



Public Relations and Media Centre

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Seminar on Psychological Disorders, Mental Health and Fasting held at IUST

Awantipora, April 3: International Centre for Spiritual Studies (ICSS) of Islamic University of Science and Technology (IUST) today held a Seminar on the theme “Psychological Disorders, Mental Health and Fasting” in collaboration with Unani and Panchkarma Group of Hospitals here. Several eminent religious scholars, health experts of the valley deliberated in the seminar.

In his address, Prof. Naseer Iqbal (Registrar IUST), Chief Guest on the occasion emphasized the need of collaboration between the religious scholars, academicians and the general public for redressal of contemporary social issues. Prof. Mushtaq Ahmad Margoob, renowned psychiatrist discussed the psychological impact of fasting, and said that fasting not only meant abstaining from eating but also controlling base instincts, evil desires, emotions and feelings that lead to stress and anxiety. Prof. Abdul Majid, (HOD Psychiatry, SKIMS Medical College Bemina), Dr. Nisar Ahmad Trali (Senior Consultant Physician), Dr. Hakeem Naseer, Mufti Zia Ul Haq and Maulana Showkat Hussain Keng and Prof. Tayyib Kamili also spoke on this occasion. Talking about the ICSS programs, Prof. Hamidullah Marazi (Director, ICSS) he stressed on the need of conducting elaborative research in this area,

The event was attended by Deans, Officers, HoDs, faculty members, students and scholars of the university. Dr. S. Iqbal Quraishi presented the vote of thanks.

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