Alamdar Memorial College of Nursing and Medical Technology Celebrates World Mental Health Day

On October 28, 2024, Alamdar Memorial College of Nursing and Medical Technology, Charar-i-Sharief, Budgam, a constituent college of the Islamic University of Science and Technology, Awantipora, Kashmir, celebrated 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.

The program was organized under the guidance of senior faculty members Mr. Tabashir Bashir and Mr. Syed Shahid Siraj and featured a speech competition, poster competition, and skit sessions to engage students and faculty on critical mental health topics.

 Prof. Dr. Zamrooda Mushtaq, Principal Alamdar Memorial College of Nursing and Medical Technology Chrarai Sharief Budgam inaugurated the event with an insightful address on the significance of mental health in the workplace. 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.

The day's guest speaker, Dr. Souliha Rasool, founder and CEO of Holistic minds and soul, addressed common mental health challenges and underscored the value of counseling as a means to enhance coping mechanisms and prevent mental health disorders. Additionally, Ms. Iram Saba, faculty at Alamdar Memorial College, delivered a special lecture on schizophrenia, discussing its rising prevalence worldwide and its specific impact on Kashmir.

The programme was hosted by Ms. Shaila Nazir, faculty AMCNMT. The event concluded with a vote of thanks by Mrs. Nighat Gowhar, faculty member and program coordinator, who expressed gratitude to all participants and organizers for their contribution to making the day a meaningful success.