



Office of the Principal  
Government Degree College

Kangan-191202 (J&K)

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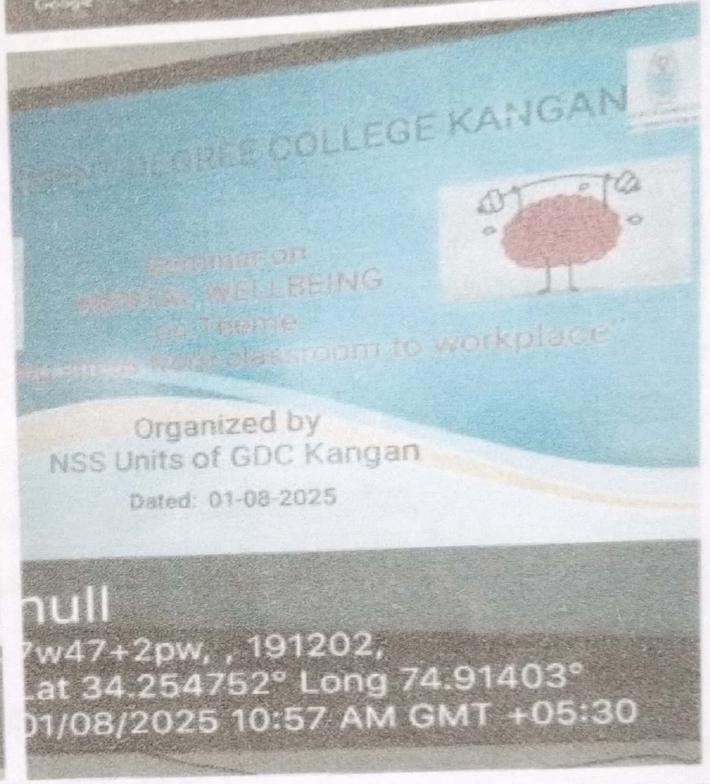
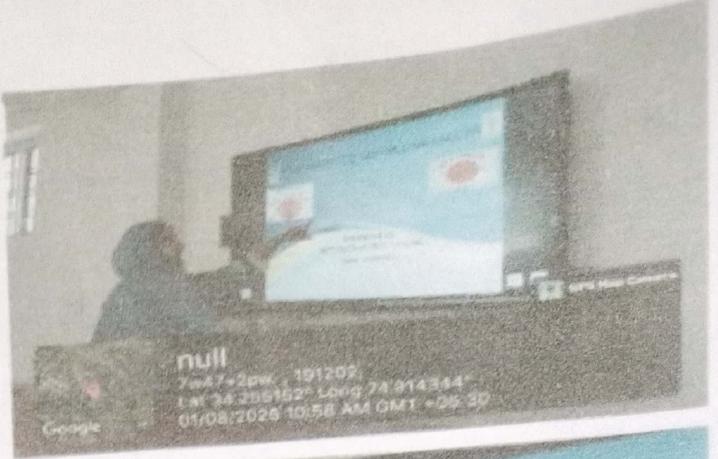
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**Report on Mental Health Awareness and Stress Management Program**

A Mental Health Awareness and Stress Management Program was successfully conducted at Government Degree College Kangan on 1<sup>st</sup> August 2025. The initiative aimed to educate students on the importance of mental wellbeing and equip them with strategies to manage stress effectively, both in academic settings and in future workplace environments.

The objectives of the program were to spread awareness about mental health issues among students and to highlight the impact of stress on academic and personal life by providing practical tools and techniques for managing stress. The program also aimed at encouraging an open dialogue surrounding mental health and to curb stigmas around it. The event was organized under the broader theme "Mental Wellbeing: Navigating Stress from Classroom to Workplace". The program witnessed active participation from students across various departments. It featured insightful addresses by three faculty members of the college, who brought academic depth and personal insight into discussions on mental health. Prof Bilal Ahmad Lone from the department of education opened the session by explaining the concept of mental health and its significance in everyday life. He emphasized how stress, if unmanaged, can lead to long-term mental health disorders and affect academic performance. Prof Waseem Yaseen spoke on transitioning from academic life to professional spaces, where stress can manifest in different ways. He shared personal anecdotes and real-life examples to illustrate coping mechanisms for performance pressure, workplace anxiety, and self-doubt. He stressed the importance of communication skills, self-confidence, and continuous self-reflection. Dr Aatina Malik explored the societal perceptions surrounding mental health, especially the stigma that often prevents individuals from seeking help. She encouraged students to support one another and to normalize conversations about mental wellbeing. Her address also touched upon the role of social support systems in managing emotional stress. The session was interactive, where students raised pertinent questions about dealing with academic pressure, peer expectations, and anxiety. Faculty members provided practical advice and encouraged students to seek support when needed. The Mental Health Awareness and Stress Management Program at GDC Kangan proved to be a timely and meaningful intervention. It successfully brought attention to a vital aspect of student life and laid the groundwork for future initiatives focusing on mental wellness.



*[Handwritten Signature]*  
Principal

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