



# ISLAMIC UNIVERSITY OF SCIENCE AND TECHNOLOGY AWANTIPORA

Office of the Community Connect

## Diabetes Awareness Program in Chandhara

**Date:** 26-11-2024.

**Target Audience:** Students of Syed Mantaqui Memorial College of Nursing and Medical Technology & 44 members of Chandhara community.

### **Discription:**

The Syed Mantaqui Memorial College of Nursing and Medical Technology (SMMCN&MT), Islamic University of Science and Technology (IUST), organized Diabetes Awareness Program to educate the Chandhara community of Pampore on diabetes prevention and management. The event aimed to raise awareness about diabetes, its risk factors, complications, and the importance of early detection and healthy lifestyle choices. The program featured interactive health education sessions, including lectures on diabetes causes and prevention, demonstrations on meal preparation, insulin administration, and exercise routines, and a skit emphasizing lifestyle changes. Health screening camps offering free blood glucose, BMI, and blood pressure tests were also conducted. Participants received expert consultations from Dr. Syed Faika, Medical Officer PHC Chandhara, and engaged in Q&A sessions to address their concerns. The initiative, supervised by Ms. Neelofar (Principal, SMMCN&MT), Ms. Mubashir Bashir (Coordinator Outreach) and faculty members, was appreciated by the local community.

The total number of participants were 44 members of Chandhara community and students of The Syed Mantaqui Memorial College of Nursing and Medical Technology

