



**December 10, 2025**

***IUST Organises Community-Based Diabetes Awareness & Prevention Programme***

Awantipora, December 10: Islamic University of Science and Technology (IUST), under its Community Connect initiative, organised a Community-Based Diabetes Awareness and Prevention Programme at PHC Dadsara, Tral, centred on the theme “Diabetes Across Life Stages.” The programme organized by Syed Mantaqi Memorial College of Nursing and Medical Technology (SMMCN & MT), IUST aimed to improve community awareness about diabetes, its risk factors, and preventive strategies relevant across different age groups.

The event featured glucometer-based blood sugar screening, during which scores of community members were assessed for random blood glucose levels. In addition, nursing students conducted vital monitoring including blood pressure, pulse, temperature, and BMI assessment. Dietary counselling sessions and exercise demonstrations were also conducted, promoting healthy lifestyle choices and preventive care.

The programme coordinated by Ms. Mubashir Bashir, Community Connect Coordinator included educational sessions, practical demonstrations, and active community participation, highlighting key aspects of diabetes management such as warning signs, complications, and evidence-based prevention approaches. The activities were conducted in collaboration with PHC Dadsara, ensuring smooth execution and community engagement.

The programme effectively addressed the theme and made a meaningful contribution toward strengthening public understanding of diabetes prevention and control. IUST continues to remain committed to community outreach and health promotion through such initiatives.

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