

Department of Nutrition & Dietetics
JSS Academy of Higher Education & Research, Mysuru
Special Lecture, Demonstration and Interactive Quiz

to commemorate World Hypertension Day 2026, 25th May 2026

The Department of Nutrition & Dietetics, JSS Academy of Higher Education & Research, Mysuru, commemorated **World Hypertension Day 2026** by organizing a **Special Lecture and Hands-on Training Session on Blood Pressure and Pulse Measurement**, along with an **Interactive Quiz on Hidden Salt Content in Foods** for undergraduate and postgraduate students.

The event aimed to create awareness about hypertension, promote preventive healthcare practices, and enhance students' practical skills in cardiovascular health assessment. Hypertension remains one of the leading risk factors for cardiovascular diseases, stroke, and kidney disorders, making early detection and lifestyle modification essential for disease prevention and management.

During the event, lecture by the resource person **Dr. Archana S, Associate Professor, Dept. Anesthesiology & Coordinator, Skill and Simulation Centre, JSS Academy of Higher Education & Research, Mysuru**, highlighted the importance of regular blood pressure monitoring, risk factors associated with hypertension, interpretation of blood pressure readings, and strategies for prevention and control. The session emphasized the role of healthcare professionals in early screening and community awareness.

A major highlight of the programme was the **hands-on training session on Blood Pressure and Pulse Measurement**. Students received practical training on the correct techniques for measuring blood pressure using sphygmomanometers and recording pulse rate accurately. The training enabled students to understand standard measurement protocols, identify common errors, interpret findings, and appreciate the significance of routine cardiovascular monitoring in clinical and community settings.

To further reinforce awareness about dietary factors contributing to hypertension, an engaging **“Guess the Hidden Salt” Quiz** was conducted. Students were challenged to estimate the salt and sodium content of commonly consumed foods, including fresh foods, traditional meals, convenience foods, processed foods, packaged snacks, restaurant foods, and junk foods. The activity generated enthusiastic participation and highlighted the presence of hidden sodium in

everyday foods such as instant noodles, chips, sauces, packaged soups, pizzas, burgers, pickles, and ready-to-eat products.

The quiz also introduced students to healthier, lower-sodium alternatives and encouraged critical evaluation of food labels and dietary choices. Through this activity, participants gained practical knowledge on the relationship between excessive sodium intake and hypertension, reinforcing the importance of dietary modifications for cardiovascular health.

The programme successfully combined academic learning with experiential training, enabling students to develop essential clinical competencies while promoting awareness of hypertension prevention. The event served as an excellent platform for strengthening students' knowledge, practical skills, and commitment to preventive healthcare.

The Department expresses its sincere gratitude to the resource person, faculty members, organizing committee, and enthusiastic student participants for contributing to the success of the programme. Such initiatives reflect the department's commitment to fostering skill-based education, health promotion, and community-oriented learning experiences.

The event Chairperson was **Dr Vanitha Reddy P**, planning and execution by **Dr Sudha Sairam & Dr Tokpam Reshma Chanu**, Organising Secretary, Department of Nutrition & Dietetics, JSS Academy of Higher Education & Research, Mysuru as part of skill enhancement and to promote active learning, critical thinking, problem-solving, and informed decision-making related to nutrition and health. By integrating theoretical concepts with practical demonstrations and participatory activities, the programme fostered outcome-based learning and enhanced students' professional readiness.





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DEPARTMENT OF NUTRITION & DIETETICS

**25 MAY
2026**

WORLD
HYPERTENSION
DAY

In Commemoration of

Organizes

HYPERTENSION DAY 2026 SPECIAL LECTURE & DEMONSTRATION

on

BLOOD PRESSURE & PULSE RECORDING SESSION



High Blood Pressure is a Silent Killer.

Know Your Numbers, Protect Your Future.



Measure Today,
Control Tomorrow



EVENT DETAILS

	Date	: 25 May 2026 (Monday)
	Time	: 11 am – 12 pm
	Venue	: LH1, DND JSS AHER, Mysuru
	Target Audience	: UG & PG Students
	E-Certificate	: Will be provided to all participants

PROGRAMME HIGHLIGHTS

- Special Lecture on Hypertension: Awareness, Prevention & Management
- Demonstration of Blood Pressure Measurement (Manual & Digital)
- Pulse Recording Technique – Demonstration & Practice
- Hands-on Practice Session



PULSE RATE
78 BPM

RESOURCE PERSON



Dr Archana S
Associate Prof
Dept Anesthesiology
Chief Coordinator
Skill and Simulation
Centre
JSS AHER
Mysuru

ORGANIZING CHAIRPERSON

Dr Vanitha Reddy P
Associate Prof & Coordinator,
Department of Nutrition
& Dietetics,
JSS Academy of Higher
Education & Research,
Mysuru.

ORGANISING SECRETARIES

- Dr Sudha Sairam**
Assistant Prof, DND,
JSS Academy of Higher
Education & Research, Mysuru.
- Dr Tokpam Reshma Chanu**
Assistant Prof, DND,
JSS Academy of Higher
Education & Research, Mysuru.

LEARNING OUTCOMES



Understand the significance, causes, risk factors and complications of hypertension.



Learn correct technique of blood pressure measurement.



Learn and practice radial pulse recording and interpretation.



Promote awareness and encourage healthy lifestyle for a better future.



REGISTRATION: Interested students can register with the link / QR code provided by the Department.



SCAN TO
REGISTER





