

Event Report: World Hypertension Day at CUTM Paralakhemundi

Date: 17.05.2025

Platform: Google Meet

Venue: School of Nursing, CUTM PKD



**CENTURION UNIVERSITY OF TECHNOLOGY AND MANAGEMENT,
PARALAKHEMUNDI**

**WORLD
HYPERTENSION DAY**

SCHOOL OF NURSING

Date – 17th May, 2025

Venue – School of Nursing

Banner for the event: World Hypertension Day at CUTM Paralakhemundi

Event Details:

On May 17, 2025, the **National Service Scheme (NSS) unit** of Centurion University of Technology and Management (CUTM), Paralakhemundi, in collaboration with the School of Nursing, observed **World Hypertension Day** through an informative virtual seminar conducted via Google Meet. The global theme for the year was: *“Measure Your Blood Pressure Accurately, Control It, Live Longer.”*

The purpose of the event was to raise awareness among nursing students and the broader community about the importance of regular and accurate blood pressure monitoring as a critical step in preventing and managing hypertension. The program focused on educating future healthcare professionals about the “silent killer” and encouraging them to take the lead in promoting cardiovascular health.

Event Highlights:

Students from the 3rd semester B.Sc. Nursing batch actively participated in the seminar,



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presenting evidence-based insights on hypertension and its long-term effects. The discussion emphasized the importance of accurate blood pressure measurement techniques, lifestyle modifications, and routine screening as essential tools for early detection and prevention.

Participants were reminded that consistent monitoring and healthy habits can significantly reduce the risk of complications such as heart disease, stroke, and kidney failure. The seminar created an interactive platform for students to engage with the theme, reflect on their role in public health, and enhance their understanding of chronic disease management.

Coordinators:

Faculty Coordinators:

- Ms. Swati Kiran
- Ms. T. Sunita

NSS Coordinator:

- Ms. Swati Kiran, Teaching Assistant, School of Nursing

Student Coordinators:

- Akash Pothal (3rd Semester)
- Milan Ku. Mudduli (3rd Semester)

Acknowledgement:

As we conclude today's seminar in observance of World Hypertension Day, we express our sincere gratitude to all faculty members and students who contributed their time and energy toward making this event successful and meaningful.












































May the awareness we've gained today inspire us to prioritize our health, advocate for regular screenings, and lead healthier lifestyles. Together, let us build a future where hypertension is no longer a silent threat but a condition that is understood, managed, and prevented.



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ATTENDEES LIST

Contributors		22	^
	SWATI KIRAN (You) Meeting host		
	AJAYGHOSH M 		
	Budhadeva Naik 		
	Deepika Kona 		
	DEEPSIKHA DEY 		
	DUKKA MANISHA 		
	AKASH POTHAL 		
	BIMLESH KUMAR JENA 		
	Kanta Gouthami 		
	KODIKALU LAHARI 		
	Subhankar Mistry 		

S. N. Sandhya

Prof. S.N. Sandhya

Vice Principal, School of Nursing

M.Sc. Nursing (Obstetrics and Gynaecology) (Ph.D.) Candidate Centurion University of
Technology and Management (CUTM) Paralakhemundi Campus

Principal
School of Nursing, Paralakhemundi
Centurion University