



SGT UNIVERSITY
SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR

**Awareness Program on
Prevention & Management of
Hypertension
(17/05/2024)**



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR

1. **Title of the Activity:** “Awareness Program on Prevention and Management of Hypertension”

2. **Date:** 17th May 2024

3. **Location of the Activity:** CHC, Farukhnagar, Haryana.

4. **Organizing Faculty/Department/Association:** Department of Community

Health Nursing, Wellbeing Club

5. Participating Team Members with Designation:

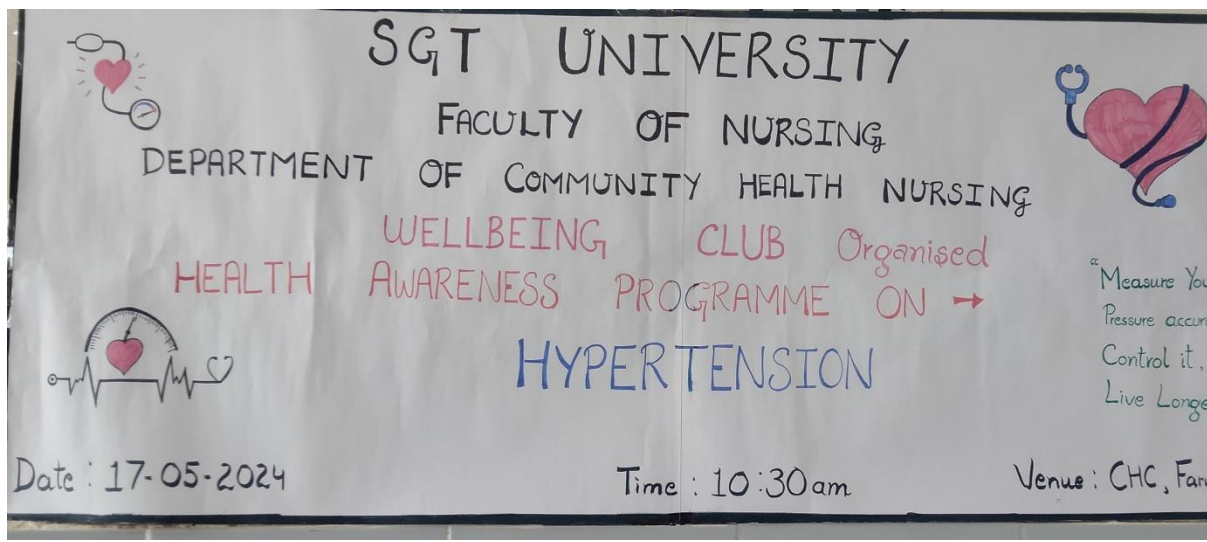
1. Prof. Sunil Kumar Dular (HOD, Community Health Nursing Department)
2. Ms. Deepa Mukherjee (Associate Professor)
3. Ms. Rachna (Assistant Professor)
4. Ms. Nutan Kumari (Assistant Professor)
5. Ms. Manidipa Sarkar (PG Tutor)
6. Mr. Naveen (PG Tutor)
7. Ms. Khiumajuliu Abonmai (PG Tutor)
8. Ms. Sneha Priya (PG Tutor)
9. Ms. Sushmita Sharma (PG Tutor)



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR

6. E Brochure/Banner (if made)-



7. Objective of the Activity:

- To educate participants about the signs, symptoms, and triggers of Hypertension.
- To discuss various management approaches for controlling Hypertension and improving quality of life.
- To highlight preventive measures that can reduce the incidence and severity of Hypertension.

8. Brief Write-up (300 -500 words) on the event(s)explaining activities undertaken

The Wellbeing Club under the Department of Community Health Nursing, Faculty of Nursing, SGT University, Gurugram organized an Awareness program on Prevention and Management of Hypertension on 17th May 2024 at CHC Farukhnagar, Gurugram.



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR

The program kicked off with a concise overview, setting the stage for the day's agenda and underlining the importance of health awareness within our communities. The primary objective was to enlighten participants about Hypertension, a disease that remains a substantial public health concern, focusing on prevention and management strategies.

After the introductory session, the GNM Internship Students presented a Roleplay scenario illustrating practical and effective measures for preventing and controlling Hypertension among the general population. This creative approach likely engaged the audience and demonstrated tangible strategies for dealing with this health issue.

The Program was successfully done under the Guidance of Prof. (Dr.) Sunil K. Dular, Dean cum H.O.D, Community Health Nursing Department and supervision of all Faculty Members of Community Health Nursing Department and executed by Ms. Manidipa Sarkar, PG Tutor, and Ms. Sushmita Sharma, PG Tutor, Community Health Nursing Department.



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR

9. Number & Description of Beneficiaries: 30 general population from, Haryana participated.

10. Outcome of the Activity & its relevance to Health Sciences:

The roleplay activity showcasing Hypertension prevention and control measures is highly relevant to Health Sciences. It applies theoretical knowledge in practical scenarios, developing crucial skills in patient education and communication for future healthcare professionals. Addressing hypertension public health impact, the activity emphasizes early intervention and lifestyle modifications. Collaborative efforts in the roleplay mirror real-world interdisciplinary teamwork, essential for comprehensive patient care. It underscores effective health education strategies tailored to diverse populations, promoting clear communication and empathy. Overall, this activity fosters critical thinking, creativity, and professional growth among nursing students, aligning with key objectives of Health Sciences education.

11. Relevant Photographs with captions (preferably geo-tagged & High-resolution



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR

images – to be mailed as separate attachments along with placement in word



file also) – 4 to 6 Photograph



12.

Roleplay on Prevention and Management of asthma



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR



Group Photograph


13. Permission Letter/ Feedback from Beneficiaries/ Photo of Letter of




SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR

Appreciation/ Testimonials:

 **SGT UNIVERSITY**
Shree Guru Gobind Singh Tricentenary University



Faculty of Nursing

Ref. No. FON/SGTU/24/468 Dated: 16.05.2024.

To

The Senior Medical Officer,
Community Health Centre,
Farukhnagar, Gurugram

Subject:- Regarding Organization of Health Awareness Program on 17.05.2024.

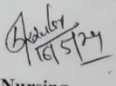
Dear Sir/Madam,

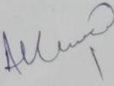
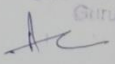
The Wellbeing Club under Department of Community Health Nursing, Faculty of Nursing,
SGT University, Gurugram in Organizing the Health awareness program on 17th May 2024
from 10:00 am onwards.

Activities: - Roleplay on Hypertension

You are requested to kindly facilities the students for the Health Awareness Program.

Regards

Dean 
Faculty of Nursing


Med. Officer
GHC Farukhnagar
Gurugram


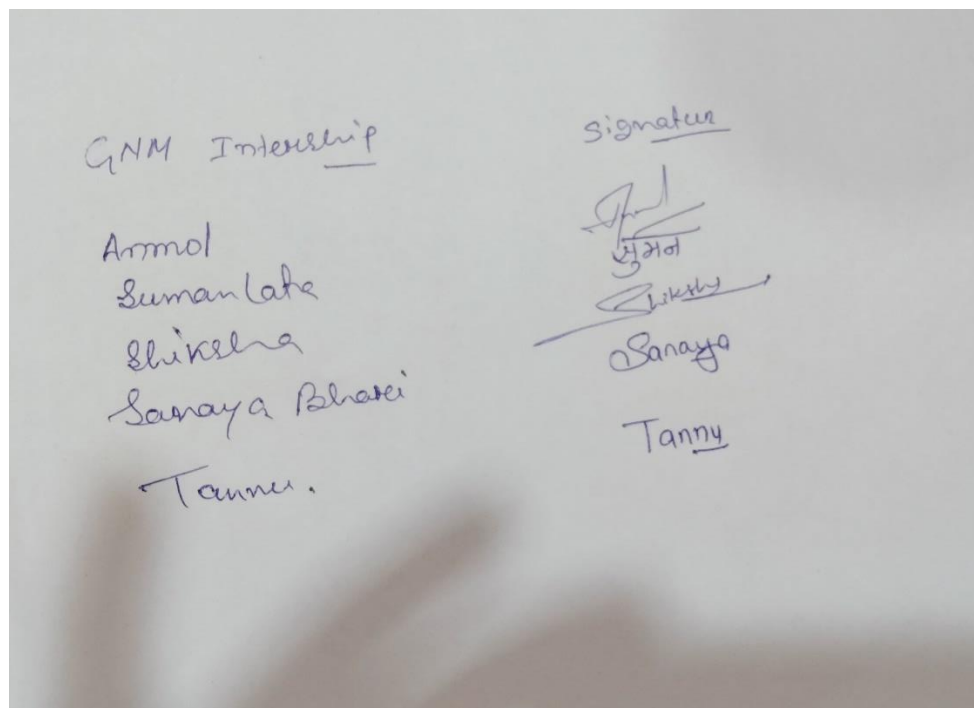
Phone: 0124-2278183, 84, 85 Extn: 3232, 3225 E-mail ID: dean.fnur@sgtuniversity.org



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR

14. List of the student participants:





SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR