



July 13, 2026

IUST Launches 'Unheard Voices' Initiative to Promote Student Well-being

Awantipora, July 13: The Centre for Mental Health and Wellness (CMHW), Islamic University of Science and Technology (IUST), launched 'Unheard Voices', an initiative aimed at providing students and research scholars with a safe, confidential, and anonymous platform to share their thoughts, emotions, concerns, and suggestions, thereby promoting openness, inclusion, and emotional well-being on campus.

The initiative was inaugurated by the Chief Guest, Mr. Sameer Wazir, in the presence of Prof. G. N. Itoo, Dr. Asifa Mehraj Baba, Director, Centre for Mental Health and Wellness, Dean Outreach, Dean Research, along with faculty members, students, research scholars, and staff.

Addressing the gathering, Dr. Asifa Mehraj Baba highlighted the growing importance of mental health in educational institutions and described Unheard Voices as a non-judgmental space that encourages students to express themselves anonymously. She urged students and scholars to actively engage with the initiative. Ms. Urooj Manzoor, Counsellor at the Centre, underscored the need for safe spaces where students can freely express their thoughts, emotions, concerns, and suggestions. The Centre also felicitated staff members for their contributions to implementing the initiative.

As part of the programme, the Centre announced that anonymous expression boxes will be permanently installed at designated locations across the campus, supported by regular awareness and outreach activities to encourage participation and strengthen a culture where every voice is heard and valued.

Issued by PR&MC, IUST