

## Event Report on the Mental Health Talk and Psychiatric Consultation

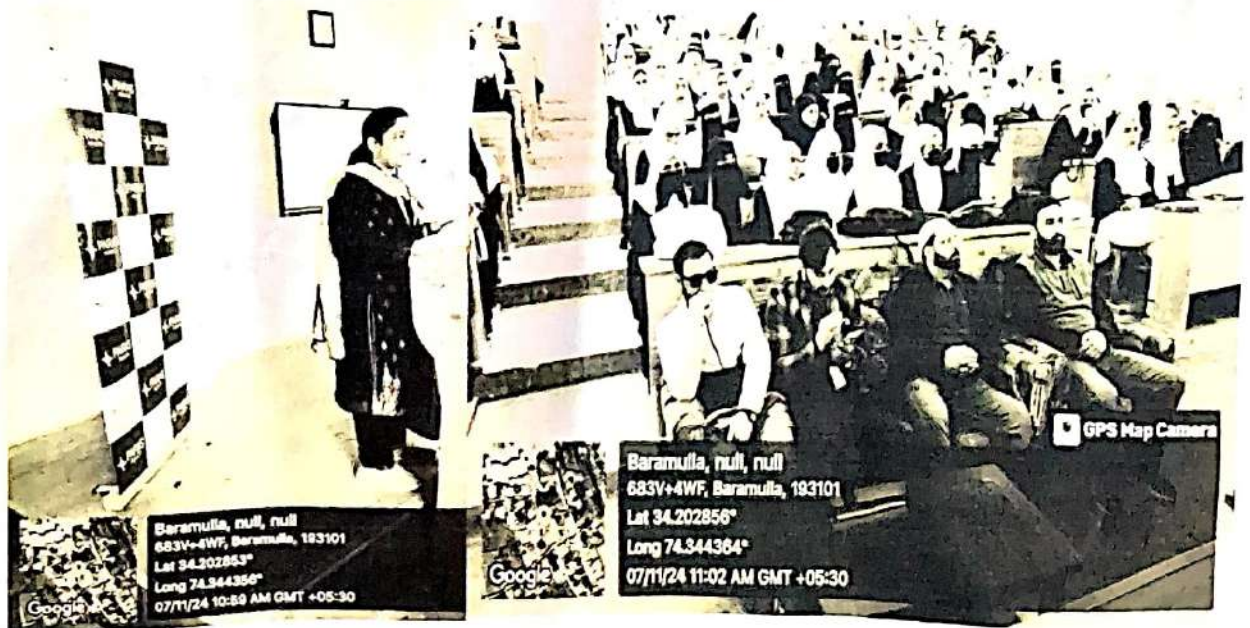
**November 07, 2024:** The Department of Psychology at Government Degree College for Women, Baramulla, in collaboration with Paras Hospital, Srinagar, organized a comprehensive mental health event under the astute leadership of Principal Prof. (Dr.) Neelofar Bhat. The initiative was driven by a commitment to address alarming mental health issues among students, as highlighted by previous surveys that revealed significant levels of psychosomatic symptoms and suicidal ideation within the college population.

### Session I: Mental Health Talk

The first session began with an impactful talk titled "**Positive Mental Health: Building Resilience,**" delivered by Dr. Sabreena Qadiri, M.D., Consultant Psychiatrist at Paras Hospital. Dr. Qadiri captivated the audience, comprising students and faculty, as she shed light on the importance of mental resilience in today's fast-paced, challenging world. Her insightful presentation emphasized practical strategies for students to strengthen their mental fortitude, encouraging them to cultivate positivity and adaptability amidst stressors.

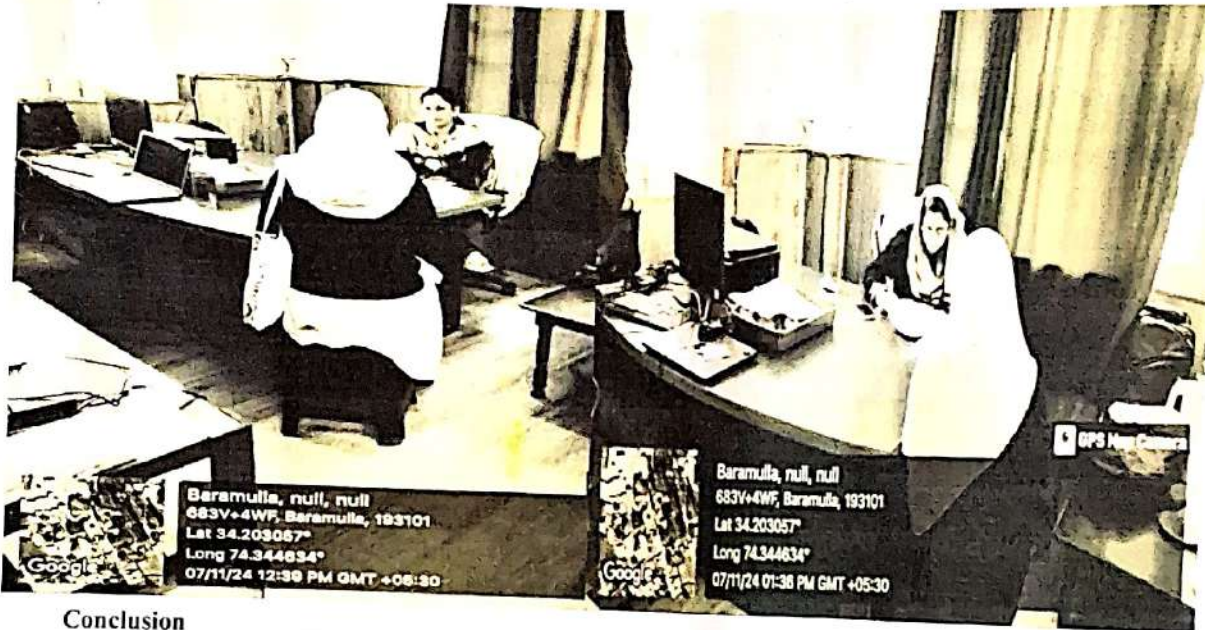
The talk transitioned into an engaging **Question-and-Answer session** where Dr. Qadiri addressed questions from the audience. Students posed a variety of questions, exploring topics ranging from handling academic pressures to coping with personal setbacks. Her responses were well-received, and her empathetic approach resonated with the audience.

In a respectful nod to cultural considerations, the male staff exited the hall following the Q&A session to allow for a more open and personal discussion between Dr. Qadiri and the students, fostering a comfortable environment for those who wished to seek guidance on sensitive mental health concerns.



## Session II: Individual Psychiatric Consultations

The second session provided **Individual Psychiatric Consultations**. Dr. Qadiri conducted one-on-one sessions with students, giving them the unique opportunity to receive personalized advice and medical prescriptions. This initiative was highly appreciated, with approximately 65 students participating in these consultations. This personalized approach underscored the department's mission to support each student's mental well-being, recognizing the value of tailored care in tackling complex psychological issues.



### Conclusion

The mental health event was a resounding success, offering students critical insights and compassionate support while fortifying the department's commitment to promoting psychological resilience within the college. The support and encouragement of Prof. (Dr.) Neelofar Bhat were instrumental in bringing this event to fruition, reflecting her vision of fostering a nurturing academic environment where students' mental health is paramount. The Department of Psychology remains steadfast in its pursuit of initiatives that enhance the mental well-being and personal growth of every student at the college.

**Dr. Nasir Mohammad Bhat**  
H.O.D Psychology

**Prof. (Dr.) Neelofar Bhat**  
Principal,  
Government Degree College for Women Baramulla

### Copy to:

1. College Website
2. IQAC
3. Record File