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Report on the Online Lecture Series Organized on World Hypertension Day, May 17, 2024

On the occasion of World Hypertension Day (May 17, 2024), a one-day online lecture series was jointly organized by the Department of Psychology and the Health Centre at Dr. Harisingh Gour Vishwavidyalaya, Sagar (M.P.). The event was centered around the global theme: “Measure Your Blood Pressure Accurately, Control It, Live Longer”, highlighting the importance of early detection and control of hypertension for a healthy and long life.

The program began with introductory remarks by Dr. Gyanesh Kumar Tiwari, Senior Assistant Professor and Coordinator from the Department of Psychology. He emphasized the crucial role of psychological factors in preventing hypertension. According to him, adopting healthy lifestyle habits, maintaining a balanced routine across age, family, and work domains, and developing a meaningful and stress-free life can significantly reduce the risk of high blood pressure.

This was followed by an address by Dr. Bhupendra Patel from the university's Health Centre, who explained the biological aspects of hypertension. Prof. Neelima Gupta, the Hon'ble Vice-Chancellor, shared her insights, stating that high blood pressure is often symptomless but can lead to severe health problems such as heart disease and stroke if left untreated. She noted that symptoms like headache, chest pain, blurred vision, dizziness, nausea, and fatigue are often ignored. Regular blood pressure monitoring is essential, especially for those experiencing sudden symptoms like nosebleeds or visual disturbances.

Dr. Anurag Jain, an invited expert from Bundelkhand Medical College, shed light on the medical complications of uncontrolled hypertension. He pointed out that hypertension—

commonly known as the “silent killer”—damages the arterial walls over time and can lead to coronary artery disease, stroke, heart attack, kidney failure, vision problems, and pregnancy-related complications. He elaborated on the classification of blood pressure levels and emphasized the distinction between primary and secondary hypertension. Primary hypertension is often lifestyle-related, while secondary hypertension arises from medical conditions or medications.

The second keynote address was delivered by Dr. Vinod Kumar Sharma, Assistant Professor and Clinical Psychologist at Sido Kanhu Murmu University, Dumka, Jharkhand. He discussed preventive strategies and lifestyle interventions for managing high blood pressure. These include consuming a balanced, low-sodium, high-potassium diet, engaging in regular physical activity, maintaining a healthy weight, avoiding alcohol and tobacco, reducing caffeine intake, and managing stress. He emphasized that weight loss in overweight individuals can significantly reduce blood pressure and prevent associated disorders like sleep apnea.

The second session was presided over by Prof. Diwakar Rajput, Dean of the Faculty of Humanities and Social Sciences. He highlighted the need to integrate mental health and social awareness into public health policies. He noted that our responses to diseases like hypertension are shaped not only by medical knowledge but also by our socio-cultural understanding and behaviors, especially in the digital age.

The event saw active participation from faculty members including Prof. Ambika Datt Sharma, Dr. Sharda Vishwakarma, Dr. D.N. Sharma, research scholars, and undergraduate and postgraduate students. The program concluded with a vote of thanks delivered by Dr. G.K. Tiwari, appreciating all speakers, organizers, and participants for their valuable contributions.



(Prof. A. D. Sharma)