



OFFICE OF THE PRINCIPAL

GOVT DEGREE COLLEGE, THINDIM, KREERI

گورنمنٹ ڈگری کالج، تھندیم، کریری

Website: [gdctk.edu.in](http://gdctk.edu.in)

[gdcthindimkreeri@gmail.com](mailto:gdcthindimkreeri@gmail.com)

Phone No: 9469512452



MENTAL HEALTH AWARENESS

7<sup>TH</sup> MARCH 2023

ORGANIZED BY

DISTRICT HUB FOR EMPOWERMENT OF WOMEN BARAMULLA

in

COLLABORATION WITH GOVT DEGREE COLLEGE  
THINDIM KREERI

### Background:

Mental health refers to a person's overall psychological well-being. It encompasses a wide range of aspects, including emotional, cognitive, and behavioral functioning. Good mental health is characterized by a stable and positive mood, the ability to cope with life's challenges, strong relationships with others, and a sense of purpose and fulfillment. Mental health can be impacted by various factors, including biological, environmental, and life experiences. Mental health conditions such as depression, anxiety, and bipolar disorder can have a significant impact on a person's quality of life. It is important to prioritize and maintain good mental health through practices such as exercise, good nutrition, positive social support, and seeking professional help if need.

**Chief Guest:** Dr. Syed Sehrish Asgar (IAS). Deputy Commissioner, Baramulla

**Guest of Honour:** Mr. Nisar Ahmad (KAS), DSWO Baramulla

**Patron:** Principal, Prof Kounsar Jan



### Registration Guidelines:

1. Students have to register themselves via <https://forms.gle/sVnrFPUCwupYTkvr7>
2. All the participants can fill the form only once and no editing is allowed in the form.
3. The students will be selected on First-Cum-First-Serve basis
4. The registered students will be provided Honorium by the concerned department.

### For further details:

#### Contact:

**Dr. Khursheed Ahmad Wani**

*Department of Environmental Science,*

*Govt. Degree College Thindim, Kreeri,*

*Baramulla 193198, Jammu & Kashmir,*

*India: [kuurshidevs@gmail.com](mailto:kuurshidevs@gmail.com)*

*+91-9682169453*