



May 25, 2026

IUST's Alamdar Nursing College Conducted Outreach Programs in Budgam

Budgam, May 25: As part of its continued outreach and community engagement initiatives, Alamdar Memorial College of Nursing and Medical Technology (AMCN&MT), a constituent college of Islamic University of Science and Technology (IUST), conducted a series of community health programmes at Zinpanchal, Charar-e-Sharief, Budgam.

A comprehensive Health Programme was organised at Government Middle School Zinpanchal, where B.Sc. Nursing trainees conducted awareness sessions on personal hygiene, balanced diet, accident prevention, protective and inappropriate touch awareness. The programme also included growth monitoring of children, health assessments, and practical demonstrations on oral care, CPR, and management of emergencies such as choking. School authorities were sensitized regarding the referral of children identified with nutritional and oral health concerns for further medical evaluation.

In another outreach initiative, students and faculty visited the ICDS Anganwadi Centre at Zinpanchal to observe the functioning of ICDS services and participate in community health activities. During the visit, growth monitoring of children aged 0–6 years was carried out using anthropometric measurements, while health education sessions for mothers and caregivers focused on breastfeeding, sanitation, menstrual hygiene, and balanced nutrition. Interactive discussions were also held to address community health concerns and promote awareness.

Both programmes were coordinated by Ms. Neelofar Jan, Assistant Professor, supervised by Prof. Dr. Zamrooda Akhter, Principal, AMCN&MT. The initiatives provided practical exposure to students, faculty and ICDS staff while strengthening community awareness on preventive healthcare and healthy lifestyle practices.

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