



December 4, 2025

IUST Organises Programme on Nature-Enabled Stress Reduction for Enhanced Student Learning

Awantipora, 03 December: The Mantaqi Centre for Science & Society (MCSS), Islamic University of Science and Technology (IUST), in collaboration with the Department of Environment, Sustainability & Climate Change (DESCC), organised an outreach programme titled 'Nature Walk: An Initiative under Nature-Enabled Stress Reduction for Enhanced Student Learning' at the Medicinal and Aromatic Plants (MAP) Park, Campus II.

The programme, held under the University's initiative on science, society and well-being, aimed to highlight the positive impact of nature-based learning on mental health, stress reduction and academic performance. Dr. Dharam Chand, from DESCC and Coordinator MAP Park, led an interactive session with the students of from Mantaqi Memorial Waqf Higher Secondary School, demonstrating how exposure to natural environments enhances focus, memory, mood and overall well-being. He also discussed scientific evidence supporting nature-enabled education and its role in promoting emotional resilience and cognitive clarity.

Students actively participated in guided nature-walk activities, mindful observation exercises and discussions linking natural ecosystems with psychological health

Issued by PR&MC, IUST