



# ISLAMIC UNIVERSITY OF SCIENCE AND TECHNOLOGY KASHMIR

## *Centre for Wellness Health*

### NOTICE

This is to inform all departments that the Centre for Wellness Health has now started booking counselling sessions for students and staff members. The facility aims to support mental well-being, personal growth, and emotional health in a confidential and professional setting.

We request each department to kindly display the attached poster on their notice boards or any visible area within the department premises so that students and staff can become aware of and take advantage of this important resource.

**Booking can be done easily by scanning the QR code** provided in the poster available on main page of the website.

For further information, please refer to the contact information provided in the poster.

Your cooperation in spreading awareness is highly appreciated.

Sd/-

**Coordinator  
Centre for Wellness Health**