



ISLAMIC UNIVERSITY OF SCIENCE AND TECHNOLOGY

AWANTIPORA, KASHMIR

OFFICE OF THE DEAN OUTREACH

Awareness Programme Held Under *Nasha Mukht Bharat Abhiyan* at Government High School Gooripora, Pulwama (Adopted under UBA).

In accordance with the directives issued by the Office of the Dean Outreach, Islamic University of Science and Technology (IUST), Kashmir, a one-day Community Outreach Programme under the *Nasha Mukht Bharat Abhiyan* (NMBA) was successfully organized at Government High School Gooripora, Pulwama, on May 21, 2026. The programme was conducted as part of IUST's sustained efforts towards awareness generation and youth empowerment under the national campaign against substance abuse. The event was jointly coordinated by **Dr. Romana Yousuf**, Coordinator, Unnat Bharat Abhiyan (UBA), and **Dr. Shaiqa Nasreen**, Coordinator, Community Connect Vertical, IUST.

The programme witnessed active collaboration and participation from various departments and centers of the university, including Syed Mantaqi Memorial College of Nursing and Medical Technology (SMMCN&MT), the Centre for Mental Health and Wellness (CMH&W), and the NCC Girls Wing.

The session was formally initiated by Dr. Shaiqa Nasreen, Coordinator, Community Connect, who welcomed the participants and highlighted the significance of awareness and community engagement initiatives under the *Nasha Mukht Bharat Abhiyan*. The programme was further enriched by the valuable insights and contributions shared by **Ms. Ulfat Amin** from SMMCN&MT and **Dr. Shabana Nargis Rasool** coordinator, NCC girls Wing, who actively interacted with the students and emphasized the importance of informed choices, wellbeing, and social responsibility. During the interactive session, **Ms. Urooj Manzoor**, Counsellor at the Centre for Mental Health and Wellness, addressed the students on various contemporary challenges faced by youth, including peer pressure, emotional stress, the influence of social media, and the importance of mental and emotional wellbeing. She emphasized the need for healthy coping mechanisms and informed decision-making in everyday life. The session was followed by an engaging paper-slip activity conducted by Ms Urooj, wherein students enthusiastically reflected upon their aspirations, life choices, and the factors influencing their future. The activity encouraged active participation and thoughtful interaction among the students. Cadets from the NCC Girls Wing participated enthusiastically in the awareness initiative. Among the participating students were **Ms Ridaf Amin** and **Ms. Toyebah Tariq**, who actively engaged with school students and assisted in conducting the programme activities. Logistic and administrative support for the programme was efficiently coordinated by **Ms. Ufaira Majeed** from the Office of the Dean Outreach.

A pledge-taking ceremony was also conducted during the programme, wherein students and staff collectively pledged to remain committed towards a drug-free and healthy society, in line with the objectives of the *Nasha Mukht Bharat Abhiyan*.

The university team also extended sincere gratitude to the Headmistress, Ms. Tahira, and the entire staff of Government High School Gooripora for warmly hosting the IUST team and for their valuable support and cooperation in the successful conduct of the programme.

The outreach programme concluded on a positive note with enthusiastic student participation and meaningful discussions aimed at fostering awareness, emotional wellbeing, and responsible decision-making among the youth.