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PRESS RELEASE

ONE DAY SEMINAR ON MENTAL HEALTH PROBLEMS IN YOUTH BY GOVERNMENT DEGREE COLLEGE RAMBAN IN COLLABORATION WITH DISTRICT ADMINISTRATION RAMBAN



A mini-seminar on the theme "Mental Health Problems in Youth" was organized by Psychological Counselling Cell and Debates and Seminar committee GDC Ramban in collaboration with district administration Ramban on 10-07-2021. The venue of the program was conference hall D.C office Ramban. A good number of students participated in the seminar everyone following a proper COVID-19 appropriate behaviour. The program started with the brief introduction by Prof. Younis Ahmad about the program. As organizing secretary, Prof. Younis conducted the proceedings of the entire event. District Development Commissioner Ramban, Mussarat-Ul Islam was chief guest on the occasion. His talk was very enlightening and enriching which inspired the entire audience particularly, the students. Prof Vijay Sharma, convener Debates and Seminar committee formally welcomed the chief guest.

Dr. Mohsin Bashir Dar Principal of the college gave an account of the achievements and accomplishments of the college and its future vision. Speaking on the occasion, the worthy Principal emphasized on the need of organizing such events in the future also to benefit the students in all aspects of their growth and development aside from academic excellence. He expressed his gratitude to District Development Commissioner Ramban for providing conference hall as a venue to organize the event.

Prof. Bal Krishan, Assistant Professor in Zoology and convener Psychological Counseling Cell GDC Ramban was a keynote speaker on the occasion. He delineated a number of factors underlying various mental health disorders, including early childhood negative emotional programming and inability to manage stress response in certain individuals. He emphasized on the need of self-work, like mindful exercises, Yoga and meditation for physical and mental well-being and seeking proper counselling services and professional advice in case of a mental health disorder.

Prof. Vicky Rattan and Prof. Vijay Sharma volunteered as judges to judge the student presentations. Based on the judgment of judges, the first, 2nd and 3rd prizes were attained by Dhriti Sharma, Gurbeet Singh and Sonali Sharma/Khushbu Nazar respectively.

The program concluded with the formal vote of thanks proposed by Prof. Vijay Sharma.