IUST organises mental health awareness program for hostel students

Awantipora, Nov 19: The Centre for Mental Health and Wellbeing, Islamic University of Science and Technology (IUST), held a mental health awareness programme for hostel students on Thursday. The programme was organised in collaboration with Dilasa Foundation, under the aegis of HELP Foundation and the Office of the Dean Outreach, IUST.

The session focused on helping students understand their emotions, manage overthinking and anxiety, and learn simple, practical techniques to enhance their everyday mental well-being.

Director, Centre for Mental Health and Wellbeing, Dr. Asifa Mehraj Baba, emphasised that the University is making various resources available to support students, stressing that counselling is not limited to addressing mental health disorders. She noted that positive psychology focuses on improving overall quality of life and encouraged students to approach counsellors whenever they feel overwhelmed, stressed or emotionally burdened.

Dean Outreach, IUST, Dr. Ruheela Hassan, said, the Centre aims to provide holistic support to students, addressing their mental health, physical well-being and academic concerns. “This initiative is the first step towards creating a supportive environment where students feel heard, valued and assured that they are never alone,” she said.

During the interactive session, resource persons from HELP Foundation stressed that recognising a problem is essential for resolving it. Expressing and communicating emotions can help individuals seek support, whereas suppressing them may contribute to emotional distress, they added.

The session also highlighted that managing mental well-being requires consistent effort and practice. Overthinking, which may develop over several years, cannot be addressed overnight and requires regular engagement with techniques, such as grounding, relaxation and continuous learning and unlearning.

The programme concluded with an interactive discussion, during which students shared their experiences and raised questions concerning emotions, stress management and mental well-being.

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