



May 22, 2026

IUST Organises Awareness Programme Under NMBA at Gooripora Pulwama

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

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. Ms. 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, Ms. 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. She stressed healthy coping mechanisms and responsible decision-making. A paper-slip activity conducted during the session encouraged students to reflect on their aspirations, life choices, and future goals, leading to enthusiastic participation.

NCC cadets Ms. Ridaf Amin and Ms. Toyebah Tariq, along with Ms. Ufaira Majeed, Outreach Apprentice, also engaged with and sensitised the students. A pledge-taking ceremony was organised wherein students and staff pledged to work towards a drug-free and healthy society in line with the objectives of NMBA.

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