

International Guest Lecture & Workshop on Blood Pressure

“Precision in Practice: Accurate Blood Pressure Measurement for Clinical Excellence”

Organized by: Department of Physiology

Institution: RajaRajeswari Medical College & Hospital, Bengaluru

Dates: 12th & 13th May 2026

Time: 10:00 AM – 4:00 PM

Venue: Kadamba Hall, RRMCH

Mode: Offline

Chief Patron

Dr A.C. Shanmugam

Founder Chancellor

Patron

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- **Dr S. Vijayanand** – Executive Director
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- **Dr Praveen Kumar** – Medical Superintendent

1. Introduction

The Department of Physiology, RajaRajeswari Medical College & Hospital, Bengaluru, successfully organized a two-day **International Guest Lecture & Workshop on Blood Pressure** titled “**Precision in Practice: Accurate Blood Pressure Measurement for Clinical Excellence**” on **12th and 13th May 2026**.

The programme was conceptualized with the objective of promoting precision in clinical practice, strengthening competency in accurate blood pressure measurement, and creating awareness regarding standardized cardiovascular assessment among healthcare learners.

The event served as an interdisciplinary academic platform involving participants from medicine, nursing, physiotherapy, clinical nutrition, allied health sciences, and paramedical sciences.

The programme featured distinguished international and industry experts:

International Speaker

Dr. Noriko Matsushita

Global Medical Affairs

Japan

Special Guest

Mr. Hiroshi Ogawa

Managing Director

Omron Healthcare India

The programme was organized as part of the Department's academic observance of **World Hypertension Week 2026**, reinforcing the importance of early detection, accurate monitoring, and prevention of hypertension through evidence-based clinical practice.

The programme was conducted under the guidance of:

Organising Chairperson

Dr Priyanka Singh

Prof & HOD, Physiology

Organising Secretary

Dr Jamuna B L, Professor

Mrs Nishitha L Mendonca, Assistant Professor

Registration Committee

Dr Rekha K N, Professor

Ms Rohini H N, Assistant Professor

Organising Members

Dr Jyothi Vybhavi V S, Professor

Dr Amareswari V H, Professor

Ms Rashmitha V K, Assistant Professor

Programme Coordination & Participant Queries:

Dr Anisha Shiny P A (Postgraduate Student)

Master of Ceremonies:

Dr Amareswari V H, Professor

2. Objectives of the Programme

The programme was organized with the following objectives:

1. To highlight the importance of accurate blood pressure measurement in clinical practice.
2. To train healthcare learners in standardized blood pressure measurement techniques.
3. To enhance clinical competency through hands-on skill training.
4. To promote precision, consistency, and evidence-based patient care.
5. To create awareness regarding preventive cardiovascular healthcare.
6. To facilitate international academic exposure and industry-academia collaboration.

3. Target Audience

The programme catered to:

- First MBBS Students
- Allied Health Sciences Students
- Paramedical Students
- Nursing Students (RRCN)
- Bachelor of Physiotherapy (BPT) Students
- Nursing Students(Moogambigai college of Nursing)

Total Beneficiaries

Approximately **900+ students**

Session-wise participation included:

- MBBS – 250 students
 - Allied Health Sciences – 201 students
 - Paramedical – 116 students
 - Nursing (RRCN) – 231 students
 - BPT – 121 students
 - Moogambigai College of Nursing – 84 students
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4. Proceedings of the Programme

DAY 1 – 12th May 2026

4.1 Registration (10:00 AM – 11:00 AM)

The programme commenced with participant registration at Kadamba Hall. Students from various healthcare disciplines enthusiastically registered. A total of **852 participants** registered for the programme, including **725 pre-registered participants through online registration** and **127 spot registrations** on the day of the event.

4.2 Inaugural Ceremony (11:00 AM – 12:00 PM)

The inaugural ceremony was conducted with academic dignity and institutional protocol.

The ceremony included:

- Invocation Song by First MBBS student
- Traditional Lamp Lighting Ceremony
- Welcome Speech by **Dr Jamuna B L (Professor, Department of Physiology)**
- Address by **Dr B. Sathyamurthy, Dean, RRMCH**
- Introduction of the Chief Guest by **Dr Priyanka Singh (Prof & HOD, Physiology)**

- Felicitation of **Dr Noriko Matsushita** by the dignitaries
- Felicitation of **Mr Hiroshi Ogawa** by the dignitaries

The inaugural session created an inspiring academic environment and highlighted the institution's commitment toward global academic collaboration.

4.3 Special Address by Mr Hiroshi Ogawa

As part of the inaugural scientific proceedings, **Mr Hiroshi Ogawa, Managing Director, Omron Healthcare India**, addressed the gathering and shared valuable insights on the importance of **home blood pressure monitoring, precision in blood pressure measurement, and early prevention of hypertension**. His address added an important industry perspective to the academic programme.

4.4 Scientific Session I (12:00 PM – 12:55 PM)

Guest Lecture for MBBS Students (250 students)

Speaker: Dr Noriko Matsushita

Dr Noriko Matsushita delivered an insightful lecture on:

- Global burden of hypertension
- Importance of accurate blood pressure measurement
- Standardized blood pressure measurement protocols
- Common observer and procedural errors
- International best practices in blood pressure monitoring
- Role of precision in clinical decision-making

The session was highly interactive and encouraged evidence-based clinical reasoning among undergraduate medical students.

4.5 Vote of Thanks (12:55 PM – 1:00 PM)

The inaugural session concluded with a formal **Vote of Thanks delivered by Mrs Nishitha L Mendonca**, who expressed sincere gratitude to the dignitaries, invited speakers, institutional leadership, faculty members, organizing committee, and student participants for their valuable support and contribution toward the successful conduct of the programme.

4.6 Lunch Break (1:00 PM – 2:00 PM)

Participants and dignitaries attended the lunch session, which also facilitated academic interaction and networking.

4.7 Scientific Session II (2:00 PM – 3:00 PM)

Guest Lecture for Allied Health Sciences & Paramedical Students

Speaker: Dr Noriko Matsushita

The session emphasized:

- Importance of blood pressure monitoring in multidisciplinary patient care
- Standardized clinical procedures
- Role of allied healthcare professionals in preventive cardiology
- Accurate vital sign assessment and documentation

Students actively engaged in the discussion.

4.8 Hands-on Training Session I (3:00 PM – 4:00 PM)

Participants

- Paramedical – 116 students
- Allied Health Sciences – 201 students

Venue

Hematology Lab & Common Room, 3rd Floor

Faculty Incharge

Dr Jamuna B L

Ms Rashmitha V K

Students received practical training in:

- Patient preparation and positioning
- Appropriate cuff selection
- Manual blood pressure measurement
- Digital blood pressure monitoring
- Recognition and correction of procedural errors
- Standardization of measurement techniques

DAY 2 – 13th May 2026

4.9 Scientific Session III (10:00 AM – 11:00 AM)

Guest Lecture for Nursing Students (RRCN)

Speaker: Dr Noriko Matsushita

The session focused on:

- Bedside blood pressure monitoring
- Patient safety during vital assessment
- Clinical documentation

- Importance of nursing accuracy in cardiovascular assessment

4.10 Hands-on Training Session II (11:00 AM – 12:00 PM)

Participants

- Nursing (RRCN) – 231 students

Venue

Hematology Lab & Common Room, 3rd Floor

Faculty Incharge

Dr Rekha K N

Ms Rohini H N

Students actively participated in practical demonstrations and skill-based learning.

4.11 Scientific Session IV (12:00 PM – 1:00 PM)

Guest Lecture for BPT & Nursing (Moogambigai college) Students

Speaker: Dr Noriko Matsushita

The session highlighted:

- Blood pressure changes during exercise and rehabilitation
- Lifestyle modifications in hypertension prevention
- Role of multidisciplinary care in hypertension management

4.12 Lunch Break (1:00 PM – 2:00 PM)

Participants utilized this time for networking and academic interaction.

4.13 Hands-on Training Session III (2:00 PM – 3:30 PM)

Participants

- BPT – 121 students
- Nursing – 84 students

Venue

Hematology Lab & Common Room, 3rd Floor

Faculty Incharge

Dr Amareswari V H

Dr Jyothi Vybhavi V S

Students actively practiced blood pressure measurement techniques under faculty supervision and demonstrated improved procedural confidence.

4.14 Feedback Collection & Valedictory Session (3:30 PM – 4:00 PM)

The programme concluded with structured participant feedback collection followed by the valedictory session. Feedback analysis showed high participant satisfaction regarding academic content, clinical relevance, and hands-on training, with the majority of participants reporting improved confidence in standardized blood pressure measurement.

5. Outcomes and Impact

The programme resulted in:

- Enhanced understanding of accurate blood pressure measurement
- Improved clinical competency and procedural confidence
- Increased awareness regarding home blood pressure monitoring
- Exposure to international standards in cardiovascular care
- Strengthened interdisciplinary academic interaction
- Promotion of evidence-based and patient-centered clinical practice
- Reinforcement of hypertension awareness during World Hypertension Week

6. Conclusion

The two-day **International Guest Lecture & Workshop on Blood Pressure** was conducted successfully and achieved its academic objectives.

The programme effectively integrated theoretical learning, clinical skill training, international academic expertise, and industry perspectives. The collaborative efforts of the organizing chairperson, organizing committee, faculty members, postgraduate students, invited experts, and student participants ensured the smooth execution and academic success of the programme.

Conducted during **World Hypertension Week 2026**, the programme reflects the Department of Physiology's continued commitment toward **quality enhancement in medical education, competency-based learning, preventive healthcare awareness, clinical excellence, and global collaboration**, aligned with **NAAC quality benchmarks and NMC standards**.