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Date: 17 May 2024

Time: 11 PM Onwards

Venue: Department of Psychology

**Dr. Harisingh Gour
Vishwavidyalaya Sagar
(M.P.)**



**VENUE-
DEPARTMENT OF PSYCHOLOGY**

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**One-day
online
Awareness Programme
on
“Hypertension”
on
World Hypertension Day**

**Jointly Organized by
Department of Psychology and
University Health Centre
Dr. Harisingh Gour Vishwavidyalaya
Sagar (M.P.)**

Experts



Dr. Anurag Jain (MD),
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PROF. A. D. SHARMA
Head, Department of Psychology



CONVENERS:
DR. G.K. TIWARI
Assistant Professor
Department of Psychology



Dr. Abhishek Kumar Jain
Chief Medical Officer
University Health Centre

CO-CONVENERS:

Dr. Sharda Vishwakarma
Guest Faculty

Dr. D.N. Sharma
Guest Faculty

CO-ORDINATORS:

Miss. Archana Choudhary

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According to the Centre for Disease Control and Prevention (2023), nearly half of adults have hypertension (48.1%, 119.9 million), defined as a systolic blood pressure above 130 mmHg or a diastolic blood pressure above 80 mmHg, or are taking medication for high blood pressure. The World Health Organization calls hypertension or high blood pressure the most common cause of cardiovascular mortality. The World Hypertension League (WHL), an umbrella organization of 85 national hypertension societies and leagues, has recognized that more than 50% of the hypertensive population worldwide are unaware of their condition. To address this issue, the WHL launched a global hypertension awareness campaign in 2005 and declared May 17 of each year as World Hypertension Day (WHD). The WHD's mission is to

educate the public about the importance of hypertension and its serious medical complications and to provide information on prevention, detection and treatment. The World Hypertension League has declared "Measure Your Blood Pressure Accurately, Control It, Live Longer" as the World Hypertension Day theme for 2024.