



**October 29, 2024**

***World Mental Health Day observed at IUST's Alamdar Memorial College of Nursing and Medical Technology***

Chari-Sharief, October 28: Alamdar Memorial College of Nursing and Medical Technology, Charar-i-Sharief, Budgam, a constituent college of the Islamic University of Science and Technology (IUST) observed World Mental Health Day. This year's theme, "Mental Health at Work," served as the focal point for a range of activities aimed at raising awareness and promoting mental well-being in the workplace.

Prof. Dr. Zamrooda Mushtaq, Principal underscored the significance of mental health in the workplace, and She emphasized the need for effective interventions at work to support the mental well-being of employees, advocating for proactive approaches to fostering a supportive work environment.

In her address, Dr. Souliha Rasool, founder and CEO of Holistic Minds and Soul, addressed common mental health challenges and underscored the value of counselling as a means to enhance coping mechanisms and prevent mental health disorders.

In her address on schizophrenia, Ms. Iram Saba, faculty at Alamdar Memorial College, discussed its rising prevalence worldwide and its specific impact on Kashmir. As part of the program, speech competition, poster competition, and skits were also conducted.

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