Anurag Singh Yadav	MIET, Greater Noida uttar pradesh	8922093529	4	Yes
2024/05/07 2:38:51 PM GMT+5:30	ayushi.gupta@mietengineering.org	Ayushi Gupta	Mangalmay Institute of Engineering and Technology	8858770922	5	Yes
2024/05/07 2:39:01 PM GMT+5:30	priyamrai2006@gmail.com	Priyanshu Rai	MIMT greater Noida	6307744263	5	Yes
2024/05/07 2:41:19 PM GMT+5:30	Dharam.singh@mietengineering.org	Dr Dharam singh	Mangalmay institute of engineering and technology	7011299274	5	Yes
2024/05/07 2:41:55 PM GMT+5:30	ishwar745@gmail.com aw	Dr Ishwar Singh	Mangalmay Institute of Engineering and Technology greater Noida	9958933898	5	Yes
2024/05/07 2:43:02 PM GMT+5:30	prabhat.kumar@mietengineering.org	Prabhat Kumar	Mangalmay institute of engineering and technology	8010028377	5	Ok





# Mangalmay Institute of Engineering & Technology

AN INSTITUTION OF MANGALMAY FOUNDATION TRUST

Campus: 8, Knowledge Park-II, Greater Noida (U.P.)  
e-mail: info@mangalmay.org,

Ph.: 0120-2328400, 2328401  
Website: www.mangalmay.org

2024/05/07 2:43:17 PM GMT+5:30	km.ikra@mietengineering.org	Km Ikra	Miet, Greater Noida	93894709 93	5	Yes
2024/05/07 2:52:58 PM GMT+5:30	neha.bakshi@mietengineering.org	Neha Bakshi	Mangalmay Institute of Engineering and Technology	98710871 63	4	Yes
2024/05/07 2:54:50 PM GMT+5:30	neha.bakshi@mietengineering.org	Neha Bakshi	Mangalmay Institute of Engineering and Technology	98710871 63	4	Yes
2024/05/07 3:03:13 PM GMT+5:30	shashank.singh9140717669@gmail .com	Shashank Singh	Mangalmay institute of engineering and technology	95548980 68	5	Yes
2024/05/07 5:08:55 PM GMT+5:30	shubham.goyal@mietengineering. org	Shubham Goel	Mangalmay Institute of Engineering and Technology	98731269 47	5	Yes

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