



# Laureate Institute of Pharmacy

(Approved by PCI & AICTE, New Delhi and H.P. Govt.)  
Affiliated to Himachal Pradesh Technical University, Hamirpur  
V.P.O Kathog, Tehsil Jawalamukhi, Distt, Kangra, H.P. Pin Code 176031

## REPORT ON WORLD ANTIHYPERTENSION DAY CELEBRATION

On 17th May, Institutional Wellness Club organized an awareness programme on World Hypertension Day. The theme of the health talk was People need to know why raised blood pressure is dangerous, and how to take steps to control it. Prof (Dr.) Mahendra Singh Ashawat Director Cum Principal Laureate Institute of Pharmacy Welcomed Dr. Amritansh and Dr. Shilpa Rana. Dr. Amritansh delivered lecture on Hypertension. He told the common factors that can lead to high blood pressure include: A diet high in salt, fat, or cholesterol. He covered various aspects of Hypertension such as causes, signs and symptoms, early detection, preventive measure, and treatment. He told eat a healthy Diet. Choose healthy meal and snack options to help you avoid high blood pressure and its complications. Undergraduate and post graduate students learned the basic skill to avoid high blood pressure. Whole team of club in the presence of Director Cum Principal Dr. Mahendra Singh Ashawat and Dean Student Welfare Dr. C.P.S Verma presented the memento to the speaker Dr. Amritansh and Dr. Shilpa Rana.

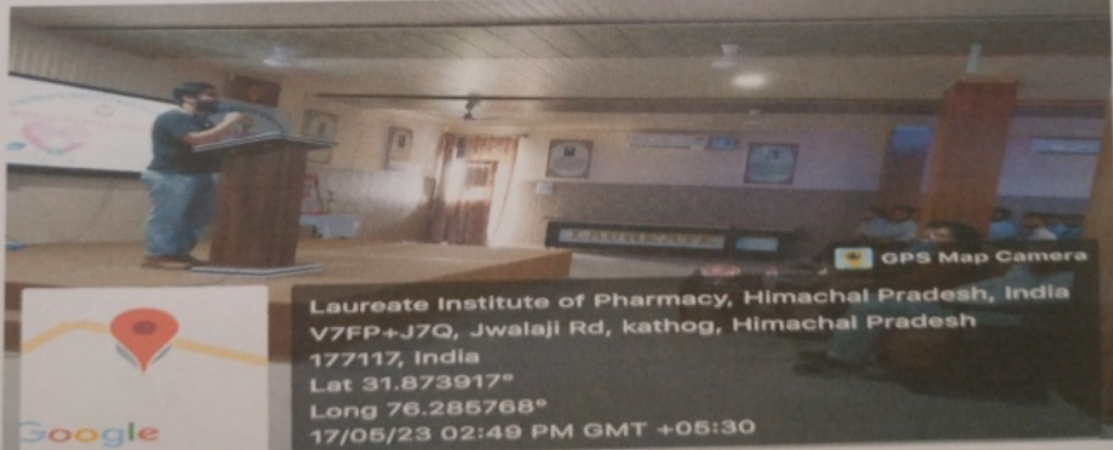




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