



**ISLAMIC UNIVERSITY OF SCIENCE AND TECHNOLOGY
AWANTIPORA KASHMIR**

CENTRE FOR WELLNESS HEALTH

The **Centre for Wellness Health (CWH)**, IUST, in collaboration with the **Office of the Provost, Boys Hostel**, organized a special awareness programme under the *Nasha Mukht Bharat Abhiyaan* yesterday at the **Lalded Auditorium, IUST**, exclusively for the resident students of the university hostels. The programme was coordinated with the support of **Dr. Zahid Khaki, Provost Boys Hostel**, who played a key role in facilitating the event.

During the session, **Dr. Zahida, Health Centre IUST**, spoke about the medical consequences of drug abuse, emphasizing its detrimental impact on both physical health and psychological well-being. This was followed by an insightful presentation by **Ms. Urooj Manzoor, Counsellor, CWH**, who discussed the mental and social repercussions of substance use. A documentary screening further engaged the students, reinforcing the message.

The participants collectively pledged to work towards fostering a drug-free campus. The programme concluded with remarks from **Dr. Shaiqa Nasreen, Coordinator, CWH**, who appreciated the collaborative efforts in raising awareness and promoting a culture of wellness among hostel students.