**One-day Awareness Programme on ‘Mental Health and well-being of Female Students during COVID-19’**

**Organized by**

**Women Development Cell, GDC Pampore in Collaboration with the Department of Sociology and English**

**A Report**

A One-Day Awareness programme on ‘Mental Health and well-being of Female Students during COVID-19’ was organized by Women Development Cell, GDC Pampore in collaboration with the Department of Sociology and English on 29th May, 2021. The programme was organized under the patronage of college Principal, Prof. (Dr.) Seema Naz. The programme was conducted via Google Meet platform in which a total of 100 participants participated from all over the province of Kashmir.

The moderator of the event was Prof. Alam Ara Shah, Convenor, Women Development Cell, GDC Pampore and the resource person was Ms. Laila Qureshi, Psychologist/Counselor, Associate Member of American Psychological Association (AMAPA). The resource person deliberated upon various important issues of mental health related to the pandemic of COVID-19 and she pointed out the taboos associated with mental health diseases. The lecture was followed up by a very productive question and answer session in which students participated actively. The formal vote of thanks was presented by Prof. (Dr.) Iqbal Malik, Assistant Professor, Department of Islamic Studies, GDC Pampore.

 