



***Oct 15, 2025***

***IUST Organizes Outreach Programme on Nature-Enabled Stress Reduction***

Awantipora, October 15: The Mantaqi Centre for Science and Society (MCSS), in collaboration with the Department of Environment, Sustainability and Climate Change (DoES&CC), Islamic University of Science and Technology (IUST), organized an outreach programme on “Nature Enabled Stress Reduction for Enhanced Student Learning” at Mantaqi Waqf Higher Secondary School, Awantipora.

The programme highlighted the role of nature in promoting mental well-being and improving learning outcomes among students. “Connecting with nature can significantly improve students’ focus, memory, and emotional resilience,” said Prof. Javid Hussain, Professor of Practice, MCSS, highlighting the scientific basis of nature’s role in enhancing learning efficiency.

Dr. Mohmad Aabid, Coordinator, MCSS, introduced the theme of the programme and emphasized the importance of nature in holistic education and mental well-being. Dr. Dharm Chand, Assistant Professor, DoES&CC, IUST, discussed local biodiversity and its role in supporting emotional health. The event, part of MCSS’s outreach initiatives, emphasized integrating science, sustainability, and community well-being. Dr. Rayees Ahmad Shah presented the vote of thanks.

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