



# SREE BALAJI DENTAL COLLEGE AND HOSPITAL PALLIKARANAI, CHENNAI – 600100

DEPARTMENT OF PUBLIC HEALTH DENTISTRY

## WORLD HYPERTENSION DAY 2025

THEME: MEASURE YOUR BLOOD PRESSURE ACCURATELY,  
CONTROL IT, LIVE LONGER

REPORT SUBMITTED TO  
DIRECTORATE GENERAL OF HEALTH SERVICES  
(NATIONAL NCD DIVISION) MINISTRY OF HEALTH & FAMILY WELFARE,  
GOVT. OF INDIA



**SREE BALAJI DENTAL COLLEGE AND HOSPITAL**  
PALLIKARANAI, CHENNAI



**WORLD**  
**HYPERTENSION**  
**DAY**



**DEPARTMENT OF PUBLIC HEALTH DENTISTRY**

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# *From the Desk of the Chairperson*

*Greetings From*

SREE BALAJI DENTAL COLLEGE & HOSPITAL



**W**elcome to Sree Balaji Dental College and Hospital, a prestigious cornerstone of BIHER University comprises of 22 colleges of varied interests, with dental college being the first established from the University in 1989. For over three decades our institute has excelled in dental education, nurturing future dental professionals with pride and gratitude for our journey and achievements in advancing dental science and patient care. We are committed to providing a comprehensive educational experience, offering undergraduate, postgraduate, phd program, our esteemed faculty, with their vast expertise, guide students toward clinical excellence and technical proficiency. At Sree Balaji dental college and hospital we foster a culture of compassion and ethical practice, equipping students with both technical skills and deep sense of responsibility towards patients and community. Our vision is to create an excellent academic and research atmosphere that fosters professional competence, human dignity, and values among students and faculty members. We aspire to serve society at large.

We extend our sincere gratitude to the Ministry of Health and Family Welfare, Government of India, for conceptualizing and supporting a month-long initiative aimed at raising awareness about the prevention and management of hypertension. This collaborative effort has enabled us to organize a series of impactful programs and events, targeting the general public, as well as school and college students, to educate them about the risks associated with high blood pressure and the importance of a healthy lifestyle. We appreciate the government's unwavering commitment to promoting public health and applaud their efforts in bringing together stakeholders to work towards a healthier, hypertension-free society.



## *From the Desk of the Registrar*



**O**n behalf of Sree Balaji Dental College and Hospital, I extend a warm welcome to you. As one of the esteemed institutions under BIHER University, which boasts 22 outstanding colleges, we take pride in our commitment to dental education, research, and clinical excellence. As the Registrar, I'm delighted to introduce you to our dynamic academic community. We are committed to promoting a culture of academic excellence, innovation, and compassion. Our dedication to nurturing future dental professionals is reflected in our rigorous academic programs and patient centered clinical practices. We strive to make a positive impact in the field of dentistry and contribute to the well-being of our community. Furthermore, we recognize our responsibility towards society and are committed to extending our expertise and resources to improve oral health awareness and accessibility. Through community outreach programs, health camps, and awareness initiatives, we aim to bridge the gap in dental healthcare and promote a healthier society.

I express my sincere appreciation to the Ministry of Health and Family Welfare, Government of India, for entrusting our institution with the opportunity to lead a comprehensive awareness campaign on the prevention and management of hypertension. Over the course of a month, our college successfully implemented a range of initiatives, engaging diverse stakeholders including the general public, schools, and colleges, to impart critical knowledge on the risks associated with high blood pressure and the importance of adopting healthy lifestyle practices. This collaborative effort underscores our shared commitment to promoting public health and advancing community well-being.



## *From the Desk of the Dean*



**W**elcome to Sree Balaji Dental College and Hospital, a proud constituent of BIHER university. As the Dean of this renowned institution, it's my duty to preserve its esteemed position among the nation's premier dental institutions. For over three decades, our commitment to excellence has driven us to nurture professionalism, uphold ethical standards, and instil compassionate patient care in our students. We have successfully trained over 3000 dentists, solidifying our reputation as a leading dental education center. Our comprehensive educational opportunities include undergraduate and postgraduate courses, as well as PhD programs, all supported by our esteemed faculty dedicated to mentoring the next generation of dental professionals. The unwavering support from our management is crucial to our mission of fostering clinical excellence, technical proficiency and compassion. Our mission is to nurture exceptional dental professionals through quality education, cutting-edge research, and patient-centered care, driven by a culture of compassion, innovation and community commitment.

We are deeply grateful to the Ministry of Health and Family Welfare, Government of India, for entrusting us with the opportunity to participate in a thirty-day hypertension awareness program. Their initiative and trust in our institution enabled us to engage our students in a range of activities, including cycle rallies, walkathons, wall paintings, miming, sketching, and painting competitions. Our students enthusiastically reached out to schools and colleges, conducting skits, competitions, and interactive sessions to spread awareness about the causes, risks, and prevention of hypertension. We also leveraged our clinical platform to educate patients on the importance of regular blood pressure monitoring, healthy lifestyle choices, and early intervention. The success of this program is a testament to the government's commitment to public health, and we are honored to have been a part of it.

# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

17.5.2025

Theme of the day : **Hypertension Awareness Drive at Velachery: A Community Health Initiative**  
Location : Velacherry Traffic Signal  
Time : 10.30 am to 12.00 pm  
Target population : GENERAL PUBLIC  
Number of beneficiaries : 257

#### Summary:

On May 17, 2025, Sree Balaji Dental College and Hospital conducted a Hypertension Awareness Campaign at the Velachery traffic signal, Chennai. The campaign aimed to raise public awareness about hypertension—commonly known as the “silent killer”—and emphasize the importance of early detection and lifestyle modifications.

Interns, faculty members, and students actively participated in the initiative by distributing informative pamphlets to commuters and passersby during signal halts. These pamphlets contained vital information on the causes, symptoms, prevention, and management of high blood pressure.



Volunteers also held placards with health messages to draw attention and spark curiosity among the public.

The campaign witnessed enthusiastic participation from the local community, including motorists, auto drivers, and pedestrians. Many expressed interest in learning more about hypertension and appreciated the efforts of the organizing team.

This outreach program reflected Sree Balaji Dental College and Hospital’s commitment to public health and preventive care. By targeting a busy urban location like the Velachery traffic signal, the campaign successfully spread awareness to a large and diverse audience in a short time, encouraging individuals to prioritize their heart health and adopt healthier lifestyles.

# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

19.5.2025

Theme of the day : **Game Based activities for Anti-Hypertension awareness- "Beat the Pressure – The Fun Way!"**

Location : Thoraipakkam

Time : 10.30 am to 12.00 pm

Target population : GENERAL PUBLIC

Number of beneficiaries : 213

#### Summary:

Sree Balaji Dental College and Hospital conducted a community-based Anti-Hypertension Awareness Program on 19th May 2025 at Thoraipakkam, focusing on game-based learning activities to promote awareness about hypertension prevention and control.

The initiative aimed to engage the local community through interactive and educational games that made learning about hypertension both fun and impactful. The program commenced with a Health Quiz Challenge, where participants answered questions related to blood



pressure, risk factors, and healthy habits. This was followed by a “Know Your Numbers” Relay, combining physical activity with health education, emphasizing the importance of regular BP monitoring. The event drew over 200 residents from the Thoraipakkam area and was well-received by all age groups. The combination of play and health education proved to be effective in raising awareness and motivating individuals to adopt healthier lifestyles. The program concluded with distribution of educational pamphlets for participants. The success of the event reflected the commitment of Sree Balaji Dental College and Hospital toward community health promotion and preventive care.

# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

20.5.2025

Theme of the day : **Accessible Healthcare in Motion: Hypertension Awareness at a Busy Bus Stop**  
Location : Bus stop, Valasarvakam  
Time : 9.30 am to 12.00 pm  
Target population : GENERAL PUBLIC  
Number of beneficiaries : 242

#### Summary:

As part of its ongoing public health outreach, the Department of Public Health Dentistry, Sree Balaji Dental College and Hospital, organized a Hypertension Awareness Campaign at Valasaravakkam Bus Stop on 20th June 2025. The aim of the campaign was to increase public awareness about the dangers of uncontrolled hypertension and the importance of regular blood pressure monitoring.

A free blood pressure check-up camp was set up at the bus stop, attracting commuters, shopkeepers, and local residents. The screening was conducted by trained interns and supervised by faculty members. Participants were informed about their BP



readings and given basic advice on lifestyle modifications, diet, and the need for medical follow-up if elevated readings were found.



In addition, informative pamphlets on hypertension—covering risk factors, symptoms, preventive tips, and lifestyle changes—were distributed to the public. The materials were simple, bilingual (English and Tamil), and designed for easy understanding.

The campaign reached over 242 individuals during peak commuting hours and received positive feedback from the community. Many appreciated the accessibility of health services in a public space. This initiative reflects the

institution's continued commitment to preventive healthcare and public education.

# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

21.5.2025

Theme of the day : **Hypertension Awareness Campaign**

Location : Velachery

Time : 9:30 am to 12.00 pm

Target population : GENERAL PUBLIC

Number of beneficiaries : 125

#### Summary:

A Hypertension Awareness Campaign was successfully conducted at Velachery as part of a public health outreach initiative by dental students of Sree Balaji Dental College and Hospital. The primary aim of the campaign was to educate the public about the risks of hypertension, promote early detection, and encourage healthier lifestyle practices. The campaign was strategically organized in a busy locality to attract maximum participation from the general public and working individuals who are most vulnerable to stress-related health issues.

A key highlight of the event was free blood pressure (BP) screening conducted by trained dental students under the guidance of healthcare professionals. This initiative helped many individuals become aware of their BP status, with several people being identified as having elevated readings for the first time. Those with abnormal readings were advised to seek further medical evaluation. The screening station drew significant attention and served as a vital tool in detecting undiagnosed hypertension cases in the community.



To reinforce the message, informative pamphlets on hypertension were distributed throughout the event. These pamphlets, prepared by the dental students, included easy-to-understand information on the causes, symptoms, and consequences of high blood pressure, as well as tips on dietary changes, physical activity, and the importance of regular monitoring. The distribution of these educational materials ensured that the message reached not only attendees but also their families and peers, thus widening the campaign's impact.

In addition to screenings and pamphlet distribution, awareness talks were held periodically during the day. These sessions were delivered by the dental students and covered a wide range of topics including the role of salt reduction, regular exercise, stress management, and routine health check-ups in controlling blood pressure. The talks were well-received by the public, and many attendees actively engaged by asking questions and sharing personal experiences related to hypertension and its management.





To make the event interactive and enjoyable, the campaign also featured stress-relieving games and activities. These included simple relaxation exercises, breathing techniques, and fun games designed to promote mental well-being and reduce stress—one of the major contributors to high blood pressure. The inclusion of such activities made the campaign more engaging and demonstrated the importance of stress relief as part of a healthy lifestyle.



In conclusion, the Hypertension Awareness Campaign at Velachery was a commendable effort by the dental students in promoting public health education. Through BP screenings, informative pamphlets, interactive talks, and stress-relieving games, the campaign succeeded in raising awareness about hypertension and encouraged preventive health practices among the local community. The positive response and participation from the public highlighted the need for more such community-driven health initiatives.



# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

22.5.2025

Theme of the day : **Hypertension Awareness Campaign**

Location : Pallikaranai Bus Stop

Time : 9:30 am to 12.00 pm

Target population : GENERAL PUBLIC

Number of beneficiaries : 139

Summary:



A Hypertension Awareness Campaign was conducted at Pallikaranai Bus Stop as part of a community health initiative organized by a team of dental students. The campaign aimed to create public awareness about the growing incidence of hypertension, promote early detection, and educate the public about lifestyle modifications to prevent and manage high blood pressure. The bus stop, being a busy transit point, was chosen strategically to ensure maximum outreach to the general public, especially office-goers, daily commuters, and senior citizens.

One of the key activities of the campaign was free blood pressure (BP) screening conducted by dental students under the supervision of healthcare professionals. A mobile screening unit was set up near the bus stop, and passersby were encouraged to get their BP checked. Many individuals were unaware of their BP status and expressed gratitude for the opportunity to undergo screening at a convenient location. Some participants were identified with elevated blood pressure levels for the first time and were given basic counseling on follow-up care and lifestyle adjustments. The initiative was well-received and sparked meaningful conversations about routine health monitoring.

In order to reinforce the educational aspect of the campaign, informative pamphlets were distributed to the public by the dental students. These pamphlets included concise and visually engaging information on the causes, symptoms, complications, and preventive measures related to hypertension. Tips on reducing salt intake, increasing physical activity, quitting smoking, and managing stress were highlighted to help individuals make informed health decisions. The pamphlet distribution was done in both English and Tamil to ensure accessibility to a wider audience, and students patiently explained the contents to those with limited literacy.



The awareness campaign also featured short talks and interactive discussions led by the dental students. Using a microphone and speaker system, they delivered brief educational sessions on the dangers of uncontrolled hypertension, the importance of regular check-ups, and practical steps to maintain normal BP levels. These talks were designed to be brief yet impactful, considering the fast-paced environment of a bus stop. Many commuters stopped to listen and even asked questions, leading to a highly engaging exchange of information. The approachability of the students and the practical relevance of the information helped bridge the gap between health education and the community.



To make the campaign more engaging and highlight the importance of stress management—a major risk factor for hypertension—stress-relieving games and activities were organized. People of all age groups, including children and the elderly, participated with enthusiasm. These games not only brought smiles to faces but also demonstrated how easy and enjoyable stress management can be when incorporated into daily life.



In conclusion, the Hypertension Awareness Campaign at Pallikaranai Bus Stop proved to be a highly effective outreach program. Through a combination of BP screening, educational pamphlet distribution, awareness talks, and stress-relieving games, the campaign managed to reach a diverse segment of the population in a meaningful and practical way. The active involvement of dental students and their commitment to public service played a significant role in the success of the event. Such community-based health

initiatives are vital in spreading awareness and encouraging preventive healthcare practices, especially in busy urban settings like Pallikaranai.

# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

23.5.2025

Theme of the day : **Screen, Inform, Prevent: BP Awareness Drive Near BSR Mall**

Location : Thoraipakkam

Time : 8.30 am to 12.00 pm

Target population : GENERAL PUBLIC

Number of beneficiaries : 142

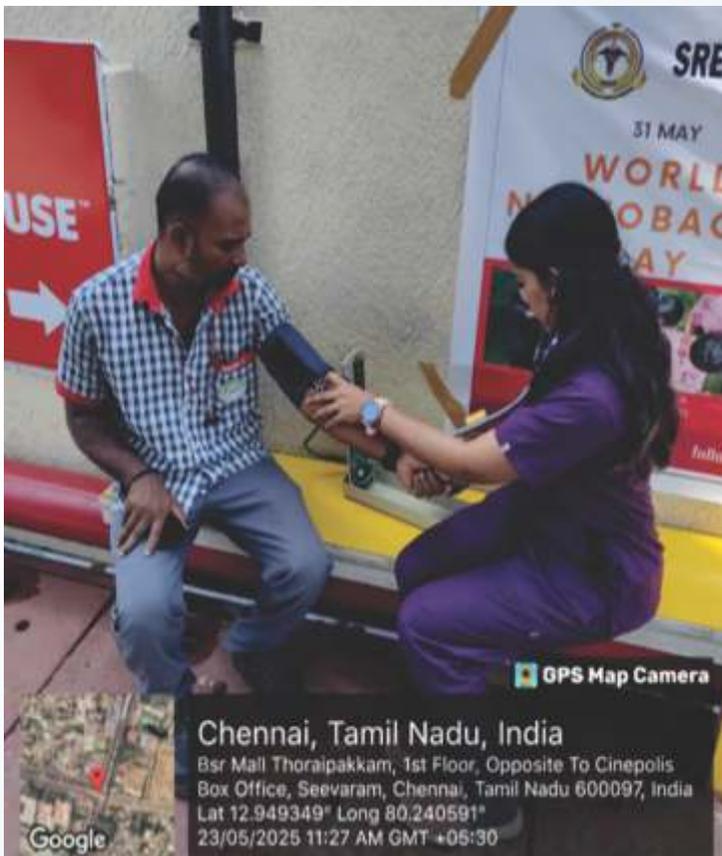
Summary:

#### Report on Hypertension Awareness Campaign at Thoraipakkam (Near BSR Mall)

A Hypertension Awareness Campaign was successfully conducted at Thoraipakkam, near BSR Mall, as part of a public health outreach initiative by a group of enthusiastic dental students. The primary objective of the campaign was to educate the public about hypertension, its silent yet dangerous impact on health, and the importance of early detection and lifestyle changes. The location, being a busy commercial area with constant footfall from shoppers and office-goers, was ideal for reaching out to a large and diverse audience.



The core activity of the campaign was free blood pressure (BP) screening. A temporary booth was set up near the entrance of BSR Mall where dental students, trained in basic BP monitoring techniques, conducted the checks under the guidance of medical professionals. Shoppers, mall employees, and pedestrians were encouraged to take a few minutes to get their blood pressure checked. Many individuals, especially middle-aged men and women, took advantage of the free service. Some were surprised to discover elevated readings and were advised to consult a physician. This simple act of screening raised awareness among the public about the importance of regular BP monitoring, especially since hypertension often shows no symptoms until complications arise.



To complement the screening, the students distributed informative pamphlets in both English and Tamil. These pamphlets provided easy-to-understand content on what hypertension is, its risk factors, long-term health effects, and practical tips for prevention and control. Advice on dietary habits, exercise routines, smoking cessation, and reducing alcohol and salt intake was prominently highlighted. The students also engaged with the public by explaining the pamphlets and answering questions in a friendly and approachable manner. Many individuals appreciated the effort and mentioned that they would share the materials with their families at home, expanding the campaign's impact beyond the immediate setting.

Throughout the campaign, short awareness talks were delivered by the dental students at regular intervals using a portable speaker system. These talks covered key topics such as the importance of routine BP checks, how unmanaged hypertension can lead to heart attacks and strokes, and how simple lifestyle modifications can significantly

reduce the risk. The talks were kept short and informative to suit the bustling environment, and they attracted the attention of passersby who stopped to listen. Some participants actively asked questions and shared their own health concerns, leading to meaningful two-way conversations that reinforced the educational purpose of the campaign.

To add a fun and interactive element, the campaign also included stress-relieving games and activities. These were especially popular among younger participants and families with children. Games included quick breathing exercises, laughter yoga, and simple mental puzzles that not only entertained but also demonstrated the role of stress management in maintaining healthy blood pressure. These activities served as a reminder that managing stress doesn't have to be boring or difficult—it can be integrated into daily life in a joyful and engaging manner.



In conclusion, the Hypertension Awareness Campaign conducted at Thoraipakkam near BSR Mall was a commendable success. The combination of free BP checks, educational pamphlet distribution, awareness talks, and interactive games effectively captured public interest and delivered an important health message. The involvement of dental students brought energy and commitment to the event, reflecting their dedication to community health. Campaigns like this play a crucial role in spreading awareness about lifestyle diseases and encouraging people to take charge of their health in a proactive and informed manner.

# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

24.5.2025

Theme of the day : **Hypertension Awareness Campaign**

Location : Thoraipakkam Bus stand

Time : 10.30 am to 12.45 pm

Target population : GENERAL PUBLIC

Number of beneficiaries : 182

Summary:

The Department of Public Health Dentistry, Sree Balaji Dental College and Hospital, conducted a unique Anti-



Hypertension Awareness Program on 24th May 2025 at Thoraipakkam Bus Stop, with a focus on stress relief through interactive games. The objective was to educate the public about the relationship between stress and hypertension and encourage stress management as a preventive measure.

Understanding the role of stress as a silent trigger for high blood pressure, the team introduced fun, stress-relieving game activities in a high-footfall public area. Commuters and pedestrians enthusiastically participated in Ball toss games and memory challenges to enhance focus

and relaxation, Quick quiz games to raise awareness about hypertension, its causes, and prevention.

Alongside this, pamphlets in Tamil and English were distributed, offering valuable information on controlling hypertension through lifestyle changes, diet, and regular monitoring. The event saw active involvement from over 180 people, many of whom appreciated the creative, informal approach. The combination of games and health education helped deliver the message in a friendly and engaging manner.



# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

26.5.2025

Theme of the day : **Hypertension Awareness Campaign**

Location : Pallikaranai Eco Park

Time : 10.30 am to 12.00 pm

Target population : GENERAL PUBLIC

Number of beneficiaries : 119

Summary:

#### **Report on Hypertension Awareness Campaign at Pallikaranai Eco Park**

A Hypertension Awareness Campaign was successfully conducted at Pallikaranai Eco Park by a group of dedicated dental students, aiming to educate the public about the importance of early detection and management of high blood pressure. The serene and green setting of the Eco Park provided the perfect environment to discuss health and wellness, attracting walkers, families, and fitness enthusiasts. The campaign was part of a broader initiative to raise community awareness about non-communicable diseases, with a particular focus on hypertension – often called the “silent killer.”

One of the key components of the campaign was free blood pressure (BP) checking, which was offered to



all park visitors. A well-organized screening booth was set up at the park entrance where individuals could have their BP checked by dental students trained in basic clinical procedures. Many early morning walkers, joggers, and elderly visitors participated in the screening. Several individuals were identified with elevated BP levels and were advised to seek further medical consultation. The screening helped many people who were unaware of their condition to take the first step towards diagnosis and management.

To support the educational aspect of the campaign, the dental students distributed informative pamphlets written in both English and Tamil. These pamphlets covered the basics of hypertension, its causes, symptoms, complications, and lifestyle changes necessary

for prevention and control. The students personally engaged with the public, explaining the content and answering questions, thereby encouraging people to make healthier choices in their daily lives. The user-friendly and visually appealing design of the pamphlets made them suitable for people of all ages and literacy levels. Some visitors even requested additional copies to share with family and friends, extending the campaign’s impact beyond the park.



In addition to BP screening and pamphlet distribution, the students delivered brief awareness talks at intervals throughout the day. Using a portable microphone and speaker, they explained in simple language the importance of regular BP monitoring, the link between stress and hypertension, and the need to maintain a balanced lifestyle.



These sessions were short, engaging, and well-attended, with many individuals appreciating the effort taken to bring health education into public spaces. Adding to the campaign's visibility and effectiveness, students also held up colorful placards with messages such as "Know Your Numbers," "Control BP, Save Your Heart," and "Healthy Heart, Healthy Life." These placards drew attention from across the park and served as constant visual reminders of the event's theme.



To make the campaign both informative and interactive, stress-relieving games and wellness activities were also conducted. Participants were invited to join in breathing exercises, laughter therapy, and simple yoga stretches designed to lower stress levels—one of the major contributors to hypertension. These sessions added an element of fun to the campaign and reinforced the message that managing stress can be both effective and enjoyable. Children and adults alike participated enthusiastically, and many visitors expressed that they had never before linked such activities with blood pressure control.

In conclusion, the Hypertension Awareness Campaign at Pallikaranai Eco Park was a vibrant and impactful public health event. By combining clinical services like BP checking with engaging educational tools such as pamphlets, talks, placards, and interactive games, the dental students effectively communicated the importance of hypertension awareness and prevention. The campaign successfully reached a wide audience in a relaxed, natural setting, highlighting the value of community-level

health initiatives. Events like this not only educate but also inspire people to take proactive steps toward better health.

# ஸ்ரீ பாலாஜி பல் மருத்துவக் கல்லூரி மற்றும் மருத்துவமனை

சமூக நல பல் மருத்துவத் துறை



## உலக உயர் இரத்த அழுத்தம் நாள் 17 மே



உயர் இரத்த அழுத்தத்தின்



திடீர் முச்சத்திணறல்



தீராத தலைவலி



இருதய படபடப்பு



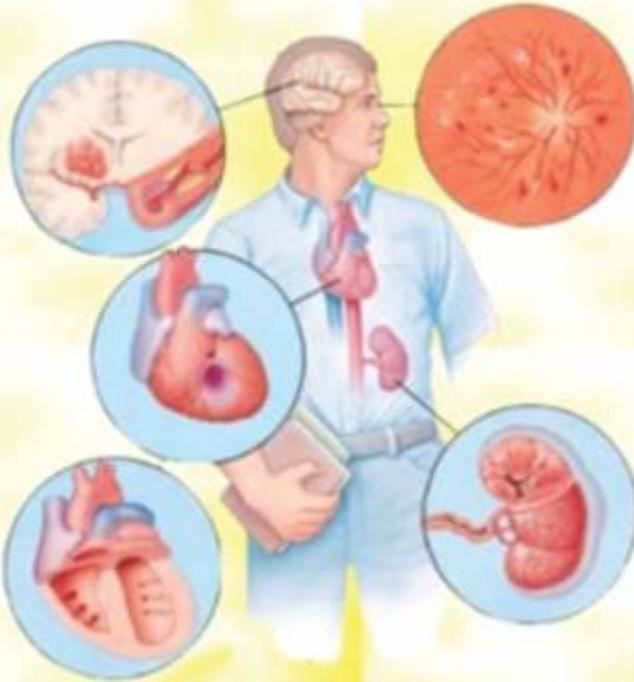
இருதயவலி



கால் வீக்கம்



காய்ச்சல்



## உலக ரத்த அழுத்த தினம்

ரத்த அழுத்தத்தை தடுக்க உடலுக்கும், மனதிற்கும்  
போதிய பயிற்சி தேவை. இவை இரண்டும் சீரா  
இருந்தால் உடலில் நோய் எதிர்ப்பு  
சக்தி அதிகரித்து நோய் வராமல் தடுக்கும்.



# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

28.5.2025

Theme of the day : **Hypertension Slogan Contest For Students**

Location : Sree Balaji Dental College And Hospital

Time : 1:30 pm to 2.30 pm

Target population : GENERAL PUBLIC

Number of beneficiaries : 89

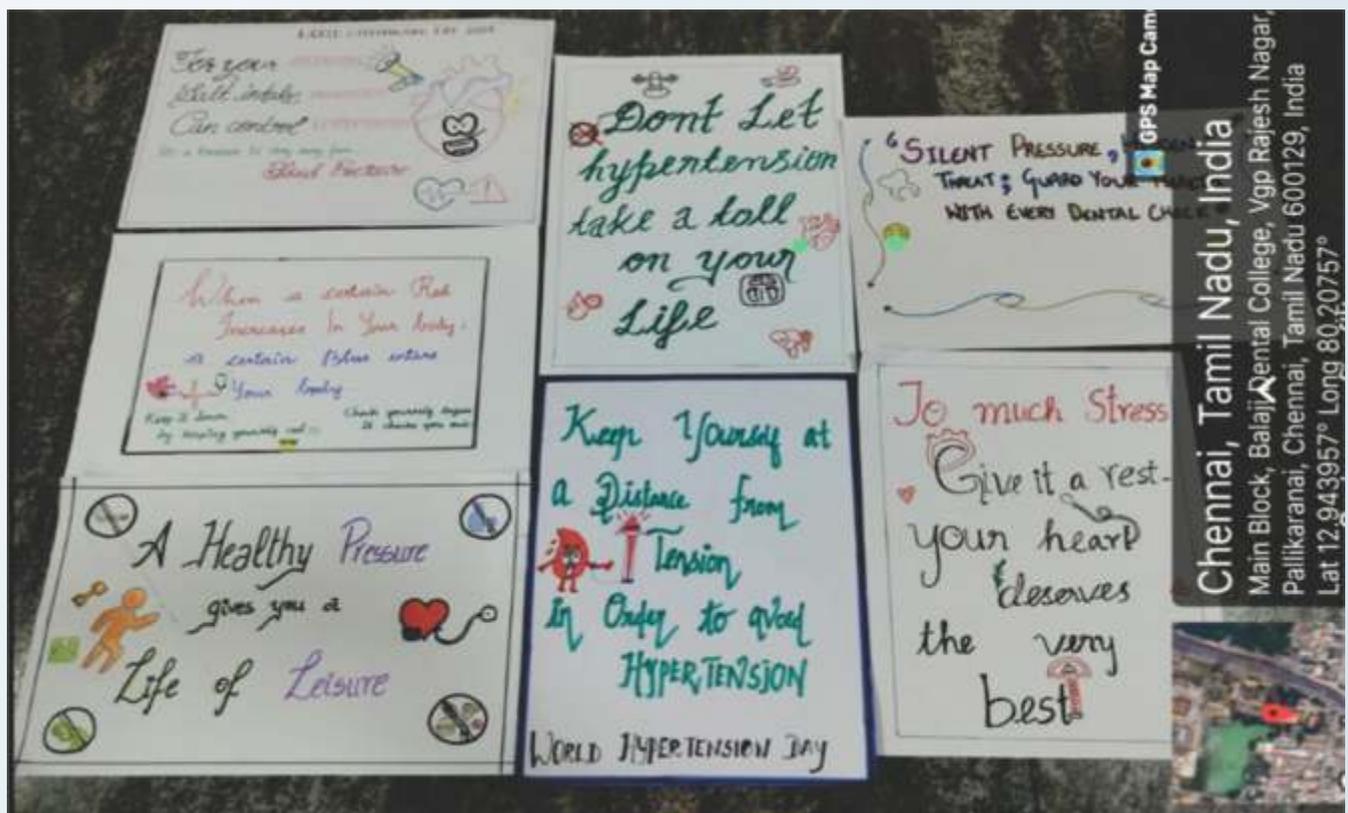
Summary:



On 28th May 2025, the Department of Public Health Dentistry at Sree Balaji Dental College and Hospital conducted a Hypertension Slogan Contest for undergraduate students as part of its awareness initiatives for World Hypertension Month.

The event aimed to encourage creativity and awareness among students regarding the importance of hypertension prevention and control. Students were invited to create impactful and original slogans highlighting themes such as healthy lifestyle practices,

regular BP monitoring, stress management, and the dangers of uncontrolled blood pressure.



Over 89 students actively participated in the contest, submitting both English and Tamil slogans. The entries were judged based on relevance, creativity, clarity, and impact. A panel of faculty members from the Public Health Dentistry Department evaluated the slogans and selected the top three entries. Winners received certificates and appreciation gifts. Selected slogans will be featured in future public awareness materials and community outreach programs conducted by the department.

The contest not only served as an educational activity but also empowered students to become advocates for preventive health. It reinforced the importance of youth involvement in public health promotion.



# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

WORLD HYPERTENSION DAY 2025

31.5.2025

Theme of the day : **Hypertension Awareness Talk Show And Reels**

Location : Pallikaranai

Time : 9.30 am to 12.30 pm

Target population : GENERAL PUBLIC

Number of beneficiaries : 159

Summary:

**On 31st May 2025, the Department of Public Health Dentistry at Sree Balaji Dental College and Hospital organized a series of public lectures and awareness reels as part of its ongoing Anti-Hypertension Awareness Campaign, aligning with World Hypertension Month.**

The event aimed to educate students, faculty, and the general public on the importance of preventing and managing high blood pressure through lifestyle changes, regular check-ups, and stress control.

The program featured short, informative lectures delivered by faculty members and postgraduate students. Topics included: Basics of hypertension and its complications, Role of diet, exercise, and stress management, Importance of early detection and regular BP monitoring. The lectures were delivered in both English and Tamil to ensure better understanding and reach. The interactive sessions allowed the audience to ask questions and clarify doubts about hypertension and related health issues.





In addition to the lectures, students from the department created and showcased awareness reels—short, engaging videos aimed at promoting healthy habits and busting common myths related to hypertension. The reels were shared on social media platforms and displayed in the college premises, gaining positive responses for their creativity and clarity.

The initiative engaged over 120 attendees and reached a wider online audience through digital platforms. It successfully combined traditional and modern communication tools to spread awareness effectively. This campaign reflects the institution's commitment to health education and



public outreach, empowering individuals with knowledge to take control of their health.



# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

2.6.2025

Theme of the day : **Visual Voices for Heart Health: Anti-Hypertension Drawing Contest 2025**  
Location : Sree Balaji Dental College And Hospital  
Time : 10.30 am to 12.00 pm  
Target population : GENERAL PUBLIC  
Number of beneficiaries : 119

#### Summary:

An Anti-Hypertension Drawing Contest was successfully conducted on 2nd June 2025 at Sree Balaji Dental College and Hospital. The event was organized as part of the institution's initiative to raise awareness about hypertension, its causes, prevention, and management among students and the general public.



The contest saw enthusiastic participation from undergraduate and postgraduate students who creatively expressed the theme through art. Participants used their drawings to highlight the importance of a healthy lifestyle, balanced diet, regular exercise, and stress management in controlling high blood pressure.

The event was inaugurated by the Dean, who emphasized the importance of student engagement in spreading public health awareness. Faculty members from various departments attended the event and appreciated the efforts and creativity of the students.



A panel of judges, comprising senior faculty and guest artists, evaluated the artwork based on creativity, relevance to the theme, message clarity, and artistic skill. Prizes were awarded to the top three entries, and all participants received certificates of appreciation. The event served as an educational platform to promote awareness about hypertension in a visually engaging and impactful manner. It also encouraged students to become advocates for healthy living through art and creativity.



# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

3.6.2025

Theme of the day : **Empowering Healthcare Workers Through Wellness**  
Location : Sree Balaji Dental College & Hospital  
Time : 12.00 pm to 2.30 pm  
Target population : Health care workers  
Number of beneficiaries : 121

#### Summary:

As part of the Anti-Hypertension Awareness Week, Sree Balaji Dental College and Hospital organized a Yoga Training Campaign for Healthcare Workers on 3rd June 2025. The initiative aimed to promote stress management, physical well-being, and holistic health among medical and paramedical professionals, who are often exposed to high levels of occupational stress.

The campaign was held in the college auditorium and was attended by faculty members, doctors, nurses, and support staff. The session commenced with a welcome address by the Principal, Dr. [Name], who emphasized the importance of preventive healthcare and the role of lifestyle interventions like yoga in managing hypertension.

A certified yoga instructor was invited to lead the session.



She guided participants through a series of yoga postures, breathing exercises (pranayama), and relaxation techniques specifically chosen to aid in blood pressure control and reduce mental stress. The session also included a brief lecture on the physiological benefits of yoga in hypertension management, backed by scientific evidence.

Participants were actively engaged and expressed appreciation for the practical techniques they could incorporate into their daily routines. Informational handouts detailing yoga practices for hypertension, dietary advice, and stress-relief tips were also distributed.

The campaign emphasized the need for healthcare workers to prioritize their own health in order to better serve their patients. The interactive session concluded with a Q&A segment, during which the yoga trainer addressed individual concerns and offered personalized suggestions.

The program was organized by the Department of Public Health Dentistry. Feedback collected post-event indicated high levels of satisfaction among participants, with many requesting more such wellness programs in the future. The Yoga Training Campaign not only reinforced the importance of lifestyle changes in combating hypertension but also encouraged a culture of wellness and self-care within the healthcare community at Sree Balaji Dental College and Hospital.

# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

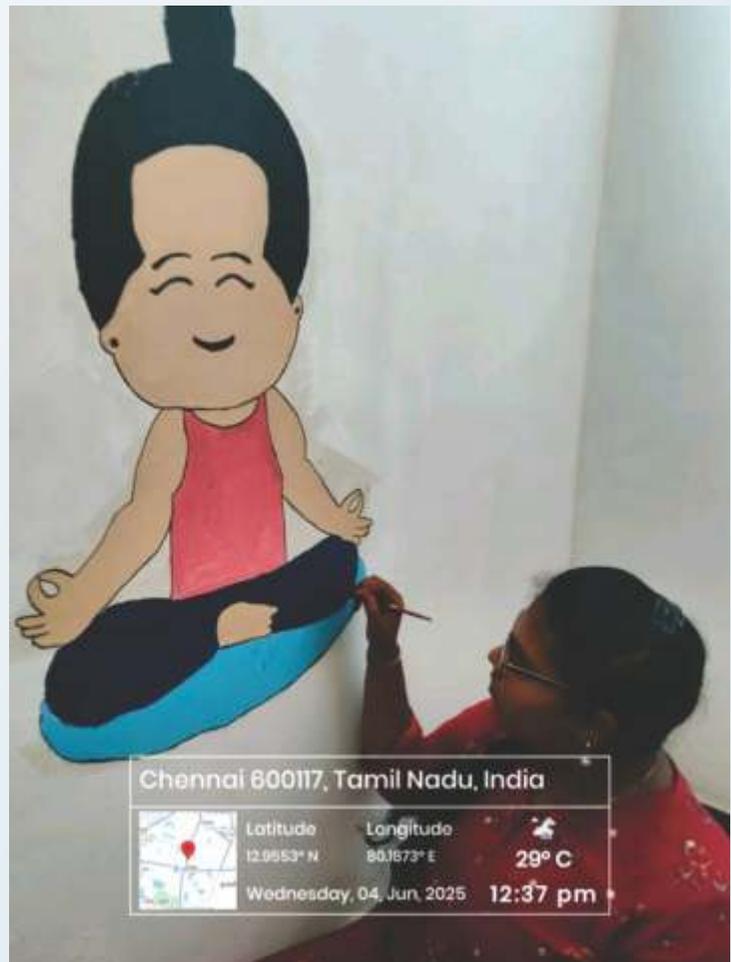
4.6.2025

Theme of the day : **Walls That Speak: Painting Awareness on Hypertension**  
Location : Guruvidyasharam school, Keelkattalai  
Time : 9.00 am to 5.00 pm  
Target population : General Public, School Students  
Number of beneficiaries : 424

#### Summary:

As part of the Anti-Hypertension Awareness Week, Sree Balaji Dental College and Hospital organized a Wall Painting Activity on 4th June 2025 at Guruvidyasharam School, Keelkattalai. The initiative aimed to spread awareness about hypertension and promote healthy lifestyle habits among school students and the local community through creative visual communication.

A team of dental students, under the guidance of faculty from the Department of Public Health Dentistry, designed and painted educational murals on the school's compound wall. The artwork included colorful illustrations and slogans highlighting the importance of regular exercise, a low-salt diet, stress management, and routine blood pressure check-ups.





The wall paintings attracted attention from students, staff, and passersby, creating a lasting visual message that encourages health consciousness. The students enthusiastically participated in the painting process, turning the activity into an engaging and educational experience.

The program concluded with a vote of thanks from the school principal, who appreciated the college's outreach effort in promoting community health through innovative methods. The event was a successful example of combining art, education, and health advocacy in a public setting.

# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

5.6.2025

Theme of the day : **Awareness and Action: BP Check-Up and Education Program for Special Needs Families**

Location : Colour's Special School, Keelkatalai

Time : 8.30 am to 12.45 pm

Target population : School children, Parents, teachers and General Public

Number of beneficiaries : 191

Summary:



As part of the Anti-Hypertension Awareness Week, Sree Balaji Dental College and Hospital conducted a special Awareness Campaign and Blood Pressure Screening Program for children with special needs and their parents on 5th June 2025. This compassionate outreach initiative aimed to educate and support families who often face unique healthcare challenges, with a focus on early detection and prevention of hypertension.

The event was organized by the Department of Public Health Dentistry, at a local special education center in Colour's special school, Keelkatalai. The program highlighted the importance of regular health check-ups, particularly for caregivers who are often under emotional and physical stress.

A team of doctors, interns, and nursing staff conducted free blood pressure screening for parents and caregivers. Educational sessions were held to provide information on hypertension, its risk factors, symptoms, prevention strategies, and lifestyle modifications. Simple visual aids and interactive discussions helped ensure the messages were easily understood by all attendees.

For the children, engaging activities such as coloring sessions and fun health talks were organized to create a friendly environment. Health education materials, including pamphlets and posters, were distributed to parents to encourage continued

awareness and follow-up care at home.

The event saw the participation of over 120 families and received a very positive response. Many parents expressed gratitude for the initiative, as they often overlook their own health needs while caring for their children. Several attendees were found to have elevated blood pressure levels and were referred for further medical evaluation and management.

The campaign concluded with refreshments and a vote of thanks by the organizing team. The event successfully addressed the dual goals of spreading hypertension awareness and providing preventive care to a deserving and often overlooked section of the community. This initiative reaffirmed Sree Balaji Dental College and Hospital's commitment to inclusive community health outreach and preventive care.



# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

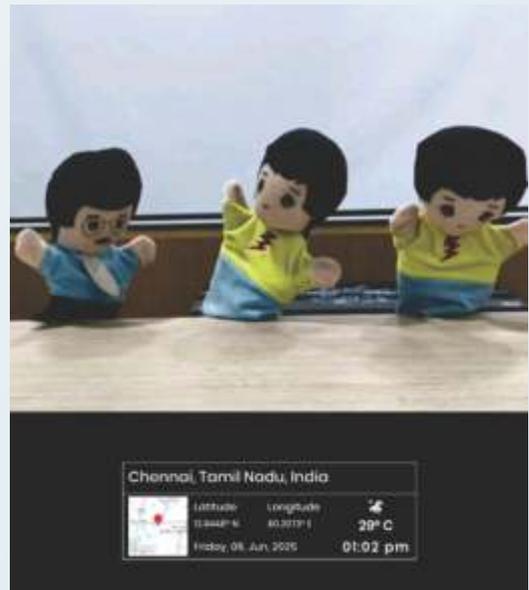
6.6.2025

Theme of the day : **Hypertension Awareness Initiative**  
Location : Sree Balaji Dental College And Hospital  
Time : 10.30 am to 12.00 pm  
Target population : Students and Gneral public  
Number of beneficiaries : 124

#### Summary:

On 6th June 2025, the Department of Public Health Dentistry at Sree Balaji Dental College and Hospital organized a puppet show to promote awareness about hypertension and its prevention. The event was conducted as part of the institution's ongoing public health initiatives to educate the community on non-communicable diseases, with a specific focus on high blood pressure, its risks, and management strategies.

The puppet show was held at a local community center and attracted a diverse audience, including school children, parents, and elderly members of the community. The theme of the presentation revolved around the causes, symptoms, and serious complications of uncontrolled hypertension, such as heart disease, stroke, and kidney failure. The puppets depicted relatable characters who learned the importance of regular blood pressure monitoring, a healthy diet low in salt and fat, physical activity, and adherence to prescribed medications.



By using a fun and interactive storytelling format, the event succeeded in simplifying complex medical information, making it more accessible and memorable for all age groups. The use of regional language and humor further enhanced engagement and understanding among the audience.

Faculty members and postgraduate students of the Department of Public Health Dentistry facilitated the event, answered questions from the audience, and distributed educational pamphlets on hypertension management. Blood pressure screening was also offered at the venue, encouraging attendees to check their levels and seek medical advice if needed.

The puppet show was highly appreciated for its creativity and effectiveness in spreading health awareness in a culturally sensitive and engaging way. The event concluded with a message emphasizing the importance of lifestyle modification and early detection in preventing hypertension-related complications.

# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

7.6.2025

Theme of the day : **Stop the Silent Threat: Anti-Hypertension Street Play**

Location : Jeeva Park, T Nagar

Time : 8.30 am to 11.30 am

Target population : General public

Number of beneficiaries : 208

Summary:



As part of its commitment to community health education, the Department of Public Health Dentistry, Sree Balaji Dental College and Hospital, organized a street play on anti-hypertension awareness on 7th June 2025 at Jeeva Park, T. Nagar.

The event aimed to educate the general public about hypertension (high blood pressure) — often referred to as the “silent killer” — due to its asymptomatic nature and severe long-term health risks if left unmanaged. The street play was strategically conducted in a popular public space to attract maximum attention and participation from local residents and park-goers.

Performed by undergraduate students of the college, the play used compelling storytelling, relatable characters, and a mix of drama and humor to convey critical information. Key messages included the importance of regular blood pressure checks, adopting a healthy lifestyle, reducing salt intake, staying physically active, managing stress, and adhering to prescribed medications. The dangers of untreated hypertension — such as heart attack, stroke, and kidney failure — were effectively communicated in a way that was easy to understand.



The play was performed in the regional language to ensure clarity and connection with the audience. Informational leaflets in Tamil and English were distributed following the performance, and faculty members engaged with the crowd to address queries and reinforce key points.

The initiative was well-received by the public, with many expressing appreciation for the innovative and accessible approach to health education. The street play not only helped increase awareness but also encouraged individuals to adopt preventive measures and seek timely medical advice. This outreach activity is part of Sree Balaji Dental College and Hospital’s broader effort to combat non-communicable diseases through sustained community engagement and health promotion.

# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

9.6.2025

Theme of the day : **Blood Pressure Matters: Awareness Program for a Healthier Tomorrow**  
Location : Independence Park, Nanganallur  
Time : 8.30 am to 10.00 pm  
Target population : General public  
Number of beneficiaries : 203

#### Summary:

The Department of Public Health Dentistry at Sree Balaji Dental College and Hospital conducted a Hypertension Awareness Program on 9th June 2025 at Independence Park, Nanganallur as part of its ongoing community outreach and non-communicable disease prevention efforts.

The primary objective of the event was to educate the public about hypertension, a major risk factor for cardiovascular disease, stroke, and kidney failure. With a growing number of individuals affected by high blood pressure, the program aimed to spread awareness about early detection, risk factors, lifestyle modification, and the importance of regular monitoring.

The program included interactive health talks, a live demonstration on how to measure blood pressure accurately, and discussions on preventive strategies.

Volunteers and faculty members from the Department of Public Health Dentistry engaged with the community, providing evidence-based advice in simple language and addressing common myths surrounding hypertension. A free blood pressure screening camp was set up as part of the initiative. Participants were encouraged to check their blood pressure levels, and those with elevated readings were advised on further medical consultation. Informational pamphlets in both English and Tamil were distributed to reinforce the key messages of the program.



Special emphasis was placed on promoting a healthy lifestyle — including reducing salt intake, maintaining a balanced diet, engaging in regular physical activity, managing stress, avoiding tobacco and alcohol, and adhering to prescribed medications for those already diagnosed with hypertension.

The program received a positive response from local residents, walkers, and elderly visitors at the park. Many appreciated the accessibility of the initiative and expressed a willingness to adopt healthier practices.

This awareness event reflects Sree Balaji Dental College and Hospital's dedication to improving community health and preventing chronic illnesses through proactive education and engagement.

# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

11.6.2025

Theme of the day : **Walk for a Healthy Heart: Anti-Hypertension Awareness Rally**

Location : Pallikaranai Traffic Signal

Time : 9.30 am to 12.00 pm

Target population : General public

Number of beneficiaries : 439

Summary:

On **11th June 2025**, the **Department of Public Health Dentistry at Sree Balaji Dental College and Hospital** organized a **Walkathon Rally at Pallikaranai Traffic Signal** to raise public awareness about **hypertension (high blood pressure)** and promote preventive health practices among the local community.

The rally began in the morning and witnessed enthusiastic participation from students, **faculty members, and staff**, who walked along the main road near the busy traffic signal. Participants carried placards with impactful slogans such as “Control Your Pressure Before **It Controls You**”,

“**Eat Right, Live Bright,**” and “**Know Your Numbers – Check Your BP Regularly.**” The walkathon aimed to draw attention to the silent but dangerous nature of hypertension and the importance of early detection and lifestyle modification.

As part of the event, **a health talk was delivered by a respected officer from the Pallikaranai Traffic Police**, who spoke about the increasing stress levels due to modern lifestyles, the link between stress and hypertension, and the need for physical activity and mental well-being. The officer emphasized the importance of road safety and health awareness going hand in hand, especially for commuters and daily wage workers who are often unaware of their health status.

**A street skit (nukkad natak)** was also performed by students to creatively depict the causes, consequences, and prevention strategies for hypertension. Using humor, drama, and relatable characters, the skit highlighted unhealthy eating habits, lack of exercise, smoking, and stress as major contributors to rising blood pressure. The performance attracted a large crowd of passersby and shopkeepers, who appreciated the entertaining yet informative approach.

Pamphlets in **Tamil and English** were distributed to the public, and faculty members engaged in one-on-one interactions, encouraging people to undergo regular BP screenings and make healthier lifestyle choices. The program concluded with a vote of thanks and a group photo with the traffic police and participants. The event successfully combined education, entertainment, and community involvement, reinforcing the commitment of Sree Balaji Dental College and Hospital to preventive healthcare and public outreach.





# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

11.6.2025

Theme of the day : **Act, Learn, Prevent: Hypertension Awareness Through Drama and Quiz**

Location : Silver Jubilee School, Vadapalani

Time : 11.30 am to 2.00 pm

Target population : School children, Teachers

Number of beneficiaries : 553

#### Summary:

On 11th June 2025, the Department of Public Health Dentistry at Sree Balaji Dental College and Hospital conducted an Anti-Hypertension Awareness Program at Silver Jubilee School, Vadapalani. The program featured an educational skit and an interactive quiz designed to increase awareness about hypertension among school students.

The event began with a skit performed by the students and volunteers, highlighting the causes, risks, and preventive measures related to

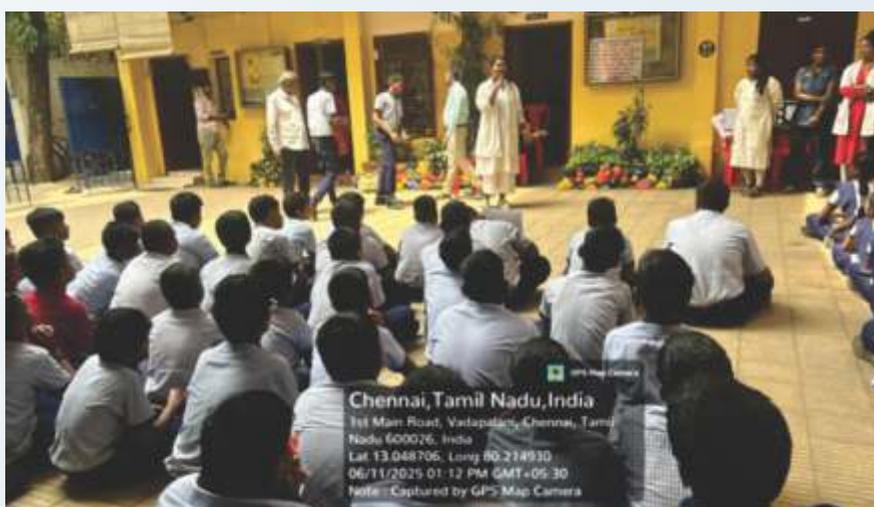
hypertension. Through engaging storytelling and relatable characters, the skit illustrated how unhealthy lifestyle choices such as excessive salt intake, lack of physical activity, smoking, and stress can lead to high blood pressure. The consequences of untreated hypertension, including heart disease and stroke, were clearly portrayed to emphasize the importance of early detection and management.

Following the skit, a quiz competition was conducted to reinforce the information shared during the performance. Students enthusiastically participated, answering questions on topics such as blood pressure measurement, healthy eating habits, benefits of exercise, and the dangers of tobacco use. The quiz helped solidify their understanding and encouraged active learning.

Faculty members from Sree Balaji Dental College and Hospital facilitated the event, providing explanations, clarifications, and additional information to the students. Educational pamphlets and posters were distributed to help students and teachers continue spreading awareness within their families and communities.

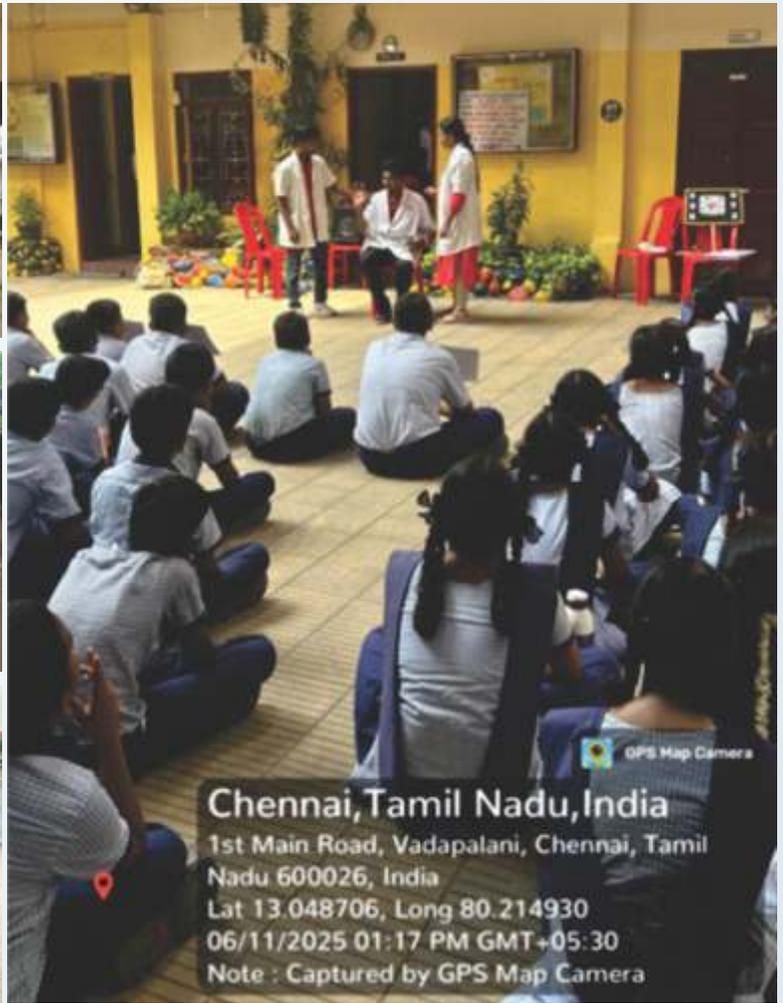
The program aimed to instill healthy habits early in life to prevent the development of hypertension and related complications in the future. Teachers and school staff appreciated the interactive approach, noting that the combination of drama and quiz made the learning experience enjoyable and memorable.

Overall, the Anti-Hypertension Awareness Program at Silver Jubilee School was a successful initiative by Sree Balaji Dental College and Hospital to promote health education among young learners. The event contributed to building a foundation for healthier lifestyle choices and greater community awareness about hypertension prevention.





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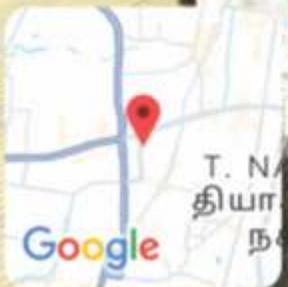
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# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

12.6.2025

Theme of the day : **Healthy Hearts at Work: Hypertension Awareness with Educational Hoardings**

Location : DCC Group of Companies, Anna Nagar

Time : 10.30 am to 12.00 pm

Target population : Employees, General public

Number of beneficiaries : 141

Summary:



On 12th June 2025, the Department of Public Health Dentistry at Sree Balaji Dental College and Hospital successfully conducted a Hypertension Awareness Campaign at the premises of DCC Group of Companies, Anna Nagar. This initiative was part of the college's ongoing efforts to promote public health education and encourage preventive practices related to non-communicable diseases.

The campaign aimed to raise awareness about hypertension, its risk factors, health consequences, and preventive measures among the employees and visitors of DCC Group. Hypertension, often called the “silent killer,” can lead to serious complications such as heart

attacks, strokes, and kidney failure if left unmanaged.

As a key feature of the campaign, large hoardings displaying vital information about blood pressure, healthy lifestyle tips, and the importance of regular monitoring were installed within the company premises. These visually impactful hoardings served as constant reminders for the employees to take proactive steps toward maintaining their cardiovascular health.

In addition to the hoardings, faculty members and postgraduate students from the Department of Public Health Dentistry interacted with employees, offering brief health talks and answering queries related to hypertension management. Topics covered included dietary recommendations, the role of physical activity, stress reduction techniques, quitting tobacco, and adhering to medication when prescribed.

The campaign encouraged participants to get their blood pressure checked regularly and to seek timely medical advice when needed. Pamphlets containing essential information on hypertension and healthy living were distributed to reinforce the messages conveyed during the awareness drive.

The management and employees of DCC Group appreciated the initiative, acknowledging the importance of such health campaigns in corporate environments where work-related stress and sedentary lifestyles are common. The event successfully created a health-conscious atmosphere within the organization, promoting well-being and preventive care.

This campaign is a testament to Sree Balaji Dental College and Hospital's commitment to community health promotion and its proactive role in fighting lifestyle-related diseases through education and awareness.



# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

13.6.2025

Theme of the day : **Pedaling Towards Prevention: Anti-Hypertension Awareness Event**

Time : 9.30 am to 12.00 pm

Target population : General public

Number of beneficiaries : 532

Summary:



On 13th June 2025, the Department of Public Health Dentistry at Sree Balaji Dental College and Hospital organized a multi-faceted event to promote anti-hypertension awareness. The program included a cycle rally, a pledge-taking ceremony, and an effigy burning skit, designed to educate the public about hypertension prevention and control.

The day began with a cycle rally featuring enthusiastic participation from students, faculty, and staff. The rally symbolized the importance of regular physical activity in maintaining healthy blood pressure levels and reducing the risk of hypertension-related complications. Riders carried banners and placards with slogans such as “Cycle for

Healthy Hearts”, “Beat Hypertension with Exercise”, and “Control Your Pressure, Control Your Life.” The rally route covered prominent areas to maximize public visibility and engagement.

Following the rally, attendees gathered for a pledge-taking ceremony where participants vowed to adopt healthier lifestyles, including regular exercise, balanced diet, reduced salt intake, and avoiding tobacco and excessive alcohol consumption. The pledge reinforced the collective commitment to combating hypertension through informed choices and consistent monitoring.

The highlight of the event was the effigy burning skit, a creative and symbolic performance aimed at illustrating the harmful effects of unhealthy habits that contribute to high blood pressure. Through dramatic storytelling, the skit depicted the ‘effigies’ of hypertension’s major risk factors—such as poor diet, smoking, stress, and sedentary lifestyle—being symbolically burnt to signify the community’s determination to overcome these threats. The skit was well-received for its impactful message and engaging presentation.

Faculty members and students actively engaged with the audience throughout the event, distributing educational materials and answering questions related to hypertension prevention and management.

The program successfully combined awareness, action, and symbolism to inspire the community toward healthier living. It reflects Sree Balaji Dental College and Hospital’s dedication to promoting preventive healthcare through innovative and participatory initiatives.



# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

14.6.2025

Theme of the day : **Visualizing Prevention: A Short Film on Hypertension Awareness**

Time : 6.30 am to 2.00 pm

Target population : General public

Number of beneficiaries : 313

Summary:



On 14th June 2025, the Department of Public Health Dentistry at Sree Balaji Dental College and Hospital released a short film to mark World Hypertension Day and raise awareness about the prevention and management of hypertension.

The short film was conceptualized, scripted, and performed by students and faculty, aiming to educate the public on the silent yet deadly impact of high blood pressure. The film depicted real-life scenarios illustrating how unhealthy lifestyle choices — such as poor diet, lack of exercise, stress, smoking, and excessive salt intake —

contribute to hypertension. It also highlighted the importance of regular blood pressure monitoring, timely medical check-ups, and adopting preventive lifestyle measures.

The screening took place on the college campus and was attended by students, faculty members, and healthcare staff. The film received an overwhelming response for its engaging narrative, relatable characters, and strong message promoting personal responsibility in managing heart health.



Faculty speakers emphasized that hypertension is a growing public health concern in India, often going undetected until it causes severe complications like heart attacks, strokes, or kidney failure. They reiterated the power of awareness, early detection, and lifestyle changes in preventing such outcomes.



The initiative reflects the institution's commitment to community health education and behavioral change through creative and impactful mediums. Attendees were encouraged to share the film within their communities to maximize its reach and inspire collective action against hypertension.

# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

16.6.2025

Theme of the day : **Prevent to Protect: Hypertension Pledge Ceremony 2025**

Location : Sree Balaji Dental College and Hospital

Time : 10.30 am to 12.00 pm

Target population : General Public And Health Care Workers

Number of beneficiaries : 121

#### Summary:

On 16th June 2025, the Department of Public Health Dentistry at Sree Balaji Dental College and Hospital organized a Pledge Ceremony to promote awareness about hypertension (high blood pressure) and encourage healthy lifestyle practices among students, faculty, and staff.

The event was held on the college campus and aimed to reinforce the importance of early detection, prevention, and management of hypertension—often called the “silent killer” due to its asymptomatic nature and severe health consequences if left untreated.

Participants gathered to take a collective pledge, committing themselves to adopt healthier habits such as

maintaining a balanced diet, reducing salt intake, engaging in regular physical activity, managing stress, avoiding tobacco and excessive alcohol, and monitoring blood pressure regularly. The pledge emphasized personal responsibility and community involvement in fighting hypertension.

Faculty members addressed the gathering, highlighting the rising prevalence of hypertension in India and worldwide, and the critical role that awareness and lifestyle modifications play in preventing complications like heart disease, stroke, and kidney failure.

The ceremony concluded with motivational messages encouraging attendees to spread awareness within their families and communities, creating a ripple effect of education and preventive care.

This pledge initiative is part of Sree Balaji Dental College and Hospital’s ongoing commitment to public health education and chronic disease prevention through proactive community engagement.



# SREE BALAJI DENTAL COLLEGE AND HOSPITAL

PALLIKARANAI, CHENNAI

## DEPARTMENT OF PUBLIC HEALTH DENTISTRY

### WORLD HYPERTENSION DAY 2025

16.6.2025

Theme of the day : **Wellness through yoga**  
Location : Sree Balaji Dental College and Hospital  
Time : 6 am to 8 am  
Target population : Students and General Public  
Number of beneficiaries : 200

#### Summary:

Yoga serves as a powerful tool in preventing hypertension and lifestyle-related ailments by reducing stress, enhancing blood flow, and fostering overall wellness, leading to improved cardiovascular health, mental clarity, and a balanced life. Sree Balaji Dental College and Hospital celebrated International Yoga Day on June 21, 2025, with great enthusiasm. The event featured an early morning yoga session, bringing together students and members of the society to promote physical and mental well-being. This initiative highlighted the importance of yoga in daily life and fostered a sense of community and wellness. The event was greatly appreciated by the government of India for our efforts in promoting yoga and wellness among our students and the community, aligning with the national initiative led by our Hon'ble Prime Minister Shri. Narendra modi ji. We received a certificate of appreciation from the government of India recognizing our successful organization of the Yoga Sangam event on June 21st, 2025. This honor, signed by Prataprao Jadhav, Union Minister of State (IC), Ministry of Ayush , Ministry of Health and Family Welfare, showcases our commitment to promoting wellness and aligning with national initiatives.





Shri Narendra Modi  
Hon'ble Prime Minister



# YOGA SANGAM PATRA

This is to certify that

M/s .....  
organized Yoga Sangam event to mark the International Day of Yoga on 21<sup>st</sup> June 2025.

The event was organized  
at ..... and had the participation of ..... people.

It is also to certify that this event was held simultaneously and in harmony with the national event of  
International Day of Yoga 2025, led by the Hon'ble Prime Minister at  
Visakhapatnam, Andhra Pradesh.

**Prataprao Jadhav**  
Union Minister of State (IC), Ministry of Ayush and  
Minister of State, Ministry of Health and Family Welfare

Date: 21<sup>st</sup> June 2025  
New Delhi