

Guest Lecture on “Measure it Right – Home Blood Pressure Monitoring Guidelines: An Update”

The Department of Physiology organized a guest lecture on the topic “**Measure it Right – Home Blood Pressure Monitoring Guidelines: An Update**” on **14th May 2026** in two sessions:

- **11:00 AM – 12:00 PM for First year MBBS students**
- **12:00 PM – 1:00 PM for Physiotherapy, Nursing, and Allied Health Science students**

The institution had the privilege of hosting the International Guest Speaker hailing from Japan, **Dr. Noriko Matsushita**, Asia Regional Manager, Global Medical Affairs, Omron Healthcare, Singapore. The session aimed to create awareness regarding the importance of accurate home blood pressure monitoring and to update students on current guidelines and best practices.

The event commenced with the warm welcome address delivered by Dr. Sowmiya, Professor, Department of Physiology, followed by the introduction of the Guest Speaker by Dr. Kirthana, Associate Professor, Department of Physiology.

In a ceremonial moment the Guest Speaker was felicitated by the dignitaries present, **Dr. Pravin. G.U**, Principal of SCMCH&RI, **Dr. Niranjana**, Vice Principal of SCMCH&RI, **Dr. Manjula Patil**, Vice Principal of SCMCH&RI, **Dr. M.K Kishore**, Principal of SCCP, **Dr. Santhosh Kumar. M**, Principal of SCIAHS, **Prof. Ashwini. K. M**, Principal of SCCN and **Dr. Yogesh. M. K**, Principal of SCIPMS, as a token of appreciation and respect.

Dr. Noriko Matsushita began the session with a preliminary quiz to assess the baseline understanding of the participants regarding blood pressure monitoring practices. The lecture that followed was highly interactive, informative, and clinically relevant. The speaker elaborated on updated guidelines for home blood pressure monitoring, proper techniques of measurement, interpretation of readings, common errors during recording, and the importance of patient education in hypertension management. The session actively engaged students through discussions and practical insights.

At the conclusion of the lecture, a post-session quiz was conducted to evaluate the knowledge gained by the participants. Prizes were awarded to the top three performers in the quiz, encouraging active participation and learning enthusiasm among the students.

Following the academic session, at around 2:00 PM, the guest speaker visited the institution's Family Adoption Village and Primary Health Centre. During the visit, she interacted with families and observed the community outreach and healthcare initiatives undertaken by the institution. She appreciated the effective implementation of these programs and their positive impact on rural communities and family health.

The Department of Physiology delivered the vote of thanks and expressed their gratitude to Dr. Noriko, Management, Administrators, HOD's, Faculty, Staff & students for their enthusiastic participation and support in making the event successful.

The program was a resounding success, enhancing the students' understanding of home blood pressure monitoring and highlighted the significance of accurate blood pressure assessment in preventive and community healthcare. The institution look forward to many more such insightful and informative sessions.