



May 16, 2023

Seminar on Mental Health and Well-Being held at IUST

Awantipora, May 16. The Islamic University of Science and Technology organized a one-day seminar on Mental Health and Well-Being today. The event organized by Centre for Vocational Studies and Dean of Students IUST was held to observe the World Day for Safety and Health at Work.

Leading experts from different institutions of the valley including Prof. Parvaiz A Koul (Director SKIMS & Chief Guest), Prof. Masood T Bhat (Principal GMC Srinagar), Prof. Tariq S Qureshi (Principal GMC Anantnag), Prof. SM Salim Khan (Head, Department of Community Medicine, GMC Srinagar); Prof. Yasir Rather (Department of Psychiatry, GMC Srinagar) and Ms. Zouya Mir (Clinical Psychologist, Kyber Medical Institute Srinagar) spoke on this occasion. The seminar witnessed good participation of the students, scholars, faculty members, officials from IUST and other institutions.

On this occasion, Prof. Shakil A Romshoo Vice Chancellor IUST said that we need to prioritise mental health, and dispel the stigma associated with it. He further said that IUST holding regular sessions for students to spread awareness about the mental wellbeing. He urged for concerted efforts at multiple levels to realize the objectives of healthy society. He said the digital interventions as adopted can be further developed and leveraged in this regard.

Prof. Koul talked about the psychological health scenario in Kashmir and highlighted the initiatives taken by the health departments to provide best possible services to the society. He also talked about some limitations in this sector and urged the experts and researchers to explore innovative solutions to the contemporary mental health issues.

Issued by PR&MC, IUST