

WORLD HYPERTENSION DAY

MEASURE YOUR BLOOD PRESSURE ACCURATELY, CONTROL IT, LIVE LONGER!

HASTHA (HELPING HANDS) – 2025

17th May 2025 | 09:00 am to 01:00 pm

Keragundahalli



About the Program

World Hypertension Day is observed globally on May 17 each year to raise awareness about high blood pressure, its risks, and the importance of prevention, detection, and control. The 2025 theme, **“Measure Your Blood Pressure Accurately, Control It, Live Longer!**”Emphasizes the critical role of accurate blood pressure monitoring and proactive management to reduce the risk of heart attacks, strokes, and kidney failure. This program aims to educate the public, students, and healthcare professionals on the silent dangers of hypertension, promote healthy lifestyle choices, and encourage regular screening for early detection. The event includes health talks, BP screening camps, awareness rallies, and interactive sessions to empower individuals to take control of their cardiovascular health.

Objectives of the Program

- To raise awareness about the causes, consequences, and preventive strategies of hypertension among the general population.
- To educate individuals on the importance of accurate blood pressure measurement techniques.
- To promote regular screening and early diagnosis of high blood pressure in community and clinical settings.
- To encourage lifestyle modifications such as reduced salt intake, physical activity, stress management, and cessation of tobacco and alcohol.
- To empower participants to manage hypertension effectively through medication adherence and follow-up care.
- To involve nursing and medical students in community outreach and health promotion activities related to hypertension control.

Expected Outcome of the Program

- Increased Public Awareness
- Improved Screening Rates
- Enhanced Skills in BP Measurement
- Promotion of Healthy Lifestyle Practices
- Community Engageme

Target Audience: Community Population

Committee Members

ADVISORY COMMITTEE			—
• Prof. Devi Nanjappan, Principal, Smt. Nagarathnamma college of Nursing, Bangalore			
FACULTY COORDINATOR			+
• Dr. Vijaya Malar S, Professor and Head of the Department of Community Health Nursing, SNCN			
• Ms. Deepthi Ray, Asst. Lecturer Department of Community Health nursing SNCN			
PROGRAM SCHEDULE			+
Time	Events /Activities	Place	
09:00 AM - 09:30 AM	Registration and Welcome of Participants	Keragundahalli	
09:30 AM - 09:45 AM	Brief on World Hypertension Day	Keragundahalli	
09:45 AM - 10:00 AM	Health Talk: Importance of Blood Pressure Monitoring and Control	Keragundahalli	
10:00 AM - 10:30 AM	Demonstration: Correct Method of BP Measurement	Keragundahalli	
10:30 AM - 12:00 PM	Free BP Screening Camp & Individual Counseling	Keragundahalli	
12:00 PM - 01:00 PM	Health Education Session: Diet, Lifestyle, and Stress Management Tips	Keragundahalli	



Smt. Nagarathnamma College of Nursing

Acharya Dr. S. Radhakrishnan Road, Acharya P.O
Soladevanahalli, Bangalore - 560107, Karnataka, India.

LOCATE US

Event Coordinator

Dr. Vijaya Malar S,
Professor and Head of the Department of
Community Health Nursing, SNCN.

