Date/Day: 20-05-2026/Wednesday

Title: World Hypertension Day-Hypertension Awareness

Objective:

- The main objective of this program was to make aware to students about importance of maintaining hypertension in the body. Hypertension is often called the "silent killer" because it usually has no symptoms but significantly increases the risk of heart attack, stroke, kidney disease, and premature death. Early detection, regular monitoring, and sustained treatment can prevent most hypertension-related complications

Program Outcomes: PO1, PO4, PO7, PO9, PO10

Details of the Resource Person: Dr. Sushruta Mulay and Neetu Gautam Faculties MES H.K. College of Pharmacy.

Participants Details:

Total no. of college students (First Year B Pharm semester II): 43

Total no of Faculty: 2

Summary of the Activity:

World Hypertension Day is observed every year on 17 May and forms part of Hypertension Awareness Month. It aims to raise global awareness about high blood pressure, promote its prevention, detection, and control, and encourage action at individual, community, and health-system levels.

On World Hypertension Day, students were given a brief overview about hypertension. During this session, students were informed about nature of hypertension, preventive measures and the impact of lifestyle on this life-threatening condition.

On this day, students pledged their commitment towards maintaining healthy eating habits to maintain heart health. A quiz contest was also part of the initiative to assess the students' knowledge on cardiac functions and related complications.

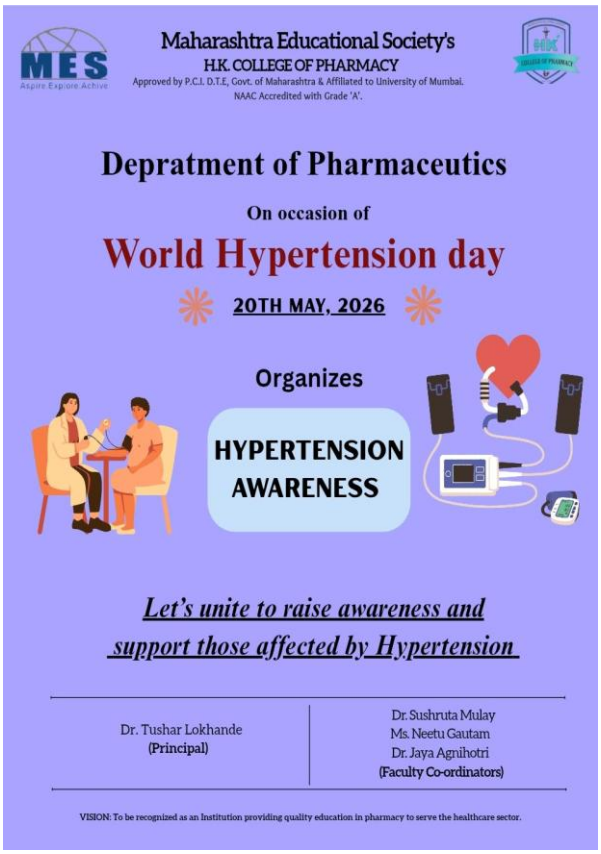
Student Oath against Hypertension

"Today, I pledge to take charge of my heart health. I promise to eat fresh, stay active, limit my screen time and manage stress daily-because a healthy heart is the key to a bright and successful future."

Quiz Contest

The quiz contest was organized for students with 20 MCQs based on questions related to Hypertension, Anatomy and Physiology of the heart and lifestyle related diseases of the heart.

Brochure/Photo Gallery:



Key Outcome of the Activity:

Students could understand measures to be taken to control and detect hypertension such as;

- Monitoring blood pressure regularly (Routine screening) and motivating proactive medical checkups.
- Lowering dietary sodium salt intake, avoiding tobacco, alcohol and adopting aerobic exercise routines.
- Acquiring actionable stress reduction techniques to help lower cardiovascular and arterial tension and
- Strictly adhering to prescribed pharmacological treatments.

Link for social media:

LinkedIn	https://www.linkedin.com/posts/h-k-college-of-pharmacy-mumbai-303524222_world-hypertension-day-was-observed-on-20th-share-7478764164660862976-YRPS/?utm_source=share&utm_medium=member_desktop&rcm=ACoAADf2WrMBUFgAeZVznddoMfc3VtpDnyqdS4Y
Facebook:	https://www.facebook.com/photo?fbid=1505777831561854&set=pb.100063889549264.-2207520000
Instagram:	https://www.instagram.com/p/DaU_-uxDsCq/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA==

Event Coordinator/s
Dr. Sushruta Mulay
Mrs. Neetu Gautam

IQAC Coordinator
Dr. Archana Upadhya

Dr. Tushar Lokhande
Principal