




**Office of the Principal**  
**GOVERNMENT COLLEGE OF EDUCATION**  
**Institute of Advanced Studies in Education**  
**CLUSTER UNIVERSITY, SRINAGAR**  
**Maulana Azad Road Srinagar (J&K)**  
**(NAAC RE-ACCREDITED GRADE "A" (CGPA 3.52))**



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**REPORT**

One day counselling programme on "**Mental Health Issues Among College going Students: A Discussion**" was organised by **Psychological cum Career Counselling and Placement Cell** of the College on **05.07.2022** in the College auditorium. The expert speaker of the programme was **Mr. Waseem Rashid Kakroo**, RCI licensed Clinical Psychologist and Councillor. At the outset, **Prof. Rubeena Jabeen**, Incharge Principal, welcomed the guest and the audience. In her address, she emphasised on the importance of sound mental health among youth fraternity. Convenor, Psychological cum Career Counselling and Placement Cell, **Dr. Malik Roshan Ara** presented an overview of organizing such programmes for students of the College. Mr. Kakroo in his elaborated lecture discussed various mental health issues among people in general and students in particular. He highlighted the facts viz how to maintain abilities for adaptation to change and to cope up with stresses in daily life, the signs of mental health problems, level of complications of causes of mental health issues, problems in solving issues, mental hygiene, how to cope with challenges in life. He talked about depression, symptoms of depression and how to come out of it. He counselled the students to choose a better career. Later, question -answer session was also conducted in which students cleared their doubts regarding mental health. The Programme concluded with vote of thanks by **Prof. Sana Bashir**, Member Secretary, Psychological cum Career Counselling and Placement Cell.



**Programme Coordinator**

