



# Gandhi Memorial College Srinagar

(NAAC Accredited)

Shamaswari Fateh Kadal Srinagar-190002

Phone: 9419021926, Fax: 0194-2471726

[www.gandhicollegesrinagar.edu.in](http://www.gandhicollegesrinagar.edu.in) Email: [principal.gmc1@jk.gov.in](mailto:principal.gmc1@jk.gov.in) / [principalgmc1@gmail.com](mailto:principalgmc1@gmail.com)

**One Day Seminar on Mental Health & its Upkeep organized by NSS Wing of the College Under NASHA MUKHT BHARAT ABIYAAN on 13<sup>th</sup> of April 2026.**



A one-day seminar on the theme “*Mental Health & Its Upkeep*” was successfully organized by the NSS Wing of the college on 13th April 2026 under the initiative of *Nasha Mukht Bharat Abhiyaan*. The seminar aimed to create awareness among students about the importance of mental well-being and the harmful impact of substance abuse on mental health.

The program commenced with a formal inauguration in the presence of the Principal, faculty members, NSS Program Officer, and invited guests. The event began with a welcome address delivered by the worthy Principal, Prof. (Dr.) Masood Ahmed Malik, who highlighted the objectives of the seminar and emphasized the importance of promoting a drug-free and mentally healthy society.

The keynote speaker, an expert in mental health, delivered an insightful lecture on maintaining psychological well-being in today’s fast-paced and stressful life. The speaker stressed the importance of recognizing early signs of stress, anxiety, and depression, and shared practical strategies such as mindfulness, regular physical activity, adequate sleep, and fostering healthy social relationships.

Special emphasis was laid on the objectives of *Nasha Mukht Bharat Abhiyaan*, particularly focusing on preventing substance abuse among youth. The speaker elaborated on the adverse effects of addiction on mental health and overall personality development, encouraging students to adopt healthy coping mechanisms and stay away from drugs.

An interactive session followed, where students actively participated by asking questions and sharing their perspectives. This segment proved to be highly engaging and helped in dispelling various misconceptions related to mental health issues.

The NSS volunteers played a significant role in the successful organization of the seminar. They actively contributed by spreading awareness through posters, slogans, and discussions, reinforcing the importance of mental health care and a drug-free lifestyle.

The seminar concluded with a vote of thanks proposed by the NSS Program Officer Prof Riyaz Ahmed Andrabi, who expressed gratitude to the guest speaker, faculty members, and students for their enthusiastic participation. The event was both informative and impactful, leaving students more aware and responsible towards their mental well-being and social responsibilities.

Overall, the seminar was a great success and effectively fulfilled its objective of promoting awareness about mental health while supporting the vision of a drug-free India.

**Sd/-**

Media Secretary