

## **Report on Event: "Empower Her: A Day For Mental Wellness"**

**Date:** May 27, 2024

**Organizers:** Psychological Counselling Cell under the aegis of Department of Psychology, Government Degree College For Women Baramulla and District Early Intervention Centre, Government Medical College Srinagar

### **Part 1: Seminar on Empower Her: A Day For Mental Wellness**

**Overview:** The seminar "Empower Her: A Day For Mental Wellness" was held to address the mental health challenges faced by young women and to promote strategies for improving mental wellness. The event featured keynote speakers, expert panel discussions, and interactive sessions focused on mental health awareness and empowerment.

#### **Objectives:**

- To raise awareness about mental health issues affecting young women.
- To provide practical strategies for managing stress and anxiety.
- To create a supportive community for sharing experiences and solutions.

#### **Keynote Speakers:**

1. **Prof. Sheikh Mushtaq Ahmad**– Professor of Pediatrics and ardent Mental Health Advocate, Government Medical College Srinagar deliberated on the following:

- Overview of mental health issues prevalent among young women in Kashmir
- Importance of mental health awareness and early intervention
- Identification and Support Mechanisms
- Summary: Prof. Mushtaq emphasized the importance of recognizing mental health issues and seeking timely help. He discussed common mental health disorders, their symptoms, and the stigma that often prevents individuals from seeking support.

2. **Dr. Sayid Karaar (DM)**- Consultant Psychiatrist, Government Medical College Srinagar

Dr. Karaar highlighted the unique mental health challenges faced by young women, including societal pressures and gender-specific stressors. He provided strategies for building resilience and self-care practices

#### **Q&A with Experts:**

Attendees had the opportunity to ask questions and seek advice from the panelists.

## **Part 2: Hands-on Workshop on Psychological First Aid**

**Overview:** Following the seminar, a hands-on workshop on Psychological First Aid (PFA) was conducted to equip participants with the skills needed to support individuals experiencing mental health crises. The workshop aimed to teach practical techniques for providing immediate emotional support and connecting individuals with professional help.

### **Objectives:**

- To educate participants on the principles of Psychological First Aid.
- To provide practical skills for supporting individuals in distress.
- To promote awareness of mental health resources and referral pathways.

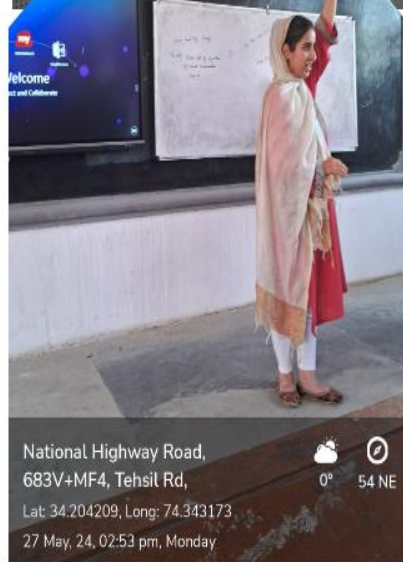
### **Workshop Facilitators:**

1. **Dr. Zahoor Ahmad** - Lecturer, Clinical Psychologist, Government Medical College Srinagar
2. **Sumaya Hamid** - Counselor, Government Medical College Srinagar
3. **Mehreena Manzoor** -Medical Social Worker, Government Medical College Srinagar
4. **Sajid Shahmiri**- Rehab Therapist, Government Medical College Srinagar

**Outcome:** The workshop was highly interactive and provided participants with valuable hands-on experience in delivering Psychological First Aid. Attendees reported feeling more confident in their ability to support individuals in distress and appreciated the practical skills and knowledge gained

### **Conclusion**

The "Empower Her: A Day For Mental Wellness" event was a significant step towards addressing mental health issues among young women Students. The seminar and workshop provided attendees with valuable insights, practical skills, and a sense of community support. The organizers, Government Degree College For Women Baramulla and Government Medical College Srinagar, successfully created a platform for mental health education and empowerment, positively impacting all participants.



**Copy to:**

1. College Website
2. IQAC
3. File