

MIET/Fitness-Club/24-52

DATE: 16-05-2024

NOTICE

This is to inform to all the faculty members and students of Mangalmay Institute of Engineering and Technology, Greater Noida, that Fitness club is conducting an awareness program on “**World Hypertension Day**” which is celebrated on 17th May 2024. Dr. Pradeep Sharma, Associate Professor, MIET will be the Guest Speaker for the event. All the faculty members and students are requested to attend the event on "World Hypertension Day" organized by the Cyber Club in Block A, Room No. 309 at 3:00 PM.

SPOC: Dr. Amit Kumar Bhati and Mr. Prabhat Kumar

Guest Speaker: **Dr. Pradeep Kumar**, Associate Professor, MIET.

Time: 3:00 P.M onwards

Venue: Third Floor, Block A

Club: Fitness Club


16-05-24
Program Coordinator



CC:

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

Banner



MIET MANGALMAY
INSTITUTE OF ENGINEERING & TECHNOLOGY

FITNESS CLUB

is
Organizing

WORLD
HYPERTENSION
DAY

Speaker

Dr. Pradeep Kumar
Associate Professor, MIET

~Date~
17th May 2024

~Venue~
3rd Floor, Block-A, MIET

~Timing~
4:00 PM Onwards

Toll Free : 1800 103 3797 | www.mietengineering.org
Plot No. 8 & 9, Knowledge Park-II, Greater Noida, Delhi-NCR, India

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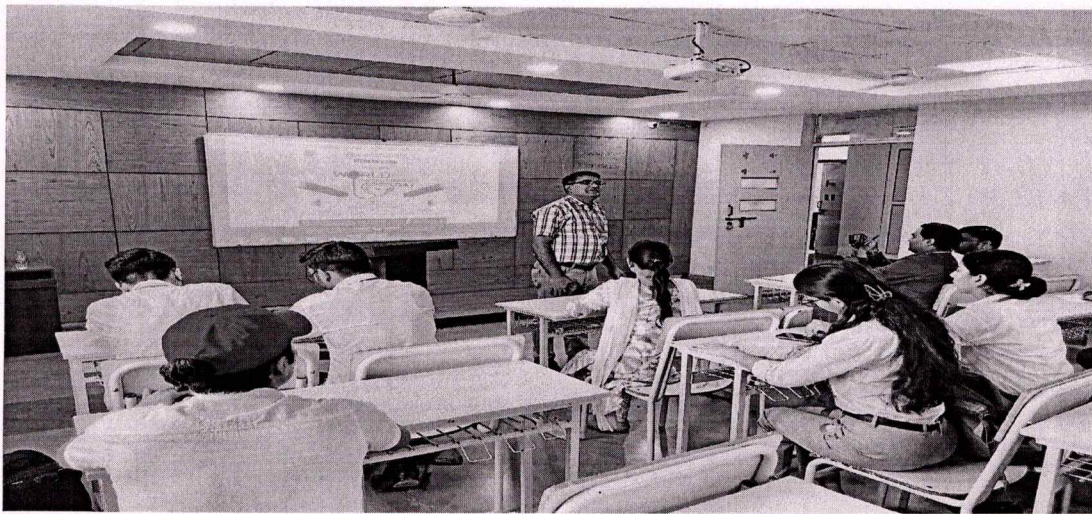
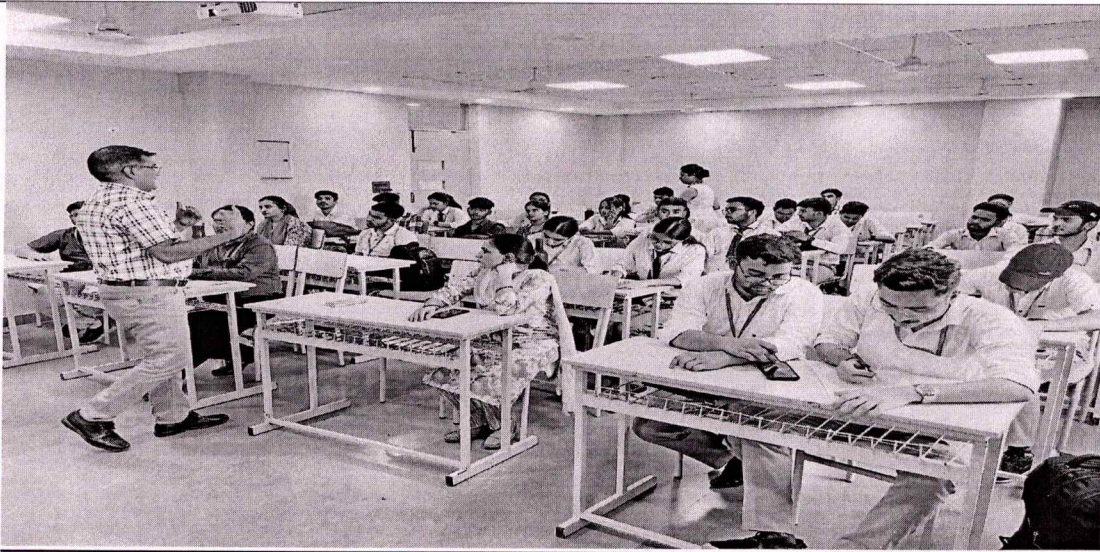
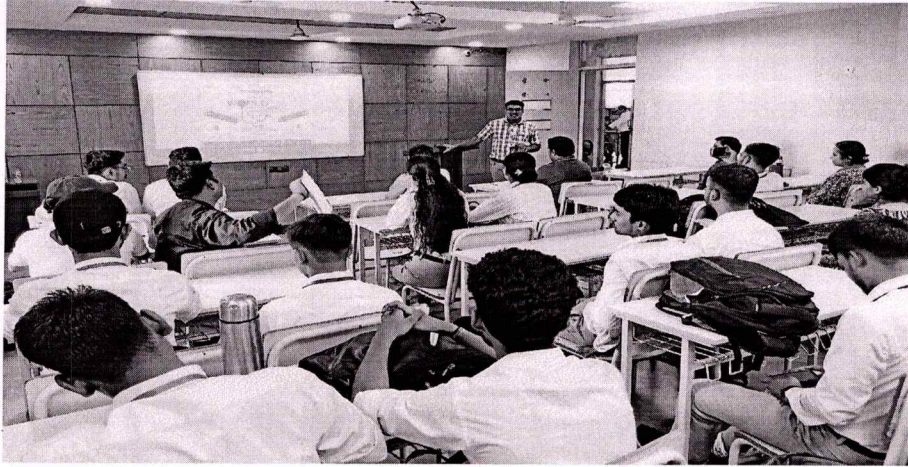
Director
Mangalmay Institute of Engineering & Technology
Plot-8 & 9, Knowledge Park-II, Greater Noida-201310 (U.P.)
College Code: 785

Report	
Academic Year	2023 - 2024
Name of Activity	World Hypertension Day
Date of Activity	17th May 2024
Organized by	Fitness Club, MIET
Beneficiary	60: 33 Students, MIET and 27 Faculty Members, MIET
Resource Person	Dr. Pradeep Sharma (Associate Professor - MIET)
Objective	<ul style="list-style-type: none"> ➤ To spread awareness for the problems arise due to hypertension. ➤ To provide remedies to prevent Hypertension and health issues created by it. ➤ To make students aware about fitness of mind & body, by different activities and a healthy diet to reduce or remove hypertension.
Brief Report	<p>Students and faculty members were aware of the problems which occur due to hypertension, which results to major health problems. Our esteemed guest speaker Dr. Pradeep Sharma suggested remedies and preventive measures to avoid hypertension. Dr. Pradeep Sharma elaborated the cause and factors which are responsible for increasing the blood pressure which eventually becomes the major reason for hypertension.</p> <p>He also shared that high blood pressure also increases the risk of kidney failure, blindness, and several other conditions. It often occurs together with other risk factors, like obesity, diabetes, and high cholesterol, increasing the health risk even further. He suggested that everyone should follow proper diet, regular physical exercise and avoid smoking, eating unhealthy food, and not to drink alcohol. Eating proper diet, sleeping enough and daily physical exercise will help you stay away from high blood pressure and its problems as quoted by Dr. Pradeep Sharma.</p>
Outcome	<ol style="list-style-type: none"> 1. All students and faculty members had understand why good health is necessary to prevent hypertension. 2. Students understand how to prevent hypertension and live a stress free life so that they can excel in their studies. 3. A great learning and message was gained by the students and faculty members regarding hypertension and remedies to prevent hypertension.

Shruti

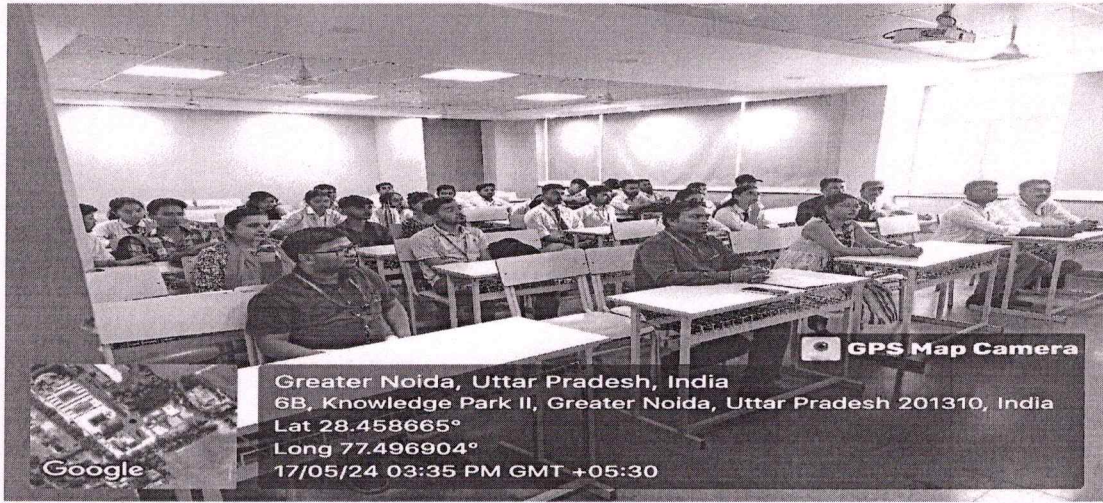
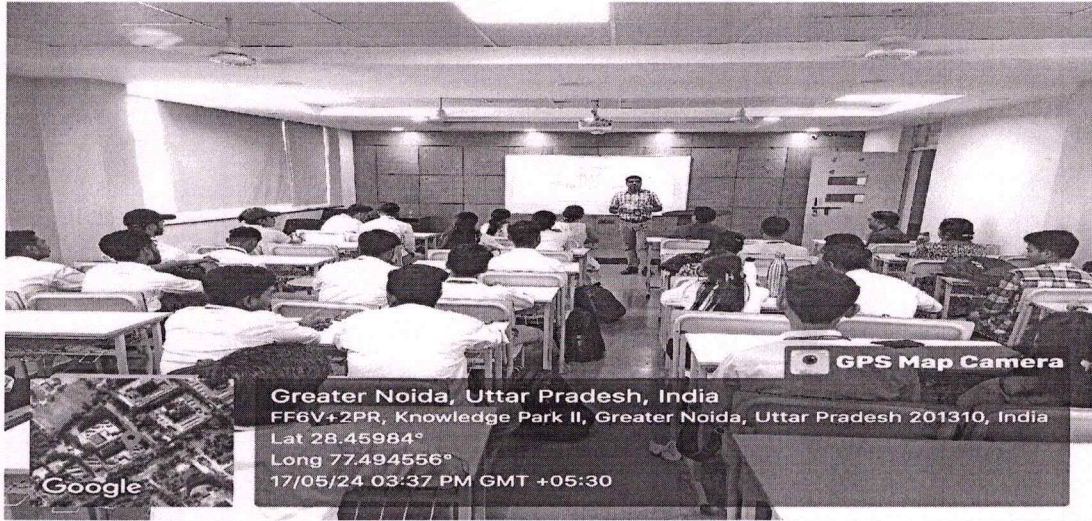
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Photographs



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Director
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College Code: 780



Ashak ...

Activity

Coordinator

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

Director

MIET



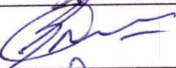
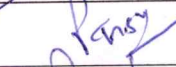
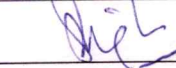
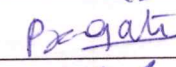
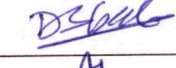
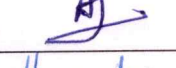
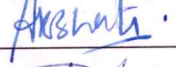

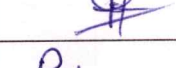
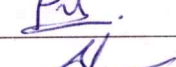


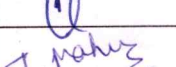
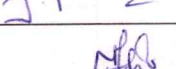
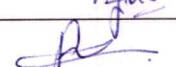
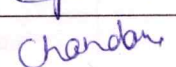
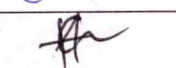
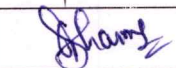
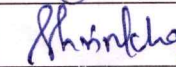
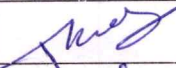
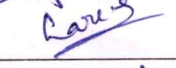
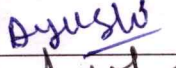
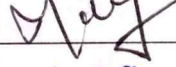


MANGALMAY INSTITUTE OF ENGINEERING & TECHNOLOGY, GREATER NOIDA

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

WORLD HYPERTENSION DAY ACTIVITY

Attendance Sheet

Dated 17/05/24

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



Director
Mangalmay Institute of Engineering & Technology
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College Code: 785

Mangalmay Institute of Engineering & Technology, Greater Noida

Plot No.-8, Knowledge Park - II, Greater Noida-201310

Event Name- WORLD HYPERTENSION DAY

Event Date- 17th MAY, 2024

Venue- 3RD FLOOR, BLOCK-A, MIET

Sr. No.	Name of Student	Class	Signature
1	Saksham Debey	2 nd year / 4 th sem	
2	Payal Yadav	1 st year	
3	Mayank chauhon	"	
4	Anushka	1 st year / 2 nd sem	
5	Shakshi Ranley	"	
6	Jyoti Arya	"	
7	Himanshu	"	
8	Mohit Gaur	"	
9	Prince kumar	"	
10	Kritika Ojha	1 st / 2 nd	
11	Ajaykumar	1 st / 2 nd	
12	Lawan Mandai	1 st / 2 nd	
13	Harison Kumar Mishra	1 st / 2 nd	
14	Vinit Kumar	1 st / 2 nd	
15	Gyanendra Maurya	1 st / 2 nd	
16	Devang Mishra	1 st / 2 nd	
17	Dhyanesh Jain	1 st / 2 nd	
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Director

Mangalmay Institute of Engineering & Technology
Plot No. 8, Knowledge Park II, Greater Noida, 201310 (U.P.)
College Code: 785

Mangalmay Institute of Engineering & Technology, Greater Noida

Plot No.-8, Knowledge Park - II, Greater Noida-201310

Event Name- WORLD HYPERTENSION DAY

Event Date- 17th MAY 2024

Venue- 3RD FLOOR, BLOCK-A, MIET

Sr. No.	Name of Student	Class	Signature
1	<u>Sushil</u>	<u>B.Tech 1st/2nd</u>	<u>Sushil</u>
2	<u>ROHAN SAPRA</u>	<u>B.Tech 1st/Sec-C</u>	<u>Rohan Sapra</u>
3	<u>Himanghu Raj</u>	<u>B.Tech 1st/Sec B</u>	<u>Himanghu</u>
4	<u>Ved Prakash</u>	<u>B.Tech 1st/2nd</u>	<u>Ved Prakash</u>
5	<u>Vishal kumar Bind</u>	<u>B.Tech 1st/2nd</u>	<u>Vishal K. Bind</u>
6	<u>Ashu kumar</u>	<u>B.Tech 1st/2nd</u>	<u>Ashu kumar</u>
7	<u>ADARSH THAKUR</u>	<u>B.Tech 1st/2nd</u>	<u>Adarsh</u>
8	<u>Somya Raj</u>	<u>B.Tech 1st/2nd</u>	<u>Somya</u>
9	<u>Ajay kumar</u>	<u>B.Tech 1st/2nd</u>	<u>Ajay Kumar</u>
10	<u>Bhawar Mandal</u>	<u>B.Tech 1st/2nd</u>	<u>Bhawar</u>
11	<u>Harion Kumar Mishra</u>	<u>B.Tech 1st/2nd</u>	<u>Harion Kumar</u>
12	<u>Vinit Kumar</u>	<u>B.Tech 1st/2nd</u>	<u>Vinit</u>
13	<u>Pranavendra Manjari</u>	<u>B.Tech 1st/2nd</u>	<u>Pranavendra</u>
14	<u>Devang Mishra</u>	<u>B.Tech 1st/2nd</u>	<u>Devang</u>
15	<u>Anshi Chaturvedi</u>	<u>B.Tech 1st/2nd</u>	<u>Anshi</u>
16	<u>Vani Sharma</u>	<u>B.Tech 1st/2nd</u>	<u>Vani</u>
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Akshat

Feedback of the Activity (World Hypertension Day)

Date -17/5/2024

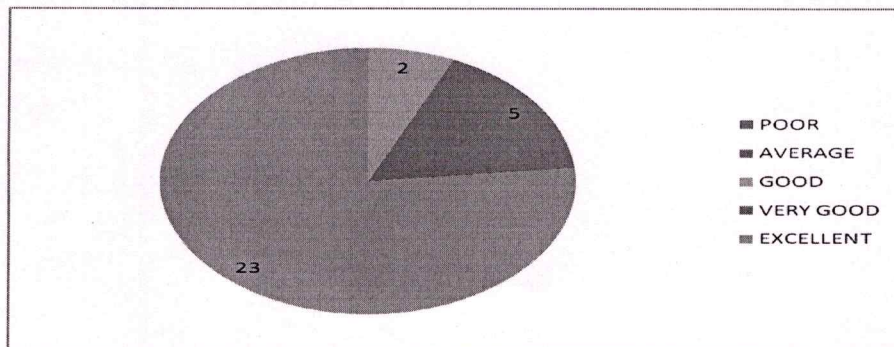
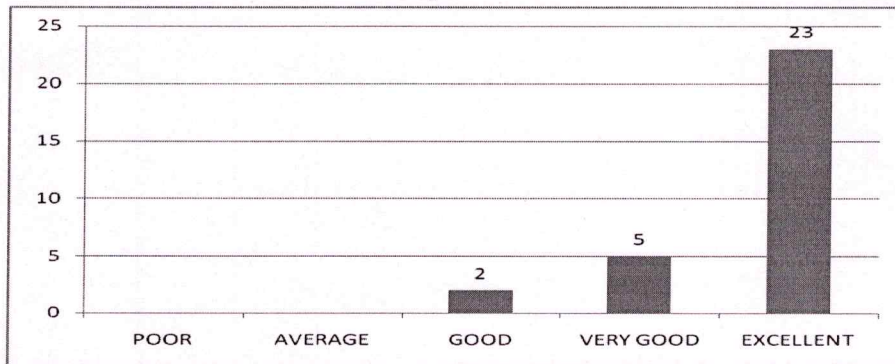
S.NO.	Username	Name	Mobile Number	How was the Session ?	Rate of The Session (5 Marks)
1.	shraddhatiware569@gmail.com	Shraddha Tiwari	9310240105	Excellent	5
2.	ishitagupta634@gmail.com	Ishita Gupta	7011727096	Excellent	5
3.	kumarsuraj962536@gmail.com	Suraj Kumar	9625091436	Excellent	5
4.	anilkumarnoida31@gmail.com	ANIL KUMAR	9711170732	Excellent	5
5.	abhimaddheshiya2004@gmail.com	Abhishek Maddheshiya	9670017735	Excellent	5
6.	adarshdixit998@gmail.com	Adarsh Dixit	9569522432	Excellent	5
7.	tusharchauhan203@gmail.com	Tushar Chauhan	8595734220	Excellent	5
8.	surya.suraj027@gmail.com	Surya Prakash	7860066232	Excellent	5
9.	adityasinghpindohari@gmail.com	Aditya Singh	7355236756	Excellent	5
10.	janaomaniket007@gmail.com	Aniket jana	9953485141	Excellent	5
11.	satyamjais7023@gmail.com	Satyam kumarjaiswal	7652026723	Excellent	5
12.	simrangupta29513@gmail.com	Simran Gupta	8800162128	Excellent	5
13.	bhubk291999@gmail.com	Bhupendra Kumar Ray	8016038866	Good	3
14.	vidyasagarpandey43@gmail.com	Vidyasagar pandey	9576345309	Good	3
15.	nadeemahmad23122001@gmail.com	NADEEM AHMAD	9973942354	Good	3
16.	rohitsuadhoria2003@gmail.com	Rohit Singh Bhadoria	7470576402	Excellent	5
17.	myselfchetan28@gmail.com	CHETAN SHARMA	9810877958	Very Good	4
18.	raunakr735@gmail.com	Raunak Raj	7368045255	Very Good	4
19.	sakshamdubey69@gmail.com	Saksham Dubey	9625531191	Excellent	5
20.	deepakkumar1003d@gmail.com	Deepak Kumar	7088091016	Excellent	5
21.	shyamsrivastav47@gmail.com	Shyam Ji Srivastav	7080860331	Excellent	5

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College Code: 785

22.	bharatsh246@gmail.com	Bharat Sharma	9368155675	Good	3
23.	nk315140@gmail.com	Neeraj Kumar	9870263837	Good	3
24.	ayushverma21456@gmail.com	Ayush Verma	6307471573	Excellent	5
25.	sultansallahuddin2@gmail.com	Sultan Salahuddin	8376874235	Excellent	5
26.	krishnayadav0708870@gmail.com	km krishna	06398892842	Excellent	5
27.	rinkulumia520@gmail.com	Ashwani Pratap Saini	8318407271	Excellent	5
28.	srivastava6658@gmail.com	Abhishek Kumar	7488307360	Excellent	5
29.	anish1709kumar@gmail.com	Anish Kumar	8287704884	Excellent	5
30.	sundram116@gmail.com	Sundram Kumar	8809445142	Excellent	5

Analysis Chart



Akshay
Activity
Coordinator

Director
Mangalmay Institute of Engineering & Technology
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Director

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