



**December 23, 2025**

***IUST organizes “Youth on Air Programme”***

Awantipora, Dec. 23: The Centre for Health and Wellness in collaboration with IUST Radio station is broadcasting a series of programmes aimed at creating awareness on issues concerning the youth.

The university places special emphasis on motivating the youth towards productive ventures and helping them realize their potential for the larger good of the society. This features prominently in outreach plan of the university that among other things involves adoption of local villages, conducting awareness programmes covering different aspects of societal importance including drug abuse, women safety, saturation of government schemes.

As a part of this mission, IUST is reaching out to the local committees under the aegis of Centre for Health and Wellness through its Community Radio Station. Talk shows hosting students, faculty and experts are held who share their experiences, coping strategies and other aspects for a wider impact and resonance among the youth. Prof. Yasmeen Ashai, Coordinator in a session on women safety talked about women’ safety, awareness of rights, timely reporting of issues etc. Ms Urooj Manzoor University Councillor who has curated the sessions also talked about emotional resilience prioritizing of self-care and mental well-being.

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