



Report on awareness session on World Hypertension Day, May 17.

Introduction

“Knowledge is power, but awareness is the first step toward prevention.”

May 17 is observed as World Hypertension Day, a global initiative aimed at raising awareness about high blood pressure, its risk factors, and the importance of prevention and control. The day emphasizes the need for regular blood pressure monitoring, healthy lifestyle choices, and early diagnosis to reduce the risk of heart disease, stroke, and kidney failure. Through public education campaigns, screening programs, and community engagement, World Hypertension Day encourages individuals to take charge of their heart health and supports global efforts to reduce the burden of hypertension. In recognition of World Hypertension Day, the Department of Medical Surgical Nursing along with IV Semester BSc Nursing students took the initiative to organize a health education session on hypertension awareness. This session aimed to educate attendees on the definition, causes, risk factors, symptoms, complications, and management of hypertension. A health talk emphasized the importance of regular blood pressure monitoring, stress management, a balanced diet, physical activity, and adherence to prescribed medications.

Event highlights:

On May 17th, 2025, an informative health education session on hypertension awareness was conducted by the IVth semester BSc Nursing Students of Sree Gokulam Nursing College, Venjaranmoodu. The session was organized under the guidance of Ms. Jayalekshmi, Assistant Professor, Medical Surgical Department, SGNC & Ms. Saranya M S, Tutor, SGNC. The event was held at the general medicine out-patient department of Sree Gokulam Medical College Hospital & Research Foundation, Venjaranmoodu. The programme began with a welcome speech by Mr. Ashik Muhammed, who emphasized the importance of understanding and managing blood pressure to prevent long-term complications. Ms. Arathy Sunil then explained the definition of hypertension, followed by Mrs. Ananthu S.L., who discussed the risk factors. The etiology was presented by Ms. Asiya S., and the clinical manifestations along with diagnostic evaluations were explained by Ms. Asna Khan. Ms. Ashi Rajeev elaborated on the management of hypertension, and finally, Ms. Asiya concluded the session by highlighting the importance of prevention and proper management of hypertension.





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Hypertension, also known as high blood pressure, is a major risk factor for heart disease, stroke, and kidney failure. It often presents without symptoms, which is why it is commonly referred to as a "silent killer." However, symptoms such as headaches, dizziness, blurred vision, and chest pain can occur in severe cases. Diagnosis typically involves regular blood pressure measurements using a sphygmomanometer. In some cases, further tests may be required to assess organ damage or underlying causes.

Early detection and proper management of hypertension are crucial for reducing the risk of complications. Lifestyle changes, including a balanced diet, regular physical activity, reducing salt intake, avoiding tobacco and alcohol, and stress management, play a key role in controlling blood pressure.

Medication may also be necessary depending on the severity of the condition. Approximately 25 participants attended the session. Audio aids were utilized to enhance understanding and demonstrate important information to the attendees. And the nursing students actively engaged with the audience by answering queries and addressing concerns. The session successfully increased awareness about hypertension and motivated participants to adopt healthier lifestyles and monitor their blood pressure regularly. This event served as a powerful platform to raise awareness about hypertension and motivate individuals to take proactive steps toward maintaining their health through regular monitoring, lifestyle changes, and early intervention.

Conclusion

The events organized by the Department of Medical Surgical Nursing at Sree Gokulam Nursing College, in collaboration with the 4th Semester BSc Nursing students, have made a significant contribution to the ongoing efforts in promoting hypertension awareness. This impactful initiative combined engaging activities with informative health education to effectively communicate the seriousness of high blood pressure and the importance of its prevention and control. The event successfully captured the attention of attendees through interactive discussions and educational demonstrations, highlighting key topics such as the causes of hypertension, its risk factors, symptoms, complications, and preventive measures. By emphasizing the importance of regular blood pressure monitoring, lifestyle modifications, and early medical intervention, the session empowered individuals to take charge of their cardiovascular health.

Through this initiative, we not only raised awareness but also fostered a sense of responsibility and informed decision-making among the participants. The event left a lasting impression on the community and marked a step forward in reducing the burden of





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hypertension. We remain committed to continuing our outreach and education efforts to build a healthier, more informed society.