



# Gandhi Memorial College Srinagar

(NAAC Accredited)

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One Day workshop on Mental Health Awareness Programme Organized by the Department of Education was held on 11<sup>th</sup> of April 2026 at Gandhi memorial College, Srinagar in Collaboration with Composite Regional Centre, Bemina, Srinagar.



The Department of Education, **Gandhi Memorial College**, organized a *Mental Health Awareness Programme* in the Conference Hall to promote psychological well-being and address the growing concerns regarding mental health among students.

The programme was conducted under the able guidance and supervision of **Prof. Sakeena**, Head of the Department of Education.

The session commenced with an introductory address by the Principal, **Prof. (Dr.) Masood Ahmad Malik**, who highlighted the importance of mental health as a fundamental pillar of a student's overall development and success in life.

This was followed by a comprehensive keynote address delivered by **Dr. Aijaz Bhat**, Faculty and In-charge, Department of Rehabilitation Psychology, Composite Regional Centre (CRC), Srinagar. Being a licensed clinical psychologist, he provided valuable insights into:

- Identifying mental health challenges
- Adopting healthy coping mechanisms
- Importance of timely professional intervention

The session was effectively moderated by **Prof. Humaira**, ensuring active participation and engagement from the students.

The programme concluded with a formal vote of thanks presented by **Dr. Osia**, who expressed sincere gratitude to the Principal Prof (Dr) Masood Ahmad Malik, HOD Education Prof. Sakeena Akhter, the guest speaker **Dr. Aijaz Bhat**, faculty members, and students for their cooperation and contribution in making the event a success.

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Media Secretary