



March 16, 2026

IUST Hosts Health Seminar to Promote Women's Health Awareness

Awantipora, March 16: The Islamic University of Science and Technology (IUST) today organised a health seminar titled “Perna: For Her Health Challenges” at the campus. The programme was organised by the Centre for Career Counselling and Placements under the aegis of the Office of the Dean Outreach in collaboration with Ujala Cygnus Hospitals to raise awareness about key health issues affecting young women.

Ms. Tanushree (IPS), SSP Pulwama, who was the chief guest on the occasion, encouraged female students to pursue their goals with determination while also prioritising their health and wellbeing. She urged students to remain mindful of both their physical and mental health, noting that personal wellbeing is essential for sustaining success in demanding careers.

The seminar brought together medical experts and students to discuss preventive healthcare, nutrition, and mental wellbeing. The health talks were delivered by Dr. Nazeefa Manzoor, Dr. Munaza, and Dr. Zahida Rasool, Medical Officer at IUST, who spoke about common health concerns among young women, including anaemia and the importance of early diagnosis and timely care.

Welcoming the guests and participants, Dean Outreach, Dr. Ruheela Hassan, said that IUST is committed to promoting a holistic environment for its students and initiatives like this seminar reflect that commitment. Dr. Parvez Ahmed Sofi, MD Ujala Cygnus Hospitals, appreciated the university's proactive approach towards student wellbeing and expressed hope for stronger collaborations in promoting health awareness and preventive care among young people.

The event concluded with an open dialogue and interaction session, allowing students to engage with the speakers and seek guidance on various health-related concerns, followed by a vote of thanks by Dr. Asifa Baba, Dean of Students, IUST.

Issued by PR&MC, IUST