

KU holds training workshop for school teachers on mental health interventions among students



Srinagar, Oct 22: The Department of Social Work, University of Kashmir (KU), began a two-day training workshop for school educators on 'Time Dependent Prevention and Early Intervention of Mental Health Issues in School Settings' at the University's Main Campus.

The programme aims to build the capacity of teachers to identify, respond to, and prevent mental health issues among students through structured interventions and school-based strategies.

The workshop includes interactive sessions, skill-based modules, and discussions on early intervention strategies and is being attended by school teachers from various districts.

Vice-Chancellor, KU, Prof. Nilofer Khan, in her message, said that the University is committed to addressing youth mental health as a crucial aspect of holistic education. "Teachers are often the first to notice when a child is struggling, and empowering them with the right tools and understanding can make all the difference," she said.

Noted psychiatrist Dr. Arshid Hussain, IMHANS Srinagar, in his remarks, highlighted the need for early intervention and community-based mental health models in schools. "Teachers can play a transformative role in nurturing mental well-being among children when equipped with scientific and empathetic approaches," he said.

Dr. Aadil Bashir, faculty, Department of Social Work KU and Principal Investigator (PI), said that the workshop aims to bridge the gap between research and practice by translating findings into actionable tools for educators.

The workshop is part of an ICMR (Indian Council of Medical Research)-sponsored research project on primary prevention interventions for youth in Kashmir, carried out by the Department of Social Work led by Dr. Aadil Bashir as the Principal Investigator (PI).

Drawing from rigorous field research and assessments, the team has developed a practical manual titled “Wal Sukoon Chandav” (Come, Let’s Find Peace), a guide designed to support students’ emotional well-being, promote resilience, and foster safe, responsive school environments.