

### IUST hosts Awareness Programmes on the eve of World Heart Day

**Awantipora, Sep 29:** Syed Mantaqui Memorial College of Nursing and Medical Technology, a constituent college of Islamic University of Science and Technology (IUST) Wednesday organized Awareness Programmes on the eve of 'World Heart Day' at GMC Anantnag and SKIMS Medical College Bemina. World Heart Day is observed on September 29 to highlight the actions that a person can take to prevent and control cardiovascular



disease (CVD). This year's theme "use heart to connect" focuses on an urgent need to find various and innovative ways to connect people to heart health, mainly in lower resource areas and community.

While highlighting the importance of creating awareness among the public, Principal of the college Asmat Parveen deliberated on the cardiovascular diseases which are the most common causes of death claiming around 18.6 million lives each year globally.

During the event, students of the said college created awareness among the general public by delivering health talks on various topics.



Principal, Prof (Dr.) Irfan Rubani

and Medical Superintendent, Dr. Shifa from SKIMS Medical college Bemina and Principal, Dr. Tariq Syed Qureshi and Medical superintendent, Dr. Mohammad Iqbal Sofi from GMC Anantnag lauded the efforts of the nursing college and IUST in organizing such health awareness programmes for the benefit of general public.

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