



Public Relations and Media Centre

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Seminar on Allergies at IUST Highlights Importance of Early Diagnosis and Awareness

Awantipora, August 06: Islamic University of Science and Technology (IUST) hosted a one-day seminar titled "Know Your Allergies: Own Your Health", aimed at raising awareness about allergic disorders and their effective management. The seminar was organized by the Centre for Vocational Studies, School of Health Studies.

Allergy specialists, Dr. Ghulam Hasan and Dr. Taha Ashraf Qureshi, deliberated on various facets of allergies from understanding types and triggers to the importance of early diagnosis, lifestyle modifications, and management strategies. Another highlight of the Program was the on-spot diagnostic services provided to participants. These included spirometry-based lung function testing for respiratory allergies and asthma, comprehensive allergy screening, and Total Immunoglobulin E (IgE) level testing to assess allergic tendencies. These services saw active participation from students, faculty, and other attendees, offering valuable insights into their personal health.

Expressing gratitude to the experts, participants and organizers, Dr. Shahid M Baba, Centre for Vocational Studies reassured IUST's commitment to advancing public health education and community engagement through such meaningful initiatives.

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