

Activity Report, Year: 2026- 2027

DEPARTMENT/ COMMITTEE: FYIC Bioanalytical Science

IQAC Document No:

Title of the Activity: ALUMINI MEET WITH CURRENT UG STUDENTS			
COORDINATOR NAME	DAY & DATE	VENUE	TIME
Dr Kavita Pandey Mrs. Anandi Rebello Mrs Zoya.	26. 09. 2026 Saturday	KHALSA COLLEGE Banquet Hall	12.30 PM TO 2.30 PM
NUMBER OF PARTICIPANTS 110	NATURE: INDOOR	TYPE OF ACTIVITY: ACADEMIC	
SCHEDULED	FUNDING SOURCE: N/A.		
AMOUNT:	CHIEF GUEST NAME Dr. Abdul Shakoor Mukadam (Renowned Hypertension expert)		
TOPIC/SUBJECT OF THE ACTIVITY	<u>TAKE CHARGE at 18</u>		
OBJECTIVES	- To create awareness among students about hypertension (high blood pressure), its causes, symptoms, risk factors, and possible complications. - To educate students about the relationship between hypertension and cardiovascular health, particularly its impact on the heart and overall circulatory system. - To provide practical guidance regarding healthy diet, lifestyle modifications, physical activity, stress management, and other preventive measures for maintaining normal blood pressure. - To help students understand the importance of regular blood pressure monitoring and early identification of abnormal blood pressure. - To educate participants about the significance of normal, high, and low blood pressure levels and pulse rate, and when medical attention may be required. - To provide students with an opportunity to interact with Dr. Abdul Shakoor Mukadam and clarify their questions regarding hypertension, heart health, diet, lifestyle, and general health.		
METHODOLOGY	- A health awareness talk was conducted by Glenmark Take Charge at 18 initiative team, focusing on hypertension and cardiovascular health. - The physician explained the causes, risk factors, effects, prevention, and management of hypertension, along with the importance of maintaining healthy blood pressure. - The session included detailed discussion on diet and lifestyle modifications, including healthy eating habits, regular physical activity, stress management, and other measures to reduce the risk of hypertension. - The speaker also explained the connection between high blood pressure and heart health, highlighting the importance of preventing and controlling hypertension to maintain cardiovascular well-being. - A digital awareness initiative was displayed through a banner/QR-based activity, encouraging participants to scan and check their blood pressure using the available digital facility. - An interactive question-and-answer session was conducted, where participants asked questions related to hypertension, blood pressure, heart health, diet, lifestyle, and general health concerns. - At the end of the session, members of Glenmark conducted individual blood		

	pressure checks using a blood pressure monitoring machine and explained the recorded blood pressure and pulse rate to each participant. Participants were provided with a health card containing their blood pressure and pulse measurements, along with an explanation of whether their readings were within the normal range or required attention.
OUTCOMES	- Participants gained improved knowledge and awareness about hypertension, including its causes, risk factors, prevention, and management. - Students developed a better understanding of the relationship between hypertension and heart health and the importance of controlling blood pressure to protect cardiovascular health. - Participants learned about the importance of healthy dietary habits, regular physical activity, stress management, and lifestyle modification in preventing hypertension. - The practical blood pressure screening helped participants become aware of their individual blood pressure and pulse rate measurements. - Participants learned how to differentiate between normal, high, and low blood pressure readings and understood the importance of regular monitoring. - The question-and-answer session provided participants with an opportunity to clarify their personal health-related doubts directly with a medical professional. - The activity encouraged students to adopt a preventive approach towards health rather than waiting for symptoms or complications to occur. - The distribution of individual health cards helped participants retain a record of their measurements and increased awareness about the importance of regular health monitoring.
Pre-event Documents: (Approval & Planning)	N/A
During event Documents (Event)	
Post-event documents (Feedback & Reports)	Report

IQAC Document No:	Attribute Name & No:	
DEPARTMENTAL FILE NO:	IQAC FILE NO:	

Name Of Teacher Coordinator & Signature with date	Name Of Head/ Committee In charge & Signature with date	IQAC COORDINATOR (SEAL & SIGNATURE) Date
Dr. Kavita Pandey	Dr. Kavita Pandey	



Mumbai, Maharashtra, India
Dhanu Kunj, Ashirwad Society, 472/c, Rd Number 33,
Matunga East, Mumbai, Maharashtra 400019, India
Lat 19.025749° Long 72.855787°
Saturday, 26/09/2026 01:39 PM GMT +05:30



Mumbai, Maharashtra, India
2vg4+7j8, Nathalal Parekh Marg, Matunga East,
Mumbai, Maharashtra 400019, India
Lat 19.025615° Long 72.856209°
Saturday, 26/09/2026 12:55 PM GMT +05:30



Mumbai, Maharashtra, India
2vg4+7j8, Nathalal Parekh Marg, Matunga East,
Mumbai, Maharashtra 400019, India
Lat 19.025725° Long 72.856206°
Saturday, 26/09/2026 12:52 PM GMT +05:30



Mumbai, Maharashtra, India
340, Chandavarkar Rd, Matunga East, Mumbai,
Maharashtra 400019, India
Lat 19.025928° Long 72.853886°
Saturday, 26/09/2026 01:53 PM GMT +05:30



Mumbai, Maharashtra, India
Khalsa Bms/bmm Department, Rd Number 33,
Matunga East, Mumbai, Maharashtra 400019,
India
Lat 19.025493° Long 72.856288°
Saturday, 26/09/2026 01:59 PM GMT +05:30

