



Special Training Session on Mental Health Counselling held at IUST

Awantipora, Nov 25: As a part of its Institutional Social Responsibility initiative, a Special Training Session on Mental Health Counselling was held on Saturday at Islamic University of Science and Technology (IUST), Awantipora. Prof. Mushtaq A. Margoob, Visiting Professor, School of Health Sciences, IUST and Former Head, Post Graduate Department of Psychiatry, Government Medical College, Srinagar & Director Institute of Mental Health and Neuroscience, Srinagar, Kashmir conducted the proceedings of the event. Prof. Margoob, an internationally recognized expert on humanitarian emergencies and disaster mental health gave a detailed account of the issues pertaining to Mental Health especially in conflict driven areas including Jammu & Kashmir State. Role and active participation of youth in dealing with this burning issue is very important and the ultimate need of the hour, he said. Prof. Margoob lauded the efforts of the IUST in not only recognizing its responsibility towards societal needs but is also bridging the mental societal gap in the society by taking social services as its mission by becoming pioneer in establishing the Mental Health Counselling Centre in the campus.



Prof. Mushtaq A Siddiqi, Vice Chancellor, IUST while presiding over the session, said that health issues in general and mental health in particular is among the major challenges that the world is presently facing and due to varied reasons, the task to tackle such issues is more difficult and challenging in J&K State. The present administration in the IUST is trying to address such issues and believes that the role of youth/students in understanding & tackling these issues becomes evident, he added. He appreciated the participants particularly student volunteers in showing their interest in being part of this initiative. He hoped that the Mental Health Counselling Centre in the Campus will prove to be substantially beneficial by creating a network of volunteers in the society at the grass-root level. He impressed upon the volunteers to become the ambassadors of IUST in its social responsibility mission.

The session was attended by a galaxy of students, faculty and officer volunteers of the varsity. The event was followed by a comprehensive Question and Answer session in which the volunteers put forth their queries to Prof. Margoob about various dimensions of Mental Health.