

## Event Report

The Department of Psychology and The Department of Islamic Studies GDC Shopian organised an awareness Program in collaboration with Help Poor Voluntary Trust and KASHMER (Kashmir American Society for Healthcare , Medical Education and Research) under the Title **Happy and Healthy Minds. on 11th June 2024** This program intended to educate the masses about the various essential aspects like impact of Drug Abuse and Prevention in Society , mental health, Meditation and a productive lifestyle . Thus contributing towards creation of a healthy society.

The Event had expert speakers from various fields of Psychology, Psychiatry and Islamic Studies.

Dr. Muzaffar Khan (Consultant Clinical Psychologist) delivered on Substance Use, Misuse, Abuse. Causes and Prevention

Ms. Aimen and Mr. Adil (Counselling Psychologists) presented a Powerpoint presentation on Common Mental health Disorders : Indication and cure

Dr. Zaira Ashraf Khan, Head Department of Islamic Studies, delivered a talk on Optimising Mental Health through Meditation.

The program was presided over by Honourable Principal of the college Dr. Mohd. Shafiq and attended by various faculty members. Prof. Mahmood Tak and Prof. Sheeraz Gul spoke on the occasion about the importance of a sound and Healthy mind in a fit body.

Ms. Misbah Ayoub conducted the Proceedings . Students from different disciplines attended the program and interacted with the speakers .

Overall the event was a success and quite informative.



