

**M S G Arts, Science and Commerce College Malegaon Camp Dist. Nashik**  
**Department of Physics**

**Activity for Measurement of Blood Pressure**

**Date: 12.02.2022**

Department of Physics was organized Departmental Activity for the Measurement of Blood Pressure of the Third year BSc students. 28 students were participated in this activity. In the activity, high and low range B. P. (Normal range 90-120) was measured by the Sphygmomanometer Instruments. Mr. S U Tiwari have explained the objective of the Measurement of Blood Pressure of the human being, such as

- To define blood pressure and explain why there is normally a blood pressure.
- To define systolic, diastolic, pulse & mean arterial pressure and their significance.
- To list methods of measuring blood pressure, and mention the advantages and disadvantages of each method.
- To discuss the indications and the precautions of measuring BP.
- To describe the equipment for measuring BP in each method.
- To show the correct technique for measuring BP.
- To determine the effects of using a wrong size cuff for measuring the BP.

**Blood Pressure Measurement**

Normal BP < 120/80 mmHg (In Adults)

Range: Systolic –100-120mmHg

Diastolic—60-80mmHg

**Equipment:** Stethoscope, Sphygmomanometer

Also they have explained the comparison between Systolic and Diastolic to the students.

<b>B P Category</b>	<b>Systolic BP</b>	<b>Diastolic BP</b>
Normal	<120 mmHg	< 80 mmHg
Elevated	120-129 mmHg	< 80 mmHg
Hyper tension Stage 1	130-139 mmHg	80-89 mmHg
Hyper tension Stage 2	≥140 mmHg	≥ 90 mmHg
Hypertension Urgency	>180 mmHg	>120 mmHg
Hypertension Emergency	>180mmHg target organ Damage	> 120mmHg target organ Damage

Under the guidance of Dr. A S Garde, Head, Department of Physics, Mr. C R Yewale, Miss. Ara Firdous, Mr. S S Mandwade, Mr. R G Bhamare, Mrs Yogita Jadhav and Mr. Pranay Vichare have been efforts for achievement of this activity.



(Dr A S Garde)

