

Observations on WORLD HYPERTENSION MONTH

Our prestigious institution in the Month of June, designated as World Hypertension Day month, saw a vibrant campaign to raise awareness about this silent killer. Free blood pressure screening in various camps were organized throughout the month, making it accessible to all.

These camps were enlivened by interactive skits performed by volunteers. The skits, often humorous, portrayed the importance of regular check-ups and healthy lifestyle choices in managing hypertension.

Activities went beyond screenings. Educational workshops offered tips on diet, exercise, and stress management, various posters on patient education on hypertension and its complications, promoting self-monitoring of Blood pressure.

This multi-pronged approach not only informed the public but also fostered a sense of community and support in the fight against hypertension.

Here are Observations of World hypertension seen on various days of the month.



Figure 1: Hypertension screening awareness camp in Vydehi Hospital, on 17th May, 2024



Figure 2: Awareness programme on Hypertension observed on 17th May, 2024



Figure 3: Pledge by the Health care workers to promote Hypertension awareness on 31st May, 2024



Figure 4: Morbidity camp in Doddabanahalli, observed on 23rd May 2024



Figure 5: Hypertension screening in Kanamangala camp, observed on 14th June 2024



Figure 6: Screening camp and awareness on Hypertension Observed in Lingarajapuram camp, on 15th June, 2024



Figure 7: Skit on Hypertension awareness performed by the students of MBBS, on 17th June 2024

