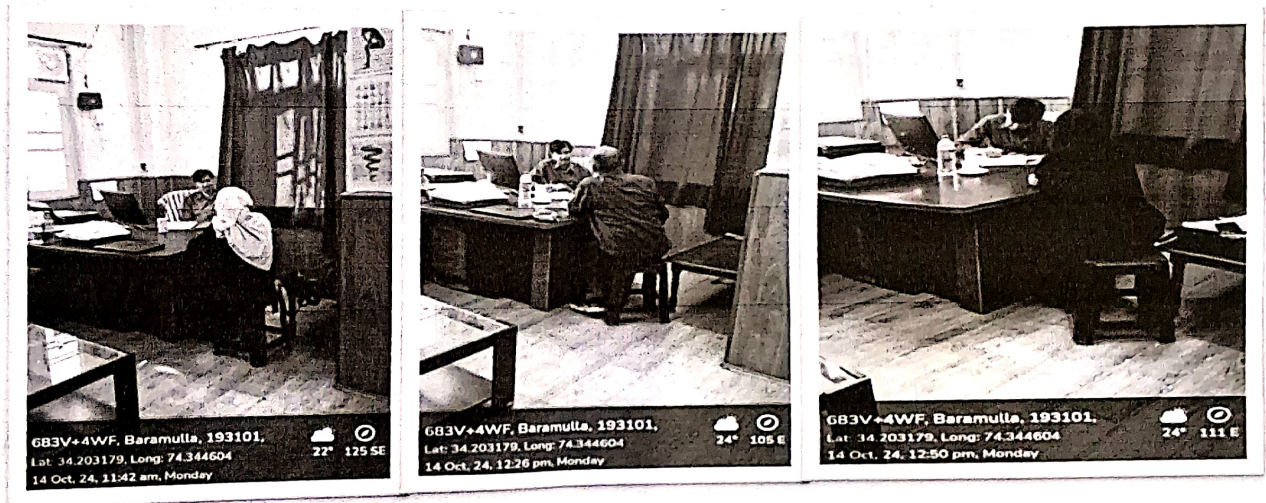


Report: Events Organized by the Department of Psychology, Government Degree College for Women Baramulla, on World Mental Health Day 2024

The Department of Psychology at Government Degree College for Women Baramulla, in alignment with this year's theme, *"It is time to prioritize Mental Health in Workplaces,"* launched a series of impactful events to mark *World Mental Health Day 2024*. The focus of these events was to bring mental health to the forefront of the college community, stressing its importance, particularly in professional environments.

The program commenced on **14th October** with a **Psychiatric Screening and Consultation** session, providing critical mental health support for both staff and students. This consultation, led by **Dr. Altaf Ahmad Malla**, Associate Professor of Psychiatry at Government Medical College Srinagar, catered to **60 pre-registered individuals**. Dr. Malla offered professional mental health assessments and recommendations, directly addressing stressors prevalent in academic and workplace settings.



Following this, on **15th October**, the department held a **Workshop** on the same theme. A team of five mental health experts from Government Medical College Srinagar conducted in-depth sessions aimed at raising awareness, equipping participants with psychological tools to manage stress, anxiety, and depression. The workshop also included a **randomized survey**, which yielded sobering results: **30% of participants** exhibited mild to moderate tendencies towards suicidal ideation. These findings underscore the urgency of addressing mental health vulnerabilities within the college's community.







Both events were designed to not only promote awareness but to actively engage students and staff in understanding and mitigating mental health challenges. The Department of Psychology has scheduled further events on **17th October** and **26th October**, dedicating the entire month to mental health promotion and prevention. This initiative represents a sustained commitment to creating an environment that supports well-being and mental resilience.



In a world that demands constant productivity, these events stress the importance of mental health as an indispensable aspect of workplace functionality, reinforcing the department's pledge to holistic health care.


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