



**June 29, 2026**

***IUST Inaugurates Three-Day "Breakthrough Workshop 2026"***

Awantipora, June 29: The Centre for Mental Health and Wellness, Islamic University of Science and Technology (IUST), in collaboration with HELP Foundation, J&K, inaugurated the three-day "Breakthrough Workshop 2026" for students. The workshop, would run from June 29 to July 1, under the theme "Breaking Barriers • Discovering Potential • Creating Futures."

In her inaugural address, Dr. Asifa Mehraj Baba, Director, Centre for Mental Health and Wellness, highlighted the importance of mental wellbeing, self-awareness, resilience, and leadership in helping young people realize their potential. She encouraged students to embrace self-growth and develop the confidence and skills needed to navigate personal and professional challenges.

The resource person, Mr. Anand David, Founder, MANFORD, conducted engaging sessions on transformational leadership and achievement motivation, motivating participants to build self-confidence, develop leadership qualities, and adopt a positive mindset for lifelong success. Ms. Urooj Manzoor, Counsellor at the Centre for Mental Health and Wellness, also participated in the sessions, facilitating discussions and interactive activities. The workshop features reflective exercises, group discussions, and motivational activities designed to strengthen leadership skills, resilience, and personal effectiveness.

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