



P | 2
IUST STAGES NUKKAD NATAK TO PROMOTE ANTI-DRUG AWARENESS



P | 5
IUST INTENSIFIES ANTI-DRUG AWARENESS WITH NMBA RALLY



P | 7
IUST ORGANISES SPORTS FESTIVAL; COMMISSIONER SECRETARY ANNOUNCES SPORTS FACILITIES

VOLUME 17

ISSUE 2

APRIL - JUNE, 2026

PAGES 08

Special Edition

On

IUST'S 100-DAY NASHA MUKT BHARAT ABHIYAAN

Vice Chancellor's Message

"The fight against substance abuse is a collective responsibility and one of the defining social challenges of our time. At IUST, the 100-Day Nasha Mukta Jammu and Kashmir Abhiyaan has demonstrated that universities can lead this transformation by combining awareness, youth engagement, community outreach, mental health support and evidence-based policy dialogue.

This special edition reflects our unwavering commitment to building a drug-free, healthy and resilient society. Let us inspire every young person to choose hope over addiction, responsibility over indifference, and become ambassadors of a Nasha Mukta Jammu and Kashmir and a stronger, more compassionate society."

-Prof. Shakil Ahmad Romshoo





Editor Speaks

BUILDING DRUG-FREE FUTURE AT IUST

Drug addiction is not merely a public health concern. It is a social challenge that threatens the aspirations of an entire generation. Across India, and particularly in Jammu and Kashmir, the growing menace of substance abuse has underscored the urgent need for sustained awareness, prevention and rehabilitation. The Nasha Mukta Bharat Abhiyaan (NMBA) is, therefore, more than a government campaign. It is a collective call to protect our youth, strengthen families, and build healthier communities.

Universities occupy a unique position in this movement. They are not only centres of academic excellence but also spaces, where values and responsible citizenship are nurtured. The Islamic University of Science and Technology (IUST) has demonstrated that educational institutions can play a transformative role in combating drug abuse. Through awareness rallies, poster and debate competitions, sensitization programmes, initiatives and outreach under NMBA, IUST has encouraged students to become



ambassadors of a drug-free society.

However, the fight against addiction requires continuous engagement, stronger peer support systems, accessible mental health services, active parental participation, and close collaboration between educational institutions, healthcare professionals, law enforcement agencies, and civil society. Every classroom discussion, awareness campaign and conversation that encourages a young person to seek help contributes to a larger culture of resilience and hope.

As *Times Echo* dedicates this special edition to NMBA, let us reaffirm that the responsibility of creating a drug-free future belongs to all of us. By empowering our youth with knowledge, compassion and opportunity, institutions like IUST are not merely educating students, they are shaping responsible citizens capable of leading society towards a healthier, safer and addiction-free tomorrow.

IUST STAGES NUKKAD NATAK TO PROMOTE ANTI-DRUG AWARENESS



Photo: Zahoor Ahmad/IUST

The Islamic University of Science and Technology (IUST), organised a powerful Nukkad Natak (Street Play) at IUST main campus under the national banner of the Nasha Mukta Bharat Abhiyaan (NMBA) on June 18 and at IUST's Constituent College, Alamdar College of Nursing and Medical Technology, Charari Sharif, on July 17, to spread critical awareness against drug abuse. The event was organised by the Office of the Dean of Students as part of its Cultural Affairs Committee initiatives in collaboration with the Centre for Mental Health and Wellness, Provost Offices (Boys and Girls Hostels), Proctor Office and the Department of Journalism and Mass Communication.

The short skit was witnessed by a large gathering of faculty members, officials, students, scholars and other staff members. The performance was graced by the Registrar Prof Shamim Ahmad Shah, and the

Dean of Academic Affairs, Prof Sheikh Ajaz Bashir, as the Special Guests. Prof Shah underscored the relevance of student activities for a well-meaning ecosystem and assured his support for such endeavours so that the youth have constructive engagements.

Prof Ajaz congratulated the organisers and stated how different co-curricular activities have been instrumental in creating a vibrant university environment.

Present on this occasion were Dean of Students Dr Monisa Qadiri, Director Centre for Mental Health and Wellness Dr Asifa Baba, Head Department of Journalism and Mass Communication Dr Rabia Noor, Coordinator Cultural Committee and Provost Girls Dr Farhana Allaie, Provost- Boys Dr Zahid Khaki, Senior Proctor Dr Mir Hashim, Coordinator Community Radio Station Dr Mujeeb Liyakat.

IUST HOLDS 2-DAY WORKSHOP AIMED AT DRUG-FREE SOCIETY

The Islamic University of Science and Technology (IUST) held a two-day workshop titled 'Drug-Free Society: Call for Collective Action' on May 4-5. The workshop was organised by the Centre for Good Governance and Policy Analysis, IUST.

The event brought together policymakers, law enforcement officials, healthcare professionals, academicians, civil society members and students to deliberate on the growing challenge of substance abuse in Jammu and Kashmir. The inaugural session was presided over by Prof. Shakil A. Romshoo, Vice Chancellor, IUST. In his address, Prof. Romshoo said, while institutional mechanisms were vital, the role of society was equally important. "Rehabilitation of drug addicts must be community-driven, where families and society actively support individuals in overcoming addiction and reintegrating with dignity," he said.

The workshop witnessed participation from students, scholars, faculty members, university officials and other key stakeholders. Dr. M.

Muzafar Khan delivered the keynote address, while Dr. Abdul Majid presented the special address. Prof. G. N. Ittoo, Director, Centre for Good Governance and Policy Analysis, and Mr. Mushtaq Ahmad Lone, ADC Awantipora, also addressed the participants.



Photo: Zahoor Ahmad/IUST

Speakers highlighted the urgency of addressing substance abuse as a serious social, economic and public health concern. Meanwhile, a documentary film, depicting real-life experiences of addiction and its human and societal impact, was screened on the occasion. Students actively engaged in awareness initiatives were also felicitated, reinforcing the pivotal role of youth as catalysts for change.

The initiative aligns with the ongoing Nasha Mukta Bharat Abhiyan—a 100-day campaign focused on awareness, prevention and community engagement. Emphasis was laid on moving beyond awareness towards coordinated and action-oriented interventions involving institutions, governance systems and communities.



FROM DESPAIR TO HOPE: STORY OF ADDICTION, RECOVERY

FAHAIL MOHI UDDIN

For most of his school life, Kalam was known as one of the brightest students in his class. From pre-nursery to Class 10, he consistently secured top positions. Teachers praised his academic performance, while relatives often pointed to him as an example for other children. Like many young students, he carried a dream that seemed within reach: becoming a doctor.

Today, Kalam is fighting a different battle

Raised largely at his maternal grandparents' home,

Kalam spent much of his childhood in an environment where studies came before everything else. Friends say he rarely participated in outdoor activities and was expected to focus almost entirely on academics. "When we were outside playing cricket or football, Kalam was usually studying," recalls a former classmate.

"Everyone believed he would become something big."

According to Kalam, the turning point came after the death of his grandparents. He moved permanently to his parents' home in another village and struggled to adapt to a completely different environment. "I felt like I had lost the life I knew," he says. "Everything suddenly changed."

As time passed, his academic performance declined. The student who once dreamed of studying medicine failed Class 12 after struggling in Chemistry. The setback deeply affected him. He later joined college and opted for Humanities, but friends noticed a visible change in his personality.

"He became quieter," says a former classmate. "The confidence we used to see in him slowly disappeared."

Kalam says he gradually began experiencing feelings of loneliness, anxiety and emotional distress. "I was mentally very disturbed," he recalls. "I wanted happiness. I wanted to feel normal again."

In search of relief, he turned to intoxicating substances and prescription medications. What began as experimentation soon developed

into dependence.

Kalam says he often spent whatever money he earned on drugs and muscle-relaxant tablets purchased through illegal channels. "When I took those tablets, I felt different," he says. "For some time, I felt like I was flying. All the problems disappeared."

The feeling was temporary. Soon, the addiction became stronger. His family eventually became aware of

something we could handle alone," says a family member. "We wanted to save our son."

A Growing Crisis

Kalam's struggle is not an isolated case. Official records from the Health and Medical Education Department reveal that more than 32,500 individuals have registered for treatment at de-addiction and rehabilitation facilities across Jammu and Kashmir since

with emotional distress, anxiety, depression, loneliness or personal setbacks. Unfortunately, while drugs may provide temporary relief, they ultimately worsen the underlying problem and create new challenges."

According to Dr. Ismail, recovery requires timely intervention and strong family support.

"Addiction should not be viewed as a moral failure or lack of willpower.

It is a health condition that requires professional treatment, counselling and sustained support from family members. The earlier a person seeks help, the better the chances of recovery."

He adds that growing awareness about mental health is essential to addressing substance abuse among young people.

"We need to encourage open conversations about mental health. Many young people suffer in silence and seek unhealthy ways of coping with their struggles.

Early support can prevent many of these cases from progressing into addiction."

Inside Rehabilitation

A counsellor at a de-addiction centre, who requested anonymity, says recovery is about much more than abstaining from drugs.

"The biggest challenge is helping patients understand that recovery is not only about stopping substance use. We help them rebuild routines, repair relationships and regain confidence. Many arrive feeling hopeless and disconnected from society."

The counsellor believes family support remains one of the strongest predictors of successful recovery.

"Addiction affects entire families. Healing usually involves everyone, not just the patient. When families remain supportive and engaged in the recovery process, the chances of long-term improvement increase significantly."

Today, Kalam is undergoing treatment at a rehabilitation centre. Those close to him say his condition has improved significantly. He continues to create content, remains active on social media and is working towards rebuilding his life. Continued on Page 4



Photo: Internet

the problem and stopped giving him money. However, Kalam found another source of income.

He began creating short videos and humorous content for social media. His content attracted thousands of followers and generated significant engagement online. Local businesses approached him for promotional collaborations, allowing him to earn money through advertising.

For a brief period, social media offered him a sense of achievement that academics no longer could. But instead of helping him escape addiction, the income often sustained it. "Whenever I earned money, a large part of it went towards buying substances," he admits.

Alongside addiction, his mental health continued to deteriorate. Kalam says he frequently felt suffocated inside his home. He became increasingly insecure about his appearance and often felt that people were judging him. His family noticed changes in his behaviour and growing social withdrawal.

Concerned by the changes, his parents sought professional help. "It reached a stage where we realised this was not

2022. Of these, 16,759 cases were recorded in the Kashmir Division, with Srinagar reporting the highest number of registrations, followed by Anantnag, Kulgam and Pulwama.

The growing burden is also visible at the Institute of Mental Health and Neurosciences (IMHANS), Srinagar, where teenagers account for nearly 10 percent of the daily patient intake. Health officials report that opioid addiction remains the dominant challenge in the Valley, with heroin accounting for nearly 90 to 95 percent of recorded dependency cases.

Government-run treatment facilities continue to witness a steady influx of fresh and follow-up cases, highlighting the scale of the challenge facing families, healthcare workers and rehabilitation centres across the region.

Expert Perspective

Dr. Haamid Ismail, Consultant Neuropsychiatrist, says substance abuse is often linked to deeper psychological struggles. "Many young people who develop substance dependence are not simply seeking intoxication. In a large number of cases, they are trying to cope

IUST HOLDS SPOT ESSAY COMPETITION UNDER NMBA

The Office of Dean of Students, Islamic University of Science and Technology (IUST), organised Spot Essay Competition on the topic, 'My Role in a Drug-Free Society and Solutions to Drug Addiction' under the Nasha MukT Bharat Abhiyaan (NMBA) on June 10.

Dean of Students, Dr Monisa Qadiri, briefed on the initiatives undertaken by the Dean's Office, which focused on solution-oriented and creative responses to social issues like the drug menace and student-centric activities.

Aynain Wani, Asma Jan and Sajad



Ahmad Bhat were adjudged as the top three winners of the competition, while Mohammad Haris Rafiqi, Salman Noor Ain, Abdullah Amin Bazaz, and Nazakat Aslam were awarded the consolation certificates.

During the ceremony, Prof. Shamim

Ahmad Shah, Registrar, IUST, was the Chief Guest, who felicitated the awardees, appreciated their thoughtful contributions and creative instincts, and reaffirmed the University's commitment

to raising awareness against drug abuse. He emphasised the significance of youth leadership and the university's commitment to promote holistic student development, social responsibility and active participation in nation-building through such initiatives.

IUST HOLDS DEBATE COMPETITION ON DRUG ABUSE

A debate competition on the theme 'Druggie or Drugs: Whom to Blame?' was organised at the Islamic University of Science and Technology (IUST) under the banner 'Say No to Drugs' on April 23, as part of the Nasha MukT Bharat Abhiyaan.

The programme was organised by the Office of the Dean of Students in collaboration with the Centre for Good Governance and Policy Analysis (CGG&PA) and the Office of the Provosts. The event witnessed active participation from students across various departments, who articulated diverse perspectives on the pressing issue of drug abuse and its far-reaching societal impact. The competition aimed to raise awareness and encourage youth to play a proactive role in building a drug-free society.

The competition was adjudicated by a jury and the best speakers were awarded prizes, while a special Runner-up trophy was presented under the specially-abled category. The winners were felicitated by Dr. Aabid Hussain Shalla, Registrar, IUST, and Dr. G. N. Itoo, Director, CGG&PA.

From Page 3 (From despair to hope)

Recovery remains a daily process, but there is renewed hope. His parents no longer speak about ranks, marks or missed career opportunities. Instead, they speak about health. They speak about healing. Most importantly, they speak about seeing their son live a normal life again. "We just want our son back," says a family member.

Kalam's story reflects a challenge confronting thousands of families across Jammu and Kashmir. Behind every addiction case is a personal struggle that often involves mental health challenges, emotional isolation, academic pressure and the search for belonging.

As treatment centres continue to register growing numbers of young patients, experts believe recovery must begin with awareness, timely intervention and a willingness to listen before experimentation turns into dependency. For young people like Kalam, recovery begins when addiction is treated not only as a substance problem, but also as a human one.

(Names have been changed to protect the identity of the individual and family).

IUST'S CMHW ORGANISES POSTER COMPETITION UNDER NMBA

The Centre for Mental Health and Wellness (CMHW), Islamic University of Science and Technology (IUST), organised a Poster Competition on the theme 'Say No to Drugs for a Better Tomorrow' on June 23 under the Nasha MukT Bharat Abhiyaan (NMBA).

The programme was inaugurated by Prof. Shamim Ahmad Shah, Registrar, IUST, as the Chief Guest, while Dr. G. N. Itoo, Nodal Officer, Nasha MukT Bharat Abhiyaan, IUST, attended as the Guest of Honour. Speaking on the occasion, Prof. Shah said that universities have a vital responsibility in nurturing not only academic excellence but also socially

responsible and healthy citizens. He emphasised that sustained awareness and student engagement are key to realizing the vision of a drug-free society.

The competition witnessed active participation from students across various departments, reflecting their growing awareness and commitment towards promoting a drug-free society.

The programme was organized by Dr. Asifa Mehraj Baba, Director, Centre for Mental Health and Wellness. Addressing the participants, she highlighted the adverse effects of substance abuse on mental health, physical well-being, academic performance, and social relationships. She urged students to

make informed choices, adopt healthy coping mechanisms, and become ambassadors of a drug-free lifestyle.

The competition was judged by a jury comprising Dr. Munejah Khan, Qazi Qamar Iqbal Qari, and Mehran Qureshi, who appreciated the originality, artistic expression, and social relevance of the entries.

During the programme, Urooj Manzoor, Counsellor, CMHW, actively engaged with students in discussions on substance abuse prevention and encouraged their enthusiastic participation.

The winners were felicitated in recognition of their creative efforts to spread awareness against drug abuse.

NMBA BADGE DISTRIBUTION HELD AT IUST

As part of the University's online campaign envisioned by the Vice Chancellor, Prof. Shakil Ahmad Romshoo, the Dean of Students Office, IUST, organised a badge distribution ceremony among the Student Council members and faculty members of the university under the Nasha MukT Bharat Abhiyaan. The badge distribution was organised in collaboration with the Centre for Good Governance and Policy Analysis, IUST.

The programme, which is a part of a sensitisation series under the campaign, coordinated by Dr. Monisa Qadiri, Dean of Students, was presided over by the Controller of Examinations, Prof. Rumaan Bashir and was attended by Dean Outreach, Dr. Ruheela Hassan, Dean of Humanities and Social Sciences, Dr. Afroz Ahmad Bisati, and senior faculty members, Dr. Asifa Baba, Dr. Ashraf Parray, Dr. Farhana Allai and Dr. Mujeeb Liyakat along with staff members from offices of Dean of Students and Public Relations and Media Centre.

The ambassadors pledged to create an anti-drug ecosystem in and outside the university and vowed to keep themselves and their communities drug-free.

IUST'S MEDIA STUDENTS FELICITATED FOR ANTI-DRUG INITIATIVES

Three students from the Islamic University of Science and Technology (IUST) were honoured by Union Minister of State for Social Justice and Empowerment, Ramdas Athawale, for their contributions to social work and anti-drug campaigns.

The felicitation took place on April 20, where Malik Mohammad Usman and Musab Farooq, BA FYUCP students of Journalism and Mass Communication, along with Ahmad Rashid Chadino, an English Literature student with Journalism and Mass Communication as minor subject, were recognized for their efforts in spreading awareness against drug abuse.

Their initiatives, focused on youth engagement and community outreach, aim to promote a drug-free society in Jammu and Kashmir. The recognition highlights the role of young individuals in driving social change.

IUST PROMOTES SUSTAINABLE ENVIRONMENT, HEALTHY LIVING UNDER NMBA

Reinforcing its commitment to environmental sustainability and the vision of a drug-free society, the NSS Unit of the Islamic University of Science and Technology (IUST), in collaboration with the Department of Forest, Ecology and Environment, Government of Jammu and Kashmir,

organised an environmental conservation programme at Shikargah under the Nasha MukT Bharat Abhiyaan (NMBA) on July 6. The programme was led by Dr. Tariq Ahmad Ganaie, Programme Coordinator, NSS, IUST, along with Dr. G. N. Itoo, Nodal Officer, NMBA, IUST. Students, NSS volunteers and departmental

officials participated enthusiastically. The initiative highlighted the close relationship between environmental conservation, healthy living and the vision of a drug-free society. Participants undertook cleanliness and waste collection activities, spreading awareness on protecting natural ecosystems.

IUST INTENSIFIES ANTI-DRUG AWARENESS WITH NMBA RALLY

In a strong reaffirmation of its commitment to building a drug-free society, the Islamic University of Science and Technology (IUST) organised a large-scale awareness rally under the Nasha Mukt Bharat Abhiyaan on April 30.

The rally was led by the Vice Chancellor, IUST, Prof. Shakil Ahmad Romshoo, and witnessed active participation from faculty members, administrative officers, non-teaching staff, students, research scholars, and members of the local community. The massive participation reflected a collective resolve to combat substance abuse through awareness, education, and community engagement. The event was also attended by Prof. Aabid H Shalla Registrar, Prof. A.H. Moon Dean Academic Affairs, Dr. G. N. Ito,



Director, Centre for Good Governance and Policy Analysis, Deans, Directors, faculty members, and university officials, who joined in solidarity to strengthen the message against drug abuse.

The rally commenced from the Humanities Lawn on the university

campus and proceeded towards NH Awantipora, drawing public attention to the urgent need for collective action against substance abuse. Participants carried placards and raised slogans promoting awareness, prevention, and social responsibility in addressing drug-

related challenges.

Speaking on the occasion, Prof. Romshoo emphasized the importance of sustained awareness initiatives and community participation in tackling the growing menace of substance abuse. He also administered a pledge to the participants, reaffirming their collective commitment to combating drug abuse and working towards a healthier, drug-free society. He highlighted the university's efforts towards prevention, awareness, and rehabilitation, and urged all stakeholders to join the campaign against drug addiction for a healthier and sustainable tomorrow.

Multiple sports activities, a painting competition and other creative activities were also organized as part of the program.

IUST HOSTS KASHMIRI MUSICAL OPERA UNDER NMBA



Photo: Zahoor Ah./IUST

The Office of the Dean of Students, Islamic University of Science & Technology (IUST), in collaboration with the Young Dramatists Society, organised 'Sontuk Aalav'—a soul-stirring musical opera in Kashmiri, on June 18. The production was approved by the Ministry of Culture, Government of India, under the Scheme of Cultural Function and Production Grant (CFPG) through the North Central Zone Cultural Centre (NCZCC). The programme aimed at institutionalising, documenting, and critically disseminating the performing arts and folk traditions of Jammu and Kashmir.

Addressing the gathering, Registrar Prof Shameen Ahmad Shah, who was the Chief Guest, highlighted the significance of cultural programmes in fostering holistic student development and lauded the Dean of Students Office for curating an engaging and meaningful event. He emphasised that such platforms nurture creativity, preserve regional heritage and encourage active student participation beyond academics.

In her welcome address, the Dean of Students, Dr. Monisa Qadiri, underlined the importance of a dual role of universities by contributing through academics and research and acting as the custodians of heritage preservation, particularly the rich oral traditions of Kashmir.

The event witnessed enthusiastic participation from artists of the Young Dramatists Society and IUST students and was coordinated by the Cultural Committee, IUST, under the ambit of the Nasha Mukt Abhiyaan and Yuva Connect initiatives.

DRUG ADDICTION: FAMILY'S SHARED ORDEAL

SAKIB AMIN

In a quiet village of South Kashmir, a family of four watched their lives change because of one person's addiction. Waqas, once known as a hardworking and responsible young man, was considered the hope of his family.

What began as occasional drug use soon turned into a serious addiction, affecting not only him but also his parents and younger brother. Before addiction took hold, Waqas worked as a painter and earned a modest income. He helped support his family and was respected in the community for his hard work.

However, after falling into the company of drug users, his behaviour gradually changed.

He began spending more time with people involved in substance abuse and eventually became addicted himself.

To satisfy his growing addiction, he started borrowing money from people on the pretext of work. He would collect advance payments for painting jobs but often failed to complete them. Sometimes he disappeared for weeks or even months before returning home. As his addiction worsened, household savings disappeared, debts increased, and family relationships became strained. His parents, who had spent years working hard to provide a better future for their children, found themselves struggling to meet even basic needs.

The situation became more painful when Waqas began stealing money from his own home to

support his addiction. At first, small amounts of cash went missing, but later even valuables and family savings disappeared. His parents were heartbroken, yet they continued to hope that he would change.

As the addiction deepened, Waqas was also accused of stealing money and gold ornaments from several houses in the village. These incidents damaged the family's reputation and created tension between them and their neighbours.

The younger brother, who dreamed of continuing his education and building a better future, was forced to put his studies aside and take on responsibilities beyond his age. Instead of focusing on school and preparing for his future, he started working to help support the family and manage household expenses.

The emotional impact was equally devastating. Waqas's parents spent countless sleepless nights worrying about their son and wondering how they could save him from addiction. Frequent arguments, financial stress, and feelings of helplessness became part of everyday life. Drug addiction is often viewed as an individual's problem, but its consequences extend far beyond the person involved. It affects families emotionally, socially, and financially. This family's experience serves as a reminder that drug addiction is not just one person's struggle—it is a burden shared by the whole family. Greater awareness, timely intervention, community support, and access to rehabilitation services are essential to prevent such tragedies and help affected families rebuild their lives.



Photo: Owais Yousuf Rah/IUST

IUST DRIVES DRUG-FREE CAMPAIGN WITH AWARENESS CONCERT



Photo: Zahoor Ah./IUST

The Cultural Committee under the aegis of the Dean of Students, Islamic University of Science and Technology (IUST), in collaboration with the Office of the Provosts (Girls and Boys) and the Proctor Office, organised a vibrant Musical Concert under the Nasha MukT Bharat Abhiyaan (NMBA) on July 2 at the Nundreshi Auditorium.

The programme was presided over by the Registrar, Prof Shamim Ahmad Shah, as the Chief Guest, who appreciated the Dean of Students, Coordinator, Cultural Affairs and collaborators for undertaking programmes that created awareness through cultural engagement. He urged students to become ambassadors of the positive mindset and this movement and contribute actively towards building a healthy, responsible, and drug-free society.

The event commenced with a welcome address by Dean of Students, Dr Monisa Qadiri, highlighting the objectives of the IUST's Nasha MukT Bharat Abhiyaan

and emphasised the importance of engaging youth in positive, creative, and healthy activities as an effective means of preventing substance abuse while preserving our oral traditions.

The Irfan Bilal Band enthralled the audience with an energetic and soulful musical performance carrying messages of hope, positivity, and social responsibility. The concert served as a powerful platform to promote the ideals of a drug-free society while encouraging students to channel their energy towards creativity, culture, and nation-building. IUST's student performers also presented captivating musical performances to welcome the renowned Irfan Bilal Band, showcasing the rich artistic talent of IUST.

A formal vote of thanks was proposed by Dr Farhana Mehraj Allai during the event, which was attended by senior university officers, faculty members, staff, and a large gathering of students.

IUST CONDUCTS DRUG DE-ADDICTION DRIVE AT TRAL

As part of the nationwide Nasha MukT Bharat Abhiyan, the Islamic University of Science and Technology (IUST) organised a Community Outreach programme at Government School Dadsara, Tral, on April 23, aimed at promoting a drug-free society and sensitizing youth about the harmful effects of substance abuse.

The programme was conducted by Syed Mantaqi Memorial College of Nursing and Medical Technology in collaboration with PHC Dadsara was coordinated by Mubashir Bashir, Community Connect Coordinator. The awareness drive featured interactive sessions and expert talks highlighting the physical, psychological, and social consequences of drug abuse. The sessions also emphasised preventive measures, healthy lifestyle choices, and the importance of resisting peer pressure among young people.

A pledge-taking ceremony was held during the programme, where participants collectively resolved to contribute towards building a drug-free society. The event concluded with a call for collective social responsibility and reaffirmed IUST's continued commitment to community outreach, youth awareness, and public well-being initiatives.

IUST OBSERVES WORLD NO TOBACCO DAY AT BRAKPORA

Syed Mantaqi Memorial College of Nursing and Medical Technology (SMMCN&MT), Islamic University of Science and Technology (IUST), observed World No Tobacco Day 2026 at Government Middle School, Brakpora on June 4, as part of its outreach programme

under the Nasha MukT Bharat Abhiyan. Coordinated by Mr. Mubashir Bashir, In-charge SMMCN&MT, and Ms. Nighat Gowhar, Faculty, the programme focused on this year's theme, 'Unmasking the Appeal – Countering Nicotine



and Tobacco Addiction.' The nursing faculty and students conducted awareness activities highlighting the health risks associated with tobacco use and encouraging participants to

adopt a tobacco-free lifestyle.

The programme concluded with a pledge by students and participants to stay away from tobacco products and promote healthier communities. The initiative was well received by the school authorities and participants.

IUST CONDUCTS OUTREACH PROGRAM AT BARSU UNDER NMBA; STUDENTS TAKE PLEDGE

Islamic University of Science and Technology (IUST) organised an outreach programme for school students on April 28 under the Nasha MukT Bharat Abhiyaan at Government High School, Barsu, one of the villages adopted under the Unnat Bharat Abhiyan (UBA). The programme was coordinated by the Community Connect and UBA coordinators to sensitize students about the harmful effects of substance abuse and promote a drug-free lifestyle.

The event witnessed active participation from students and staff. University Medical Officer, Dr. Zahida Rasool, highlighted the serious health consequences of drug abuse, emphasizing early prevention and healthy living.

Dr. Shaiqa Nasreen, Coordinator Outreach, stressed the role of youth in building a drug-free society, while UBA Coordinator, Dr. Romana Yousuf, encouraged students to engage in community awareness efforts.

Tutors from Syed Mantaqi Memorial College of Nursing and Medical Technology, Ms. Ulfat Amin and Ms. Insha Rasool, also spoke about preventive measures against substance abuse. The programme concluded with students taking a pledge to abstain from drugs and work towards realizing the vision of a Nasha MukT Bharat.

IUST ORGANISES AWARENESS PROGRAM AT GOORIPORA PULWAMA

Reinforcing its commitment towards community engagement and youth empowerment, the Islamic University of Science and Technology (IUST) organised an awareness programme under the Nasha MukT Bharat Abhiyan (NMBA) at Government High School Gooripora, Pulwama, adopted by the university under the Unnat Bharat Abhiyan (UBA) on May 22.

Organised under the aegis of the Office of the Dean Outreach, the programme was jointly coordinated by Dr. Romana Yousuf, Coordinator, UBA, and Dr. Shaiqa Nasreen, Coordinator, Community Connect Vertical, in collaboration with the Syed Mantaqi Memorial College of Nursing and Medical Technology, the Centre for Mental Health and Wellness, and the NCC Girls Wing. Dr. Shaiqa Nasreen highlighted the importance of awareness and community engagement initiatives under NMBA.

Ulfat Amin from SMMCN&MT and Dr. Shabana Nargis Rasool, Coordinator, NCC Girls Wing, interacted with students and emphasised informed choices, wellbeing, discipline, and social responsibility among youth.

During an interactive session, Urooj Manzoor, Counsellor at the Centre for Mental Health and Wellness, spoke on challenges faced by youth, including peer pressure, emotional stress, social media influence, and the importance of mental wellbeing.

IUST ORGANISES AWARENESS PROGRAM ON DRUG ABUSE

The Islamic University of Science and Technology organised a one-day sensitization-cum-awareness programme on drug addiction under the Nasha MukT Bharat Abhiyaan on April 13. The programme was hosted by the Centre for Mental Health and Wellness and witnessed participation from faculty members, university officers, Heads of Departments, coordinators, proctorial staff, and wardens. The programme featured expert insights from multiple speakers addressing psychological, legal, and institutional dimensions of substance abuse. Mr. Muzaffar Ahmad Ganai, Clinical Psychologist, spoke on behavioural patterns, early warning signs, and the importance of timely counselling interventions. Ms. Asifa Rashid Mir, Prosecuting Officer, JKPS, highlighted the legal framework and enforcement mechanisms related to drug abuse prevention.

Prof. Ayaz Hassan Moon, Dean Academic Affairs and Chief Guest, spoke on the broader context of the issue and highlighted institutional efforts, under the guidance of Vice Chancellor Prof. Shakil Ahmad Romshoo, aimed at supporting students and addressing the growing challenge of substance abuse.

Earlier, welcoming the participants Prof. Yasmeen Ashai, Coordinator of the Centre for Mental Health and Wellness, stressed that initial signs of substance abuse often emerge within institutional spaces and require coordinated administrative, counselling, and legal approaches.

IUST ORGANISES SPORTS FESTIVAL; COMMISSIONER SECRETARY ANNOUNCES SPORTS FACILITIES

Sports Festival 2026, featuring Inter-Departmental Tournaments for Men and Women, was organised by the Islamic University of Science and Technology (IUST), which aimed at promoting sportsmanship, student engagement and the message of a drug-free society.

The festival was inaugurated at the University's Synthetic Athletics Track by Dr. Shahid Iqbal Choudhary (IAS), Commissioner/Secretary, Youth Services and Sports Department, J&K, on June 2, in the presence of Prof. Shakil A. Romshoo, Vice Chancellor, IUST; Prof.

Shamim A. Shah, Registrar; Sameer Wazir Finance Officer; Prof. Ghulam Nabi Itoo, Director, Centre for Good Governance and Policy Analysis, Deans, Heads of Departments; faculty members, officers, students, and sportspersons. The programme was organised by the Directorate of Physical Education and Sports in collaboration with the Centre for Good Governance and Policy Analysis, Office of the Dean Outreach, NSS, and



Photo: Zahoor Ahmad/IUST

the local community of Awantipora.

Addressing the gathering, Dr. Choudhary lauded the efforts of the Directorate of Physical Education & Sports in promoting a vibrant sporting culture on campus. Appreciating IUST's initiatives under the Nasha Mukt Bharat Abhiyan, he highlighted the role of sports in youth empowerment, nation-building,

and social transformation. In a major boost to the University's sports infrastructure, he announced the establishment of a Multipurpose Indoor Sports Complex and a Pavilion at the Synthetic Athletics Track. He also assured full support from the Youth Services and Sports Department for the development of sports facilities and promotion of sporting activities at IUST.

Speaking on the occasion, Prof. Romshoo expressed gratitude to the Chief Guest for his continued support towards sports development.

He emphasized that sports are an integral component of holistic education and reiterated the University's commitment to fostering physical fitness, leadership, discipline, and teamwork alongside academic excellence. He noted that the proposed sports infrastructure would significantly strengthen opportunities for nurturing sporting talent and advancing IUST's vision of becoming a leading centre for sports excellence in the region.

IUST OBSERVES INT'L YOGA DAY

The Directorate of Physical Education & Sports, Islamic University of Science and Technology (IUST), Kashmir, celebrated the International Day of Yoga 2026 with great enthusiasm and participation at the university campus on June 21.

The yoga session witnessed the active participation of students, faculty members, officers, and employees of the university, reflecting a collective commitment towards promoting holistic health, well-being, and mindfulness.

Prof. Shamim Ahmad Shah, Registrar, IUST, graced the occasion as the Chief Guest. In his address, he highlighted the significance of yoga in contemporary life and stated, "Yoga is a timeless practice that nurtures harmony between the body, mind, and spirit. Its regular practice can help individuals lead healthier, more balanced, and productive lives. IUST remains committed to fostering a culture of wellness among its students and staff."

The Hon'ble Vice Chancellor, IUST, in his message on the occasion, remarked, "The observance of International Day of Yoga serves as a reminder of the importance of preventive healthcare and mental well-being. Universities must encourage such initiatives that contribute to the physical and emotional resilience of the academic community."

The session was conducted by Dr. Hilal Ahmad Rather, Assistant Director, Physical Education & Sports, IUST, who demonstrated various yoga asanas, breathing exercises, and meditation techniques. He emphasized the role of yoga in enhancing flexibility, concentration, stress management, and overall fitness.

The programme concluded with a vote of thanks presented by Dr. S. Iqbal Quraishi, Officer Incharge Directorate of Physical Education & Sports who appreciated the enthusiastic participation of the university fraternity and remarked, "Yoga transcends age, profession, and background, offering a simple yet powerful path towards a healthier and more mindful society. Such collective initiatives strengthen the spirit of wellness and community engagement at IUST."

The event formed part of the university's continued efforts to promote healthy lifestyles and holistic development among its stakeholders.

IUST CONDUCTS YOGA SESSION AS PART OF DRUG DE-ADDICTION CAMPAIGN

The Directorate of Physical Education and Sports, Islamic University of Science and Technology (IUST), organised a Yoga Session as part of its ongoing initiative promoting health, wellness and a drug-free lifestyle under the theme 'Sports In, Drugs Out.'

The session witnessed enthusiastic participation from staff and students, reflecting a growing



awareness about the importance of physical and mental well-being. Various yoga asanas were trained and demonstrated by Dr. Hilal Ahmad Rather, Assistant Director, Physical Education and Sports, IUST, who highlighted the role of yoga in achieving balance, reducing stress, and enhancing overall fitness.

'RUN FOR HEALTH' HELD AT IUST UNDER NMBA



Photo: Zahoor Ahmad/IUST

As part of Nasha Mukt Bharat Abhiyaan, a health awareness event—'Run for Health'—event was organised by the Directorate of Physical Education and Sports, Islamic University of Science and Technology (IUST), in collaboration with the Centre for Mental Health and Wellness and Dean Outreach, on May 14.

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. 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.

The session was assisted by Majid Nazir Mukhdoomi, Senior Sports Assistant, who supported the coordination and practical demonstrations during the programme.

Hon'ble Vice Chancellor, IUST, stated that Yoga is not merely a physical exercise but a pathway to a balanced and disciplined life. "Initiatives like these play a crucial role in shaping a healthy, aware and drug-free society," he said.

IUST'S FIGHT AGAINST DRUG ABUSE



| Nasha Mukta Bharat Abhiyaan Rally



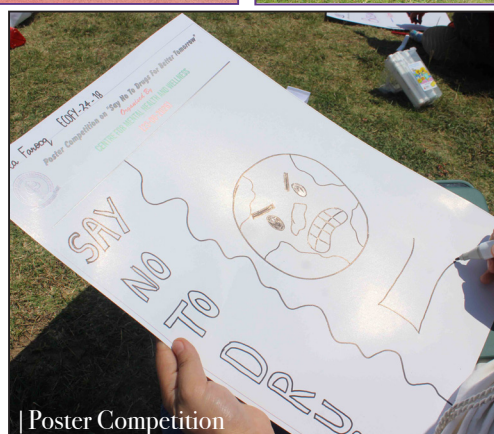
| Run for Health event



| Nukkad Natak



| International Yoga Day



| Poster Competition



| Musical Opera- Sontuk Aalav

Photos by Zahoor Ahmad and Owais Yousuf Rah/IUST

PROPRIETOR: IUST | PATRON: Prof. Shakil A. Romshoo | EDITOR-IN-CHIEF: Dr. Rabia Noor | DESIGNER: Dr. Sayar Ahmad Mir

ADDRESS: 1-University Avenue, Awantipora, Pulwama, Jammu and Kashmir- 192122 | TELEPHONE: 01933-247954/247955 |

EMAIL: editor.timesecho@iust.ac.in

The ideas presented in the content do not necessarily reflect the policy of the Department of Journalism and Mass Communication, IUST.

For advertisements, write to us at editor.timesecho@iust.ac.