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IUST's AYUSH Centre organises free medical camp

Awantipora, Sep 22: The Centre for AYUSH Sciences, Islamic University of Science and Technology (IUST), organised a free medical screening camp on campus on Tuesday, bringing preventive healthcare and Unani medical services closer to the university fraternity and surrounding community.

The camp witnessed the participation of 176 individuals, including 110 males and 66 females, comprising students, faculty, staff and members of the local community. Participants were screened for various non-communicable diseases (NCDs) and provided medical consultation, health guidance and counselling on healthy lifestyle practices.

As part of the camp, Mizaj (temperament) assessment, an important component of Unani healthcare, was conducted to provide a more individualized understanding of participants' health. The camp also provided 100 free laboratory investigations, including Liver Function Tests (LFT), Kidney Function Tests (KFT), lipid profile and urine examination. In addition, 15 urine examinations and 39 random blood sugar tests were conducted, along with free medical consultation and medicines.

The initiative aimed not only to facilitate the early identification of potential health risks but also to create awareness about preventive healthcare, healthy living, and the role of Unani medicine in promoting overall well-being. Free services offered included health check-ups, medical consultation, laboratory investigations, Mizaj assessment, medicines, and health and lifestyle counselling.

Pertinently, IUST has established an AYUSH Dispensary on the university campus, where daily OPD services are provided along with free medicines to patients. The facility has gradually emerged as a popular healthcare resource for both the local community and the university fraternity.

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