

CIED–IUST Foundation Organizes Interactive Session on Digital Health and Wellness

06-08-2026: CIED–IUST Foundation organized an interactive session on Digital Health and Wellness at the IUST Innovation Campus to promote awareness about digital well-being among students. The programme was conducted under the leadership of Prof. Parvez A. Mir, CEO, CIED–IUST Foundation.

The session was inaugurated by Prof. Parvez A. Mir, CEO, CIED-IUST Foundation in the presence of Dr. Asifa Mehraj Baba, I/C Director, Centre for Mental Health and Wellness IUST, experts from Happiness Unlimited Foundation, other distinguished members of the Foundation, and a large gathering of students from Government Polytechnic College, IUST.

In his inaugural address, Prof. Mir underscored the importance of developing a strong foundational understanding of industry operations. He emphasized that transformational leadership is vital for navigating today's rapidly evolving business landscape and fostering a culture of innovation. Stressing the relevance of digital wellness in the modern era, he encouraged students to adopt mindful technology practices that enhance productivity, creativity and overall well-being.

During the technical session, an expert from Happiness Unlimited Foundation delivered an engaging and insightful presentation on the concept of Digital Wellness. The expert introduced participants to key concepts such as no-interruption practices, escape psychology and the influence of digital products on the human mind. Drawing from personal experiences in the field, the expert highlighted the significance of mental health, attention span and neuroplasticity, while also dispelling the common misconception that multitasking improves efficiency. The session provided participants with practical strategies to develop healthier digital habits and maintain a balanced relationship with technology.

The interactive session witnessed enthusiastic participation from students, who actively engaged in discussions and shared their experiences and concerns regarding excessive screen time, digital distractions and the challenges of maintaining digital well-being in their daily lives.

The programme concluded with a vote of thanks delivered by Dr. Asifa Mehraj Baba, who appreciated the efforts of CIED–IUST Foundation and the resource experts for organizing an informative and timely awareness programme. She also acknowledged the active participation of the students and emphasized the importance of continued dialogue and awareness initiatives to promote digital health and wellness among young learners.