



Since 1994

**Marathwada MitraMandal's
INSTITUTE OF MANAGEMENT EDUCATION RESEARCH AND TRAINING
(IMERT), Pune**

**S. No. 18, Plot No. 5/3, CT5 No. 205, Behind Vandevi Temple, Karvenagar,
Pune – 411052**



Report on Medical Health Check-up Camp on the occasion of World Hypertension Day 2026

Date of the Event: (DD/MM/YYYY)	19 th May 2026	Duration:	10.00am-12.30 pm
Day of the Event:	Tuesday	Venue:	Main porch , Ground floor
No of Participants	150		



Brief report /Description on the event

MM's IMERT , organized a Medical Health Check-up Camp on the occasion of World Hypertension Day 2026 on 19th May 2026 at, Karvenagar Campus, Pune in association with M.M's College of Nursing, Lohegaon, Pune . The camp was conducted to create awareness regarding hypertension, promote preventive healthcare, and encourage regular health screening among students, faculty members, non-teaching staff, and visitors. The main objectives of the camp was to create awareness regarding hypertension and its prevention, to encourage regular health check-ups and early detection of health problems, to assess blood pressure, BMI, and general health status of participants, to provide guidance regarding healthy lifestyle practices and dietary management, to promote preventive healthcare practices among the community.

The camp commenced with an inaugural ceremony attended by dignitaries, faculty members, students, and participants. The program began with the lighting of the lamp and a tribute to Saraswati idol. The dignitaries appreciated the initiative and emphasized the importance of preventive healthcare and regular health screening for maintaining a healthy lifestyle. Following Health Screening Activities were conducted

- The camp consisted of various screening and awareness stations. Participants were first registered and their demographic details were recorded.
- Blood pressure monitoring was conducted to identify individuals with elevated blood pressure levels.
- Height and weight measurements were taken for BMI assessment.
- Blood screening services, including free HbA1C testing, were provided with the support of Toplabs Bazaar.
- Physiotherapy consultation was offered to educate participants about exercise, posture correction, and physical activity.
- Nutrition and diet counselling focused on healthy eating habits and the DASH diet for hypertension prevention.



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- Health education sessions were also conducted to create awareness regarding risk factors, signs and symptoms, complications, and preventive measures related to hypertension.

Approximately 150 beneficiaries participated in the camp. Free health screening services and educational guidance were provided to all participants. The camp successfully increased awareness regarding hypertension and preventive healthcare practices. Guidance from Dr Shubhangee Ramaswamy and active participation from faculty members, students, healthcare professionals, and volunteers contributed significantly to the success of the event.

The positive feedback received from participants reflected the overall success and impact of the program.

		
Prepared by	Reviewed / Recommended by	Approved by
Prof Pranjal Jadhav , Event Cordinator	Dr Manalgouri Patil , IQAC Cordinator	Dr Shubhangee Ramaswamy , Director