



May 14, 2026

IUST Organises “Run for Health” Under Nasha Mukht Bharat Abhiyaan

Awantipora, May 14: A “Run for Health” event under the ambit of the Government of India’s Nasha Mukht Bharat Abhiyaan was successfully organised today by the Directorate of Physical Education and Sports, Islamic University of Science and Technology, in collaboration with the Centre for Mental Health and Wellness and Dean Outreach.

The event witnessed enthusiastic participation from university faculty members, administrative officers, staff members, students, and local elderly residents, reflecting a collective commitment towards health, fitness, and a drug-free society. The programme also saw active participation from the Town Welfare Committee Awantipora, Awantipora Forest Division, Sabir Abdullah High School, and Mantaqi Higher Secondary School.

The run was flagged off by senior university officers along with Dr. Iqbal Quraishi, Officer Incharge, Directorate of Physical Education and Sports. It commenced from the University Main Campus and culminated at the Synthetic Athletic Track of the university.

The event concluded with a basic fitness session conducted by Dr. Hilal Ahmad Rather, Assistant Director, Physical Education and Sports, who emphasised the importance of regular physical activity in maintaining a healthy lifestyle and preventing substance abuse.

Speaking on the occasion, Dr. Iqbal Quraishi thanked all participants and collaborating organisations for their wholehearted support towards the initiative and reiterated the university’s commitment to promoting wellness, fitness, and awareness against drug abuse.

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