



***May 19, 2025***

***World Asthma Day Celebrated by IUST at Aripal Tral***

Tral, May 19: To mark World Asthma Day, Syed Mantaqi Memorial College of Nursing and Medical Technology (SMMC&NMT), IUST, organized a community awareness program at Government High School, Aripal Tral, under the University Community Outreach Initiative. The event aimed to educate school children and staff on asthma and related respiratory conditions. During the session, informative session on the causes, symptoms, and management of asthma, highlighting the importance of early detection, medication adherence, and avoidance of common triggers. Live demonstrations on the correct use of inhalers and simple breathing exercises added a practical dimension to the session.

The interactive program was well-received by the school community, who appreciated the relevance and impact of the health education shared. This outreach effort reflects SMMC&NMT's ongoing commitment to community health promotion and awareness in underserved areas. The program was coordinated by Ms. Neelofar Jan, Principal, Ms. Humaira Qadir and Ms. Foziya Manzoor.

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