



Public Relations and Media Centre

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CMHW, IUST Organizes Poster Competition under Nasha Mukht Bharat Abhiyaan

Awantipora, June 23: The Centre for Mental Health and Wellness (CMHW), Islamic University of Science and Technology (IUST), organized a Poster Competition on the theme "Say No to Drugs for a Better Tomorrow" under the Nasha Mukht 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 Mukht 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 emphasized 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, Mr. Qazi Qamar Iqbal Qari, and Mr. Mehran Qureshi, who appreciated the originality, artistic expression, and social relevance of the entries.

During the programme, Ms. 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.

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