



Office of the Principal

Govt. Degree College Pampore

گورنمنٹ ڈگری کالج پانپور (کشمیر)

NAAC Accredited B+

Tulbagh, Pampore - 192121 - (Distt. Pulwama)- Kashmir

Cell: 9419022133, Web: gdcpampore.edu.in Email: gdcpampore@gmail.com

Report of Orientation/Awareness programme conducted by the Psychological Counselling Cell

Today on 11-06-2024, the psychological Counselling Cell of the College organized an Awareness cum Orientation program regarding the role of the Psychological Counselling Cell in promoting mental health well-being among the college students. The Moderator for the program was Miss Areefa who is a 2nd semester student. The presentation was delivered by Dr. Faheema in which she deliberated on the evolution and functions of psychological counselling cell in providing psychological help to students in college campuses of India; the scenario of mental health conditions in college going students at National and Regional level and its associated stigmas were discussed. The insights were also given about the significance of Mental Health and maintenance of psychological Hygiene in making their daily functioning productive and more fulfilling. The benefits of seeking counselling, psychotherapeutic help in achieving such goals were discussed. The concluding comments were presented on breaking the stigmas and actively engaging in the process of sharing personal fears, any types of problems plaguing the young impressionable minds so as to bring positive changes in their lives.

The event ended with the vote of thanks which was presented by prof. Tazyeen Buchh, Convener Psychological Counselling Cell, wherein she thanked the Principal Dr Huda Galzie, for her unwavering support, the speaker, moderator, faculty members and the students for their participation.

