

DEPARTMENT OF PSYCHOLOGY
GOVT. DEGREE COLLEGE, KULGAM

Keeping in view the psychological impact of current pandemic of COVID-19, Department of Psychology has decided to set up Tele-Counselling services for mental health, psychosocial concerns and well being of students. All those students who feel stressed, anxious or depressed and are not able to concentrate on their studies may call on the given phone numbers as per the below given schedule.

In addition, Department has decided to set up whatsapp group named 'Mental health and Wellbeing Group' where all students can join irrespective of their issues. The group will discuss mental health issues, share mental health related literature and videos and will keep students updated about different ways to handle their daily crisis. To join the group, students can drop whatsapp message on 7006304385.

Tele-Counselling Services Schedule:

Day	Time	Counsellor	Phone number
Monday	10:00-12:00pm	Dr Mohd Altaf Paul	7006304385
Tuesday	10:00-12:00pm	Mr. Suhail Yousuf	9697846804
Wednesday	10:00-12:00pm	Ms Areena Madam	7006786011
Thursday	2:00-4:00pm	Mr. Gh. Jeelani	7889327557
Friday	2:00-4:00pm	Ms. Areena Madam	7006786011
Saturday	2:00-4:00pm	Dr. Mohd Altaf Paul	7006304385
Sunday	10:00-01:00pm	Mr. Suhail Yousuf	9697846804

- The Mental Health Services will be headed by Head of the Department under the supervision of Esteemed Principal of the college.
- The message regarding these available services for students needs to be shared on college website and in google class rooms/ whatsapp groups for the benefit of students

Head
Department of psychology

Dr Mohd Altaf Paul

Ph. 7006304385

Date: 16-04-2020