



Office of the Principal

**Govt. Degree College Pampore**

**گورنمنٹ ڈگری کالج پانیور (کشمیر)**

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

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

## **One day seminar on Mental Health “The Psycho-social wellbeing for students”.**

### ***A report***



Today on 8<sup>th</sup> of April, 2021 (Wednesday) a one-day seminar was organised on the theme “The Psycho-social wellbeing for students” by the College Psychological Counselling Cell under the aegis of IQAC, Government Degree College Pampore-Pulwama in collaboration with the prestigious institute of Mental Health in Kashmir “Institute of Mental Health and Neuro-Sciences (IMHANS)” Rainawari, Srinagar- Jammu and Kashmir The Program was participated by a good number of students and faculty members of the college. Programme was divided into two sessions, inaugural session and technical session.



Prof. Shah Lateef broke the ice by delivering the inaugural speech in his unique style by demonstrating the structure of human brain with the help of a walnut seed and was applauded by the audiences resulting into prevalence of energy all over creating conducive environment for upcoming talk. Prof. Lateef also moderated the whole seminar.



The principal of the college, Prof (Dr.) Seema Naz formally welcomed the experts with great honour and respect by showing a sincere feeling of indebtedness of the institution towards the guests for their visit to the college. Dr. Naz enlightened the audience with some interesting knowledge about personality development of students. Dr. Naz deliberated on Cognitive development, Behavioural development and Emotional development of students. Dr. Naz also highlighted the significance of organising such events in backdrop of the series of trauma faced by our society in recent past in various forms like, Turmoil since 90's, Floods in 2014 and the ongoing epidemic of Covid-19. As an affable officer she encouraged the students to come forward for any requisite counselling and for their overall development. Dr. Naz mesmerised the audience with her fluent vibrant speech.



The scheduled technical session started thereafter with the speech of Mr. Adil Wadoo , a Psychiatric Social Worker who deliberated on “Stigma and Discrimination regarding mental health”. He detailed some situations wherein stigma is attached with the mental Health/illness even after complete recovery from the illness. While as such is not the case in case of physical health/ illness. Mr. Wadoo highlighted the need for proper identification and recognition of mental illness and its symptoms by deliberating on the issue of mental health thus sensitizing people to remove the attached stigma.



Mr. Syed Mujtaba a clinical psychologist talked about “Mental Health and Rehabilitative Measure”. In his talk Syed Mujtaba deliberated on Cultural Cruelty and Cultural Denial of mental illness due to the attached stigma. He also discussed the 3 R Principle: Relief, Rehabilitation and re-integration in the society for rehabilitation. he also raised concerns over rising drug addiction among the youth of Kashmir.



Mr. Muzzafer a clinical psychologist gave an overview of Mental Health. He also talked about the common issues faced by the students like; Corporal Punishment, Child Abuse, Bullying and Learning Issues. He also shared with the audience his experiences at

IMHANS. While narrating a story he burst out publicly in a dismal state. He stressed the need of developing social skills among students.

Questions about the measures to stop Bullying, Emotional regulation, attitude and arrogance were asked by the audience which were answered by Mr. Muzzafer and his team in a decent and proper way to the utmost satisfaction of the audience. Besides the students the faculty members of the college also participated in the question- answer session.



A formal Vote of Thanks was presented by the Prof. Aalam Ara, Secretary of the Staff Council of the college putting on record a sincere thanks to all the on-stage and off-stage participants of the event marking the conclusion of the event.



### **Rapporteur**

Rahi Iqbal  
Assistant Professor of Commerce  
Government Degree College, Pampore.