



# Psychological Counselling Cell GDC Shopian

NAAC Accredited Grade B

Date 10/09/2024

## Report

The Psychological Counselling Cell of the college organized an awareness programme on the “World Suicide Prevention Day” 10<sup>th</sup> September on the theme “**Rekindling Hope**”.

The programme was attended by students of various disciplines who attended to thought provoking speeches of the speakers. Dr. Zaira Ashraf Khan, Department of Islamic Studies deliberated on the core issues with regards to suicidal cases. Dr. Firdous Nazir talked about the importance of courage, hope and persistence in life. Prof. Ishaq impressed upon the importance of psychological counselling to deal with various issues in life.

Further the session was complimented by an invitation for week long counselling sessions to be conducted from 10-16 September in the Department of Islamic Studies and Department of Economics where in students can discuss their issues and get help from the experts in navigating through their problems.

## Glimpses of the event

