

Report on One Day Seminar on the Theme ‘Make Mental Health and Well Being for All a Global Priority’ on Eve of World Mental Health Day

Date:10th of October, 2022

Today on 10th of October, Psychological Counselling Cell, Govt Degree College Kulgam organized one day seminar in collaboration with District Mental Hospital Kulgam on the on the Theme ‘Make Mental Health and Well Being for All a Global Priority’ on eve of World Mental Health Day. The seminar was participated by guests from District HospitalKulgam, faculty members and students. At the outset, DrMohdAltaf Paul, Coordinator, Psychological Counselling Cell gave an introductory note and welcome address to the participants. He explained the theme of the seminar to audience and highlighted the reasons behind making mental health a global priority. He explained why mental health is important and gave the current prevalence rates of mental health problems. He emphasized on activating different social network and contributing individually as well as socially in making mental health a priority. The seminar was set formally open by Principal of the college DrManzoor Ahmad Lone who in his messagediscussed why mental health is more important for a student and stressed upon students to carry ahead the message which they will take from the seminar to their respective societies. Awareness regarding different mental health issues and available treatments in hospital was highlighted by guest speaker MrIrshad Ahmad, Clinical Psychologist from District Hospital Kugam. He discussed symptomology of few common mental disorder like depression, OCD and anxiety disorders and their possible treatment options. Later DrSuhaiAhamd, Lecturer Psychology discussed the purpose of celebrating mental health day throughout the world and DrAijaz Lecturer Psychology explained different ways to handle mental health issues and gave some tips to students for enhancing mental health. The first session got concluded by vote of thanks by Professor Mohd Ashraf, Co-Coordinator Psychological Counselling Cell.

In second half of the day, the team of doctors and counsellors from district hospitalkulgam which included DrFakhra, MrIrshad and MrSaleemdistributed pamphlets among students regarding common mental disorders and screened them for various mental health problems. The identified students with some psychological issues were givenonspotcounseling and treatment. The seminar ended with great satisfaction from the participants.







