



Documentation and Media cell

## Govt. Degree College, Kulgam

Email: [kulgampincipal@gmail.com](mailto:kulgampincipal@gmail.com)

Website: <http://gdckulgam.edu.in>

Tel. No: 01931-260177

Fax No: 01931-260177

GDCK/DMC/23/73

Dt: 10 / 10 / 23

### World Mental Health Day Celebrated at Degree College Kulgam

Reported by : Mr. Irshad Ahmad Lone (Convener Media Cell).

GDC Kulgam, 10-10-2023: Today, the Department of Psychology at Government Degree College Kulgam, in collaboration with AYUSH Kulgam, celebrated World Mental Health Day under the banner of Nasha Mukht Bharat. The event aimed to raise awareness about mental health and its importance in society. The day-long celebration featured two significant events, with the first half dedicated to a seminar centered around the theme, "Mental Health is a Universal Human Right." The seminar, held in the college's conference hall, saw the participation of medical professionals from AYUSH Kulgam, college faculty, and students.


The event began with a warm welcome from the college's Principal, Prof. Syed Eazaz Hussain Rizvi, who emphasized the critical role of mental health in our daily lives. Dr. Mohd Altaf Paul, Head of the Department of Psychology, introduced the theme, highlighting the growing prevalence of mental health issues in Kashmir valley and the limited access to healthcare services. He stressed that stigma and discrimination against individuals with mental health conditions are violations of human rights.


Dr. Saba Khan, a medical officer, delivered a detailed lecture on common mental health issues found in Kashmir. She underlined the importance of understanding these problems for providing better mental healthcare. Dr. Nisar Nadeem, HOD of Kashmiri, presented the manifestation of symptoms in ADHD and somatoform disorders patients in Kashmir, using storytelling to contextualize mental health issues in the local culture. Dr. Manzoor Ahmad concluded the presentations by illustrating various strategies and steps to enhance mental health, emphasizing coping mechanisms for maintaining mental well-being. Following the presentations, a lively question-and-answer session allowed students to address their queries about mental health, which were expertly answered by the medical professionals. Dr. Suhail Yousuf delivered a vote of thanks, concluding the enlightening seminar.

In the second part of the celebration, the Department of Psychology organized a Mental Health Awareness Rally, with both faculty and students actively participating. The rally commenced at the college gate and moved through the arts and science block, where participants raised awareness through slogans and posters. The rally successfully achieved its goal of spreading awareness about mental health among students.





  
Convener Media Cell.  
Mr. Irshad Ahmad Lone

  
PRINCIPAL  
Govt. Degree College  
Kumbhalgarh  
PROF. SYED EAZAZ HUSSAIN RIZVI