

COLLEGE PSYCHOLOGICAL COUNSELLING CELL

In collaboration with

INTERNAL QUALITY ASSURANCE CELL

Govt. Degree College Kulgam

Kulgam, J&K 192231

Is Organizing Webinar on

“Mental Health”
Under Community Development Service
17th July 2021
TIME 11:00 to 12: 00 PM

Mental health is the foundation for the well-being and effective functioning of individuals. It is more than the absence of a mental disorder; it is the ability to think, learn, and understand one's emotions and the reactions of others. Mental health is a state of balance, both within and with the environment. Physical, psychological, social, cultural, spiritual and other interrelated factors participate in producing this balance.



Chief Patron
Dr. Nazir Ahmad Simnani

Speakers

Dr. Mohd Altaf Paul
Head Department of Psychology
GDC Kulgam

Dr. Masood Maqbool
Consultant Clinical Psychology
Institute of mental health and neuro sciences Srinagar

Organizing Team

Dr. Mohd Altaf Paul
Dr. Mohd Younes Bhat
Dr. Shabir Ahmad Padder
Dr. Aijaz Ahmad Wani
Dr. Arif Wani
Dr. Aarif Malik

Registration Process

- **Register on following WhatsApp group.**
<https://chat.whatsapp.com/IjgWRDcz9IC3OLwmBGTLD>
- **Link for attending the online meet shall be circulated through official WhatsApp Group.**