



October 11, 2022

IUST hosts Webinar of World Mental Health Day

Awantipora 11th October: On the eve of World Mental Health day, Dean of Students, Islamic University of Science and Technology (IUST) hosted a webinar today on the theme 'Make Mental Health for all, a Global priority'. Dr. Harshdeep Joshi, a renowned doctor and Associate Professor, Department of Community Medicine, Maharishi Markendeshwar Medical College and Hospital, was the main speaker of the event.

Dr. Joshi spoke at length about the different forms of stress, anxiety, and depression, and discussed the measures to overcome them. She further highlighted the rise of depression in our community during COVID-19, which saw 25% increase in cases related to depression and anxiety.

She emphasized the need to reach out to people facing mental illness and not to stigmatise them at the same time. Highlighting, how stigma becomes inseparable part of mental illness, Dr. Joshi emphasised the participation of entire community in removing any social taboo associated with mental illness.

The webinar concluded with Dr. Anisa Jan, Associate Professor, Department of Management studies and Dean of Students, IUST presenting the vote of thanks.