

'Vaccination best protection against Covid19'

KU's NSS organises lecture on 'Wellbeing Amidst Pandemic'

Srinagar, Aug 30: The office of National Service Scheme (NSS), University of Kashmir, organised a lecture on 'Wellbeing Amidst the Pandemic'.

Dr Farzana Shora, General Practitioner, NHS, UK and Dr Ishaq Pala, Consultant Psychiatrist, Kent And Medway, NHS Trust, UK, were chief resource persons for the online lecture.

In his message, Dr Musavir Ahmed, Programme Coordinator, NSS, said that

organising such lectures is the need of the hour to educate people about various aspects of physical and mental health and their importance.

In her lecture, Dr Shora pointed out the groups which are specifically vulnerable to Covid19 while spelling out the precautions to be taken to avoid getting infected.

She emphasised that the best protection against Covid19 is vaccination and urged all participants to get themselves and their families vaccinated.

In his lecture, Dr Pala stressed on the need to de-stigmatise mental ill-health and urged on treating patients of mental ill-health in the same way as patients of any other disease.

Dr Pala also suggested measures to keep anxiety at bay during the pandemic.

Both the speakers urged the need for setting up pastoral service in academic institutions.

"Counselling services should be made accessible to students easily and with regularity," they said.

Dr Heena Basharat, organiser of the lecture, observed that the questions posed by the participants bear testimony to the fact that anxiety and depression is widespread among the student population and there is an urgent need to address the same.

Dr Heena Basharat also conducted proceedings of the lecture while Dr Yasir Hamid presented a vote of thanks.

