



October 30, 2025

IUST Hosts Mental Health Awareness Programme for Staff

Awantipora, Oct. 29: The Centre for Wellness Health, Islamic University of Science and Technology (IUST), Awantipora, organised a Mental Health Awareness Programme as part of the university's ongoing initiatives to promote psychological wellbeing and cultivate a compassionate and inclusive campus environment. The programme, designed for the university staff aimed to address emotional health and workplace stress through interactive discussions and expert guidance.

Speaking on the occasion, Mr. Muzaffar Ahmad Ganai, Clinical Psychologist and Guest Speaker, shared practical insights on coping with daily stressors and fostering emotional balance. His engaging session offered participants relatable strategies for maintaining mental wellbeing in professional and personal life.

The event reflected the Centre for Wellness Health's commitment to creating a culture of care and empathy within the institution. Prof. Yasmeen Syed Ashai, Coordinator of the Centre, highlighted the significance of such initiatives in building emotional resilience and strengthening the university community. Dr. Iqbal Quraishi, Deputy Registrar emphasized compassion and mindfulness as essential components of a positive work environment. The programme was coordinated by Ms. Urooj Manzoor, Counsellor, IUST.

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