

## **TITLE: Sri Chamundeswari Medical College and Hospital raises Awareness about Hypertension Day and World No Tobacco Day through Walkathon**

Hypertension and the risks associated with tobacco use are prevalent issues in society today. Raising awareness about their prevention, diagnosis, treatment, and the adverse effects of tobacco is crucial for societal well-being.

Kudos to all the participants for taking part in the Walkathon organized on May 31, 2024, by the Department of General Medicine, in collaboration with the Departments of Community Medicine and ENT of Sri Chamundeswari Medical College and Hospital (SCMCH & RI), Channapatna, with support from the Channapatna City Police and the Health & Family Welfare Department of Channapatna town.

The program aimed to educate the students and the public about hypertension, including its risk factors, early diagnosis, treatment, prevention of long-term effects, and the adverse effects of tobacco use.

The Walkathon included more than 500 people, comprising students, teaching and non-teaching staff of SCMCH & RI along with Public, Health & Family Welfare Department staff, Police personnel and Channapatna City Corporators.

It commenced from Channapatna court premises, flagged off by Medical Superintendent Dr. Roshan Kumar SCMCH & RI, and concluded in City Municipal Office.

During the Walkathon, students displayed various placards depicting the prevention and treatment of hypertension, as well as the ill effects of tobacco, to educate the public.

There was a brief stop at the KSRTC bus stand in Channapatna, where an Awareness Talk was delivered by Dr. Pravin G U, Principal of SCMCH & RI, along with Dr. Dileep from the E.N.T Department and Dr. Jeevan from the General Medicine Department. Additionally, doctors from SCMCH & RI checked the blood pressure of the public, KSRTC drivers, and conductors, raising awareness about these health issues.

The event concluded at the city Municipal office. A brief talk was given by doctors from various departments.

A pledge was taken for the Management, Prevention & Treatment of hypertension and about not using tobacco products by all the participants.

It is also worthwhile to note that the Founder and Chairman of SCMCH & RI, Dr. A.C Shanmugham, has shown interest to start a Rehabilitation Programme & Deaddication Centre in Sri Chamundeshwari Medical College Hospital & Research Institute.

Additionally, the public were encouraged to utilize the free facilities such as OPD & IP consultation by specialists and free investigations available at SCMCH & RI.

The Walkathon was headed by Dr. Pravin G.U, Principal of SCMCH & RI, Dr. Roshan Kumar, Medical Superintendent of SCMCH & RI, Dr. Nanjaraj, Vice Principal of SCMCH & RI, Various department heads of SCMCH & RI, Doctors, Interns, students & supporting staff of SCMCH & RI.

It was also supported by Channapatna town police, under the guidance of Sub-Inspector Harish, Traffic PSI Narasimha Murthy and Channapatna city councillors Matheen Khan and Wasil Ali Khan, and officials from Health & Family Welfare Department.

Thank you all for your participation and outstanding performance throughout the event. Looking forward to continuing efforts in promoting community health and well-being.