



Date: 14/March/2024

Report on World Kidney Day

On 14 March 2024, the Wellness Club Organized an awareness Programme on World Kidney Day with the collaboration of Rian Dialysis and Health Care Centre. Director Cum Principal Professor (Dr.) Mahendra Singh Ashawat welcomed eminent speakers Director Rian Dialysis Centre Dr. Uday Ran Singh and M.D Nephrology Dr. Kamakshi Singh. The Chief Guest of this programme was Sub Divisional Magistrate Dr. Sanjeev Kumar, Block Medical Officer Dr. Sanjay Bajaj and Professor cum Pediatrician Dr. Ranveer Singh Jaswal. Dr. Kamakshi Singh delivered lecture on Kidney. Dr. Kamakshi told regular checkups are essential for maintain kidney function and detecting symptoms of renal disease early. She also told chronic stress can raise the chance of having high blood pressure there is a risk factor for kidney and reduce the amount of salt in your diet. She told eat a healthy diet. Choose healthy meal option to help you avoid high blood pressure and its complications. More than 170 students from M. Pharmacy, B. Pharmacy and D. Pharmacy took part in this programme. People from near villages were also present in this programme. The programme ended with votes of thanks. Professor (Dr.) M.S.Ashawat and Dean Student Welfare Officer professor (Dr.) C.P.S. Verma presented the momento for the kidney Day programme.



(Signature)
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Bahni, Himachal Pradesh, India
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 Lat 31.873898°
 Long 76.28574°
 14/03/24 04:26 PM GMT +05:30



Jawalamukhi, Himachal Pradesh, India
 V7FP+C7P, Teh, Kathog, Jawalamukhi, Bahni, Himachal Pradesh 176031, India
 Lat 31.873651°
 Long 76.285837°
 14/03/24 06:07 PM GMT +05:30



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किडनी स्वस्थ रखने के लिए कंट्रोल में रखें बीपी

अनिल कुमार, जवालामुखी

लॉरेट इंस्टीट्यूट ऑफ फार्मसी के वरिष्ठ प्रोफेसर ने रिजल्ट डायलिसिस हेल्थ सेंटर की मदद से किडनी दिवस पर सांभार आयोजित किया गया। इसका विषय था सभी के लिए किडनी स्वास्थ्य टोपडाल करना। इस कार्यक्रम के मुख्य अतिथि के रूप में उपस्थित थे जवालामुखी के सचिव अशोक सिंह, डॉ. अशोक सिंह और डॉ. अशोक सिंह। कार्यक्रम में डॉ. अशोक सिंह ने किडनी की बीमारियों को लेकर सलाह देकर डॉ. अशोक सिंह को किडनी दिवस के अवसर पर सांभार परिसर में आयोजित कार्यक्रम में भाग लेने का अवसर प्रदान किया।

दिवस का आयोजन डॉ. अशोक सिंह के अध्यक्षता में किया गया। कार्यक्रम में डॉ. अशोक सिंह ने किडनी की बीमारियों को लेकर सलाह देकर डॉ. अशोक सिंह को किडनी दिवस के अवसर पर सांभार परिसर में आयोजित कार्यक्रम में भाग लेने का अवसर प्रदान किया।

डॉ. अशोक सिंह ने किडनी की बीमारियों को लेकर सलाह देकर डॉ. अशोक सिंह को किडनी दिवस के अवसर पर सांभार परिसर में आयोजित कार्यक्रम में भाग लेने का अवसर प्रदान किया।

डॉ. अशोक सिंह ने किडनी की बीमारियों को लेकर सलाह देकर डॉ. अशोक सिंह को किडनी दिवस के अवसर पर सांभार परिसर में आयोजित कार्यक्रम में भाग लेने का अवसर प्रदान किया।

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Wellness Club Activities For the session 2024

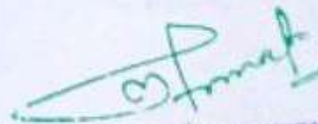
Attendance

Name of Activity - World Kidney Day

Sr. No	Name	Roll No	Signature
1	Mayank katoch	23013114061	Mayank
2	Mehak Jaswal	23013114062	Mehak
3	Muhammad	23013114063	Muhammad
4	Mitun Thakur	23013114064	Mitun
5	Kajol	23013114068	Kajol
6	Nidhika Rana	22013118005	Nidhika
7	Poojanka Lagwal	22013118006	Poojanka
8	Aisha Sharma	22013118009	Aisha
9	Abhishek Singh Rana	22013118002	Abhishek
10	Nikhil Rana	22013118001	Nikhil
11	Sakshi Gulera	22013118007	Sakshi
12	Simran Kaur	23013114093	Simran
13	Samiksha	23013114100	Samiksha
14	Smritika	23013114094	Smritika
15	Banyam Sharma	23013114101	Banyam
16	Spansh Chauhan	23013114096	Spansh Chauhan
17	Shivam Sharma	2301311097	Shivam
18	Samesh singh	23013114103	Samesh
19	Surya Goswami	23013114104	Surya
20	Tanish Pathwal	23013114105	Tanish
21	SMOBBAM Sharma	23013114099	SMOBBAM
22	Shikha Rana	23013114098	Shikha
23	Umesh Kumar	23013114111	Umesh
24	Tusha	23013114110	Tusha
25	Tanvi Sharma	23013114109	Tanvi
26	Pammi Sharma	23013114108	Pammi
27	Tanisha Sharma	23013114107	Tanisha
28	Tanish Dharma	23013114106	Tanish
29	Vaishnavi	23013114112	Vaishnavi
30	Vansh Mehra	23013114113	Vansh
31	Vanshit Sharma	23013114114	Vanshit
32	Vishay Patel	23013114115	Vishay
33	KRISH RATNA	23013114156	Krish
34	Rahul	23013114078	Rahul
35	Rahul Sharma	23013114079	Rahul
36	Rahul Choudhary	23013114080	Rahul
37	Rahul Sharma	23013114081	Rahul
38	Rajat Bhatia	23013114082	Rajat
39	Rajansh Sharma	23013114083	Rajansh
40	Ritesh Parmar	23013114084	Ritesh Parmar
41	Ritika Parmar	23013114085	Ritika
42	Rohit Chauhan	23013114086	Rohit
43	Rudhans Sethi	23013114087	Rudhans
44	Rupali	23013114088	Rupali
45	Rohit Thakur	23013114089	Rohit Thakur
46	Rohit Thakur	23013114090	Rohit Thakur
47	Saiyam Bhatia	23013114091	Saiyam
48	Sakshi	23013114092	Sakshi
49	Manish Kumar	23013114062	Manish Kumar
50	Megha Rana	23013114063	Megha Rana

52	Vaishnavi Guleria	22013114113	Vaishnavi
53	Shivi Shand	22013114106	Shivi Shand
54	Vansh Bhardwaj	22013114115	Vansh Bhardwaj
55	Sourav Chaudhary	22013114108	Sourav
56	SHIV KUMAR	22013114010	Shiv Kumar
57	ADITYA CHAUDHARY	22013214003	Aditya
58	SHIVAM KAUNDAL	22013114102	Shivam
59	Shayna Thakur	22013114101	Shayna
60	Shadab Ali	22013114099	Shadab
61	Sajal Rana	22013114098	Sajal
62	Natwarth Jarnwal	22013114097	Natwarth
63	Rohit Chaudhary	22013114090	Rohit
64	Robin	22013114089	Robin
65	Toshak Mehta	22013114111	Toshak
66	ROHIT Sharma	22013114091	Rohit
67	Ruchi	22013114092	Ruchi
68	Sahin Sharma	22013114093	Sahin
69	Sahil	22013114094	Sahil
70	Sahil Kumar	22013114095	Sahil
71	Samanti	22013114096	Samanti
72	Priyanka Sharma	22013114092	Priyanka
73	Pooja	22013114074	Pooja
74	Pooja	22013114075	Pooja
75	Palak Verma	22013114076	Palak
76	Pulkit	22013114085	Pulkit
77	Rahul	22013114086	Rahul
78	Rishav	22013114087	Rishav
79	Riya	22013114088	Riya
80	Shayna Rana	22013114080	Shayna
81	Pooja Sharma	22013114079	Pooja
82	Pooja	22013114078	Pooja
83	Prachi Kataria	22013114081	Prachi
84	Prachi Thakur	22013114082	Prachi
85	Nitish Thakur	22013114073	Nitish
86	Anshu Kumar	23023114001	Anshu
87	Ankush Bhardwaj	23023114002	Ankush
88	Nishant Dogra	23023114006	Nishant
89	Nainika Chib	22013114064	Nainika
90	Nikhil Ojha	22013114067	Nikhil
91	Neha Prabhu	22013114066	Neha
92	Mehak Sharma	22013114061	Mehak
93	Muskan	22013114065	Muskan
94	Muskan	22013114063	Muskan
95	Nikhil Kumar	22013114070	Nikhil
96	Nikhil Kaundal	22013114068	Nikhil
97	Nikhil Kumar	22013114069	Nikhil
98	Nimipon Thakur	22013114071	Nimipon
99	Mukul Chauhan	22013114062	Mukul Chauhan
100	Nishant	22013114072	Nishant
101	Sajal Sharma	22013114090	Sajal Sharma
102	Sanniph Soodan	22013114091	Sanniph Soodan
103	Shweta Shetty	22013114100	Shweta
104	Shab Kataria	22013114097	Shab
105	Tanvi Sharma	22013114106	Tanvi
106	Vishal Chaudhary	22013114119	Vishal
107	Tanmay Sharma	22013114105	Tanmay

108	Kashish	230514811032	Kashish
109	Richa Sharma	230514811039	Richa Sharma,
110	Shweti	230514811056	Shweti
111	Ritika	230514811041	Ritika
112	Shivani Koundal	230514811055	Shivani
113	Aarush	230514811001	Aarush
114	Ankur	230514811012	Ankur
115	Karan	230514811031	Karan


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