



# MANGALMAY INSTITUTE OF MANAGEMENT & TECHNOLOGY

(Approved by AICTE, New Delhi & Affiliated to AKTU, Lucknow)

Knowledge Park-II, Greater Noida (U.P.)

## Notice



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Date: 10-05-2024

### NOTICE

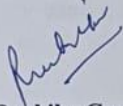
This is to inform all the students that **Department of Management** of Mangalmay Institute of Management and Technology is planning to have an activity on **World Hypertension Day** by organising a **guest lecture** whereby all the students can participate gain the knowledge about the causes and remedies for hypertension. The theme of the event will be '**Measure Your Blood Pressure Accurately, Control It, Live Longer**' dated on 17-May-2024.

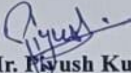
**Date: 17<sup>th</sup> May 2024**

**Venue: Class room, MIMT**

**Activity Incharge: Mr. Piyush Kumar**

**Student Coordinators: Mr. Sumit & Mr. Vansh Saini (MBA 1<sup>st</sup> yr.)**

  
**Dr. Ruchika Gupta**  
Director, MIMT

  
**Mr. Piyush Kumar**  
Event Incharge

**Copy to:**  
IQAC Director  
Director Office  
HOD/Coordinators  
Faculty members  
Notice Board



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## Banner Of the Event



**MANGALMAY**  
INSTITUTE OF MANAGEMENT AND TECHNOLOGY



**MIMT**

Organises

**Guest Lecture**

on

**WORLD**  
**HYPERTENSION**  
**DAY**

**Speaker**

Ms. Sakshi Saharawat  
Assistant Professor

**Activity In-Charge**

Mr. Piyush Kumar

~Date~

17 May 2024

~Venue~

Class Room  
**MIMT**

~Timing~

10:30 AM-12:30 PM

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

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## Report

Name of Activity	Guest Lecture on Measure Your Blood Pressure Accurately, Control It, Live Longer (World Hypertension Day)
Date	17 <sup>th</sup> May 2024
Venue	B- Block, Room No. 107
Organized by	Department of Management, Mangalmay Institute of Management & Technology
Activity In-charge	Mr. Piyush Kumar, Assistant Professor, Mangalmay Institute of Management & Technology
Objectives	To Discuss and spread the awareness about hypertension and how to control blood pressure.
Participants	51 MBA students
Content	<p>The Department of Management at Mangalmay Institute of Management and Technology, Greater Noida, organized an enlightening guest lecture to commemorate World Hypertension Day. This important event featured Ms. Sakshi Sarahawat, an esteemed Assistant Professor from Mangalmay Pharmacy College, as the guest speaker. She adeptly elaborated on this year's theme: "Measure Your Blood Pressure Accurately, Control It, Live Longer," emphasizing the significance of regular and precise blood pressure monitoring in the prevention and management of hypertension.</p> <p>Ms. Sarahawat's presentation delved into the critical aspects of blood pressure management, providing detailed insights into the methods of accurate measurement, the importance of maintaining healthy blood pressure levels, and the long-term benefits of effective hypertension control. Her engaging and informative talk resonated deeply with the audience, underscoring the direct correlation between proper blood pressure management and enhanced longevity.</p> <p>Throughout the session, students were actively engaged, posing several insightful queries related to hypertension, its risks, and management strategies. Ms. Sarahawat addressed these questions with great wisdom, providing clear and practical answers that further enriched the learning experience. Her expertise and approachability significantly contributed to the success of the lecture, leaving the attendees better informed and motivated to take proactive steps in</p>



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	<p>managing their health.</p> <p>The event was meticulously coordinated by Mr. Piyush Kumar, whose efforts ensured the smooth execution and overall success of the lecture. His coordination skills were instrumental in facilitating an environment conducive to learning and interaction. The guest lecture not only celebrated World Hypertension Day but also reinforced the institution's commitment to promoting health awareness and education among its students.</p>
Outcome of Activity	<p>The activity proved to be highly impactful, as students gained a comprehensive understanding of the importance of preventing and controlling hypertension. Through the lecture, they acquired valuable insights on crucial preventive measures and effective management strategies, which are essential for maintaining optimal health. This knowledge not only benefitted the students themselves but also equipped them with the information needed to educate others on the vital aspects of hypertension awareness and management.</p>



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Some Pics of the Event:



*Figure 1 Welcoming the Guest Speaker with a Tulsi Plant: A Token of Appreciation at World Hypertension Day Celebration*



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Figure 2 "Engaging Students: Guest Speaker Ms. Sakshi Sarahawat Delivers an Informative Lecture on Hypertension Management"



Figure 3: "Students Attentively Listen to Ms. Sakshi Sarahawat's Lecture on Hypertension Awareness and Control"



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## Student Attendance



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## List of Beneficiaries

Date: 11/5/24

Name of the Activity: World Hypertension Day

Activity Incharge/Coordinator: Mr. Piyush Kumar

S. No.	Name	Class/Sec	Signature
1	Abhi Saxena	MBA B	
2	Ayushi Dta	MBA A	
3	Abimash Kumar		
4	Shubhangi Kumari	C	
5	Saksha Kisan	MBA-A	
6	SAURAV KUMAR CHOUDHARY	MBA-A	
7	Mohd. Faizan Ali	MBA-C	
8	Manoj Chaudhan	MBA-A	
9	Rajeev Tiwari	MBA-A	
10	Rahul Gupta	MBA-A	
11	Bhaskar Sharma	MBA-A	
12	Cyovind Kumar Pathak	MBA/c	
13	Lucky Vasuja	MBA/B	
14	Stuti Tiwari	MBA/C	
15	Jagriti Kumari	MBA/C	
16	Komal Kumari	MBA/A	



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### List of Beneficiaries

Date: 17/5/24

Name of the Activity: World Hypertension Day.

Activity Incharge/Coordinator: Mr. Piyush Kumar.

S. No.	Name	Class/Sec	Signature
1.	Anshika Shukla	MBA-A	Anshika
2.	Aakanksha Mishra	MBA-A	Aakanksha Mishra
3.	Anchal Seivastava	MBA-B	Anchal
4.	Neha Kumari	MBA-B	Neha
5.	Aditya	MBA-B	AS
6.	Hemanshu Khormapuri	(MBA) <sup>E</sup>	Hemanshu
7.	Sonika Pandey	MBA(A)	Sonu Kumar Pandey
8.	Vishwakarma Kumar	MBA <sup>+</sup> E	Vishwakarma
9.	Nikhil Nagar	MBA <sup>+</sup> F	Nikhil
10.	Rajneesh Singh	MBA-B	Rajneesh
11.	Sachin Kumar Verma	MBA(B)	Sachin Verma
12.	Ashish Agnihotri Kumar Thakur	MBA(C)	Ashish
13.	Saurabh Tiwari	MBA-B	Saurabh
14.	Mukesh Kumar	MBA-C	Mukesh
15.	Abhishek Tiwari	MBA-B	Abhishek
16.	Raj Kumar Vishwakarma	MBA-B	Raj
17.	Prashant Kumar	MBA <sup>+</sup> F	Prashant
18.	Pawan Ashok More	MBA <sup>+</sup> E	Pawan
19.	Digvijay Singh	MBA	Digvijay





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Date: 17/5/24

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Activity Incharge/Coordinator: Ms. Piyush Kumar

S. No.	Name	Class/Sec	Signature
1.	Kajal Pandit	MBA-A	
2.	Gurjan	MBA-A	
3.	Anjali Singh	MBA-C	
4.	Mahima Kumari	MBA-D	
5.	Anchal Singh	MBA-C	
6.	Alfiya Siddiqui	MBA-A	
7.	VIVEK KUMAR	MBA-A	
8.	Amol Tiwari	MBA/C	
9.	SHOUBHIK DEY	MBA/C	
10.	PRATAP KUMAR CHOWDHARY	MBA/C	
11.	Ashwini Kumar	MBA-B	
12.	Harshit Mishra	MBA-A	
13.	Chahat Ansari	MBA-E	
14.	Anshika Singh	MBA-E	
15.	Dilnaz Ahmed	MBA-A	
16.	Ayush Gupta	MBA-A	
17.	'		