



ISLAMIC UNIVERSITY OF SCIENCE AND TECHNOLOGY AWANTIPORA, KASHMIR

Centre for Wellness Health

Special Session on [#Mentalwellbeing](#) at IUST

An interactive session was held at the Girls' Hostel by the Centre for Wellness Health and Provost of the Girls Hostel IUST. The session was conducted by Ms. Urooj Manzoor, Mental Health Counsellor, in the presence of the Dr Farhana Allaie, Provost of the Girls' Hostel and Dr Shaiqa Nasreen, Coordinator of the Centre for Wellness Health.

The session aimed to brief the hostel residents about the university's commendable step in establishing the Centre for Wellness Health a dedicated initiative to create a safe, supportive space where mental health is actively prioritised. The participation from hostel boarders was warm and engaging, reflecting a genuine interest in mental health wellness.

This session is part of the regular well-being and wellness initiatives at the IUST.

Cordinator