



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 3.24))

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REPORT ON WORLD MENTAL HEALTH DAY

The Government College of Education (Institute of Advanced Studies in Education), Cluster University Srinagar, celebrated **World Mental Health Day on 10 October 2026** in the College Auditorium. The programme aimed to raise awareness about the importance of mental health, promote emotional well-being, and encourage students to develop a supportive and empathetic attitude towards individuals experiencing mental health challenges. The programme was organised under the guidance of the College Principal and Nodal Principal of Kashmir Division Colleges, **Prof. (Dr.) Seema Naz**, and witnessed enthusiastic participation from students and faculty members.

The programme commenced with a prayer by the students, seeking blessings for the successful conduct of the event. This was followed by a welcome address and an introduction to the programme by **Dr. Irfat Ara Khan**, Convenor of the Programme, who highlighted the significance of observing World Mental Health Day and emphasised the need to promote mental health awareness among students.

The programme featured special remarks by **Dr. Zoya**, Clinical Psychologist at Khyber Hospital, who shared her professional insights into mental health and highlighted the importance of psychological support. The cultural segment added vibrancy to the event, featuring a Rouf performance by the college's cultural group.

The keynote address was delivered by **Dr. Ab. Majid**, Head of the Department of Psychiatry, SKIMS, Bemina. His address focused on the importance of recognising mental health concerns, understanding psychological well-being, and promoting awareness about mental health issues.

An important segment of the programme was a student seminar, during which participants shared their perspectives on mental health and related concerns. The student presenters included:

- Shahroora Sameen (GCOE)
- Kurrat Bashir (GWC M.A Road)
- Tabish Ajmer (Islamia College)
- Mohammad Behzad Khan (S.P. College)
- Mehnaz Ashraf (GDC Hyderpora)
- Siraj Mir (GDC Bemina)
- Sehba Zehra (Amar Singh College)
- Aaisah Zahoor (Gandhi Memorial College)
- Atufa Ashraf (Vushwa Bharti Women's College)
- Sania Hilal (HKM GDC Eidgah)

The seminar provided a platform for students to express their views, exchange ideas, and contribute to meaningful discussions on mental health awareness.

The programme also featured an exhibition of canvases prepared by students of the Department of Psychology. The display provided a creative medium through which students expressed their thoughts, feelings, and perspectives on mental health.

The concluding remarks were delivered by **Prof. Lateef Ahmad Shah**, Assistant Professor (Department of Education) who acknowledged the importance of mental health awareness and appreciated the contributions of the participants in making the programme meaningful. Certificates were subsequently distributed among the participants in recognition of their involvement. Later vote of thanks was also delivered by **Prof. Lateef Ahmad Shah** who expressed gratitude to the invited experts, college administration, faculty members, student presenters, performers, and all those who contributed to the successful organisation of the event.

Ms. Nahida, (member of the organising committee), served as the rapporteur and documented the proceedings and key highlights of the programme. The event was moderated by **Mr. Arif**, a student of M.A. Fourth Semester.

The programme reinforced the message that mental health deserves attention, understanding, and support. It also highlighted the important role of educational institutions in fostering an empathetic, inclusive, and psychologically supportive environment for students and the wider academic community.

Sd/-
Dr. Irfat Ara Khan
Convenor

Sd/-
PRINCIPAL

No.GCOE/IASE/26/2346
Dated:10-10-2026

PHOTOGRAPHS

