

## Mental Health Counselling Programme

*(Organised by Medecins Sans Frontieres in collaboration with Government Degree College Tral)*

A one-day programme on Mental Health Counselling was organised by Medecins Sans Frontieres in collaboration with Government Degree College Tral on 01-May-2024. The programme was organised under the able guidance and dynamic mentorship of Principal of the college, Prof. (Dr.) Mushtaq Ahmad Malik. The programme was aimed at creating mental health awareness among students and faculty members of the college to help them cope-up with the increasing stress level.

The programme started with the introduction to Mental Health and its awareness by Mr. Shabir Ahmad (Resource Person, MSF). He provided detailed insights about the rising need for and importance of mental health awareness for everyone especially students. The resource person briefed audience about the significance of the subject citing various real-life examples and its necessity in the contemporary world.

Amir Hussain (Resource Person, MSF) briefed the audience about stress, its different types and the early symptoms of stress. He also talked about increasing level of stress among youth, its causes and discussed about the repercussions of the stress. He also linked stress to the deterioration of physical health. He highlighted the need for early identification of the symptoms of stress among youth for its timely treatment.

Danishta Jan (Resource Person, MSF) awakened participants about the strategies to cope-up with the increasing stress. She emphasised the need for coping with the augmenting stress in the fast and competitive world. Other resource person explained various domestic and home level activities and remedies to cope-up with increasing level of stress. Both resource persons demonstrated several quick and routine exercises to deal with the stress.

The programme was attended by a large gathering of students from various semesters. Among faculty members Dr. Mehraj din Shah, Prof. Iqra Jan, Prof. Mehraj Din, Dr. Hilal Ahmad Wani, Prof. Tahir Ahmad, Prof. Shabir Ahmad, Prof. Suhail Ahmad and others attended the programme.

The programme concluded with vote of thanks. The proceedings of the event were prepared by Prof. Iqra Jan.

