



May 18, 2023

World Hypertension Day observed at IUST

Charari Sharief, May 17: Alamdar Memorial College of Nursing and Medical Technology (AMCON&MT), IUST organized a programme on the eve of World Hypertension Day in Kakawring Charari-sharief Budgam. On this occasion, different awareness programmes were organised to spread awareness about the dangers of hypertension and to share information regarding the prevention, detection and treatment of the hypertension.

During the awareness program organized on this occasion, local people were acquainted with the associated risk factors with hypertension, and were trained to monitor blood pressure, and understand other health indicators. Speaking on this occasion, Ms. Asmat Parveena (Principal Nursing College) stressed on the need to raise awareness about hypertension and its prevention and management strategies. She called Hypertension as the main risk factor for heart diseases, stroke and many other complications. The locals appreciated the efforts of the Principal, faculty and the students in organizing such programs.