



October 28, 2025

IUST Observes World Mental Health Day 2025 through Community Outreach Initiatives

Awantipora, Oct 24: The Syed Mantaqui Memorial College of Nursing and Medical Technology (SMMCN&MT), Islamic University of Science and Technology (IUST), observed World Mental Health Day 2025 with the theme “*Access to Services: Mental Health in Catastrophes and Emergencies.*”

As part of its ongoing community outreach efforts, the college conducted awareness and educational activities across PHC Aripal, Satura Anganwadi, and Gutroo community, engaging children, adolescents, parents, and elders. The programme coordinated by Ms. Mubashira Bashir, College Outreach Coordinator and her team focused on promoting coping mechanisms during crises, early identification and management of mental health issues, and strengthening community-based support systems.

Interactive sessions, health education talks, interactive games, group discussions, and counselling awareness programmes were conducted, complemented by the distribution of educational booklets on mental health care and service accessibility. The initiative emphasized on the importance of early psychological intervention, community participation, and equitable access to mental health services during emergencies.

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