



(Sponsored by Women's National Education Society)  
Accredited by the NAAC with 'A' Grade

## REPORT ON HYPERTENSION AWARENESS EXHIBITION

The Department of PG Studies in Food Science and Nutrition organized a hypertension awareness model-making competition cum exhibition with the theme Hype-Err-Tension: *Detect-Protect-Correct* on account of World Hypertension Day which is celebrated every year on 17<sup>th</sup> May for I M. Sc, III B. Sc Food Nutrition and Dietetics and III Home Science students.

### OBJECTIVE

- To provide a platform for the students to showcase their knowledge of the subject through their models.
- To build the spirit of teamwork and cooperation among the students.
- To raise awareness of hypertension and encourage people to adopt lifestyle and dietary modifications to prevent and correct hypertension.

### OUTCOME

- The faculty, administrative staff, and students gained knowledge on the importance of hypertension and measures to detect, prevent, and correct hypertension.

### REPORT

The exhibition cum competition was held in the open stage of the college. The event was graced by the Vice President of WNES and Correspondent of Besant Women's College Dr. Manjula KT, Principal Dr. Satish Kumar Shetty P, Associate Professor Dr. Nayanatara Arunkumar, Department of Physiology, KMC College, Clinical Dietitian Ms. Haifa Ansari Yenepoya Hospital, Mangaluru and faculty of the department. The event began at 11:00 a.m. and went on till 1:00 p.m.

Around 7 teams consisting of 3 members each participated in the event. The topics for the competition were selected by picking up from the lot system. The models were judged by Dr. Nayanatara Arunkumar and Ms. Haifa Ansari. The students also had poster presentations to help everyone understand the concepts of their models. Among the 7 teams, the team of Khathija Raneem, Fathima Nasooaha, and Maryam Rubayya secured the 1st place, and the team of Sathvi KG, Neha Rawal, and Shabistha Anjum bagged the 2<sup>nd</sup> place. All the students were given an E-Participation certificate and the winners will be given the certificates during the college day program.

In addition to the exhibition, the BP check facility was made available to the staff and students of the college. Appropriate dietary and lifestyle modification guidelines were given to those with elevated blood pressure values.

The event was coordinated by the M. Sc Food Science and Nutrition faculty. All the faculty members, administrative staff, and students of the college actively participated to make it a successful event.

**BESANT WOMEN'S COLLEGE**  
 SPONSORED BY WOMEN'S NATIONAL EDUCATION SOCIETY  
 M.G. ROAD, KODIALBAIL, MANGALORE-03

The Department of PG Studies in Food Science & Nutrition along with IQAC cordially invites you to the hypertension awareness exhibition

**Hype-Err-Tension!!**  
 Detect-Protect-Correct

**DATE: 17-05-2023 TIME : 10.30 AM ONWARDS**  
**VENUE: OPEN STAGE**

Prof. Syed Kahdar S. IQAC Co-ordinator  
 Dr. Sathish Kumar Shetty P Principal  
 Dr. Manjula KT Correspondent -BWC Vice President-WNES

Ms. Ameera Faculty, MSc FSN  
 Ms. Nireeksha V Faculty, MSc FSN  
 Ms. Indira Badya HOD, MSc FSN

**BP CHECK FACILITY**  
 Blood pressure checking facility will be provided to the students & staff





