

List of NSS activities(GDC FOR Women Pulwama)

Special lecture on Covid -19 Pandemic organized by college NSS unit on 09 August 2020.

A special online lecture was organized by the college NSS unit II on 09 August 2020. The topic of lecture was as *“COVID -19 Pandemic and Social Impact”*. The key resource person was Dr Shahzad Ahammad wani from the dept. of sociology GDC for Women Pulwama. The speaker highlighted the impact on psychological well being of the most exposed groups ,including Children, school going students and health workers ,who are most likely to develop post traumatic stress disorder, anxiety ,depression etc. The event was concluded by the vote of thanks given by NSS programme Officer Prof Nazneen Jan Qurashi . The lecture was attended by the 78 participants.

Submitted by Nazneen Jan Qurashi I

NSS Govt. Degree college for Women Pulwama

Special Lecture carried out by college NSS on 14 August 2020 on the topic Corona virus Managing Stress and Anxiety

The college NSS organised a lecture entitled as “ *Corona Virus (Covid 19) Managing Stress and Anxiety* ” as on 14 August 2020. The resource person for said event was Dr Iffat Ghanni from Krishi Vigyan Malanpora. The honourable speaker highlighted the physical and mental care during corona virus pandemic. She shared a regular list of activities for home including distract from negative emotions .Eat well and take plenty of fluids .Do simple indoor exercises that will help to be fit and

feeling well. The whole lecture was revolving round the management of psychological pressure by Covid-19 pandemic. It was attended by 31 participants.

Special Lecture on MANODARPAN on 20th September 20

An initiative under the directions of the ministry of Human Resource Development MHRD, *MANODARPAN* (an initiative launched by centre), covering a wide range of activities related to provide awareness and social support to the students and teachers as well on . In this concern the college NSS organised a special lecture on 20 September 20 entitled as “**Self Reliant Movement a Way Forward**”.The key resource person for the event was Prof Javaid Ahammad Wani from the department of Economics Govt. Degree College Boys Pulwama .The event **started** by the welcome address presented by **Prof Nazneen Jan Qurashi .Prof Javaid Ahmmad wani** was the key speaker of the event. The speaker highlighted the policies, programmes sponsored by the centre for self –reliant India and the modern day agenda of Aatma Nirbhar Bharat comes with a tag line that reads ,tough times require tough decisions’.mr speaker also thrown light on the entire scheme of

Mental Health Awareness Programme 2020

Seminar on “Mental Health of Emerging Generations –Issues Challenges and Remedial Approaches” on 02 November 20

The NSS of the college in collaboration with The Department of Students Welfare University of Kashmir organised an awareness

entitled as “Mental Health of Emerging Generations-Issues Challenges and Remedial Approaches’ ‘on 02 0f November in the Conference Hall under Covid -19 SOP’s. There were three resource persons from the field of Psychology viz;

- ❖ Dr Abdul Majid (Associate Prof) from the Department of Psychiatry SKIMS.**
- ❖ Prof Aijaz Ahammad from the Dept. of Social Work University of Kashmir.**
- ❖ Mr Zahid Jeelani Wani Coordinator DSW University of Kashmir.**

The programme started with the welcome address presented by the Prof Nazneen Qurashi (NSS programme Officer) , followed by formal welcome given the worthy Principal Prof Mustaq Ahammad Loan and had given warm welcome to the honourable guest s. Dr Aijaz Ahmmad addressed that Mental Health is something very important that we all need to talk about regularly giving alarming situation around. In the key note Prof Dr Abdul Majid Associate professor ,Department of Psychiatry SKIMS medical College talked in detail on mental health issues in Kashmir and how people can cope with these at individual level. He said we need to understand how mental health issues get aggravated by the lack of empathy and lack of awarenss in our society.The coordinator DSW Mr Zahid Jeelani Wani highlighted the importance of such awareness programmes and urged involvement of educational institutions and social organisations to tackle mental health challenges .At the end Prof Shahzad Ahmmad Wani from the Dept. Sociology presented vote thanks to the esteemed guests who have arranged time out of their busy schedule. The event was attended by all faculty members and majority of students of college.

Submitted by Prof Nazneen Jan