



SREE BALAJI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE

HEALTH EDUCATION CAMP

VENUE:RHTC,Padappai

DATE:25/02/2026

TIME: 9.30am to 10.30am

TOTAL BENEFICIARIES: 33

HEALTH EDUCATION AND AWARENESS:

Awareness regarding Hypertension – The session covered the definition of hypertension, normal blood pressure values, and the importance of regular screening. Participants were educated about common risk factors such as advancing age, obesity, high salt intake, sedentary lifestyle, tobacco use, alcohol consumption, stress, and family history. The signs, symptoms, and silent nature of the disease were explained to emphasize why routine monitoring is essential.

Possible complications including stroke, heart disease, kidney failure, and vision problems were discussed in simple terms. Preventive measures such as reduced salt intake, healthy balanced diet, regular physical activity, weight control, stress management, cessation of tobacco and alcohol, and adherence to medications were highlighted. Demonstration of proper blood pressure measurement and importance of periodic check-ups were also explained.

The audience was encouraged to seek timely medical care and maintain follow-up visits. Interactive discussion was held and queries from participants were clarified. The session concluded with reinforcement of lifestyle modification and regular monitoring as key steps in controlling hypertension.



Health Education given on 25/02/2026 at RHTC Padappai





Health Education given on 25/02/2026 at RHTC Padappai





Health Education given on 25/02/2026 at RHTC Padappai

