

Workshop on ‘Mental health exercises- self confidence skills’ concludes at KU

Srinagar, Nov 04: A two- day workshop on ‘Enhancing social, problem solving and self confidence skills through mental health exercises’ organized by the Department of Home Science, University of Kashmir concluded here on Friday.

According to the organizers of the workshop the objective of the two days deliberation is to break the silence on mental health issues illness and generate awareness among the participants about its various dimensions.

Inaugurating the workshop, Prof. Nilofer Khan, Registrar and DCDC, KU, emphasized the importance of mental health awareness and strategies.

She highlighted the need of training and educating teachers and scholars so that they can disseminate the information in the community and promised every help from all the quarters of the university.

Prof. Naheed Vaida, Director, Institute of Home Science, KU, discussed about psychological first aid and expressed her opinion of conducting more workshops and preparing students to practice it in the field and help people at grass root level.

Speaking on the occasion Prof. F A Masoodi, Dean School of Applied Sciences and Technology, elucidated the sensitivity of the human brain and its consequences on mental health.

Dr Aparna Khanna, Associate Professor, Lady Irwin College, New Delhi, who was guest speaker on the occasion stressed upon the alarming situation of mental disorders and discussed the mental issues: signs, symptoms and coping mechanism and stressed youth to become mental health advocates.

While interacting with the participants Dr. Khanna said “Conversation on mental health is to be carried forward as it is a taboo subject for many people. Mental diseases are not communicable. They are curable, if necessary measures and proper consultation are sought at the initial stage otherwise they can lead to long term impacts.”

Referring to the overall health scenario at national level and support from the governmental institutions she added “The annual expenditure on health in India is inadequate whereas it should have been the first priority.”

Vouching for intervention of innovative and interesting techniques in mental health programs and counseling she said "The success or failure of the tool depends on the confidence and knowledge of the communicator and the participation of the audience. New ways are devised to make the message interesting and easily comprehensible for those who cannot read or write.”

The awareness program was followed by an activity session in which mental health tools and games were introduced to inform the participants. Story telling techniques were also enunciated to sensitize the participants on few mental disorders.

Later there was also a question and answer session in which participants raised issues pertaining to mental health.

Dr. Humaira Azim, Coordinator of the workshop, presented vote of thanks on the occasion.