



July 02, 2026

Three-Day Breakthrough Workshop 2026 Concludes at IUST

Awantipora, July 2: The three-day Breakthrough Workshop for the students concluded at the Islamic University of Science and Technology (IUST).

The workshop included experiential learning activities, interactive discussions, reflective exercises, team-building tasks, and personality development sessions aimed at strengthening students' self-awareness, communication skills, emotional resilience, confidence, and leadership abilities. In the concluding session Dr. Asifa Mehraj Baba, Director, Centre for Mental Health and Wellness, IUST, encouraged the students to apply the values, insights, and skills gained during the workshop in their academic, personal, and professional lives.

Issued by PR&MC, IUST