

CEC Kargil attends World Mental Health Day observed in Kargil

Kargil, October 10, 2025: The District Mental Health Society Kargil today observed World Mental Health Day at Syed Mehdi Auditorium, Kargil, with the theme "Access to Services: Mental Health in Catastrophes and Emergencies." The event aimed to raise awareness about mental health issues, promote access to mental health services, and highlight the importance of psychological support during crises and emergencies.

The programme was organised under the banner of the District Mental Health Programme (DMHP) and witnessed enthusiastic participation from students, medical professionals, and officials from various departments.

The Chief Executive Councillor (CEC), LAHDC Kargil, Dr. Mohd Jaffer Akhoon graced the occasion as the Chief Guest, while Additional Deputy Commissioner (ADC) Kargil, Imteeaz Kacho, Nodal Officer DMHP, Dr. Fatima Nissa, ARTO Kargil, Khadim Hussain, and Medical Superintendent, District Hospital Kargil, Dr. Abbas were among the key dignitaries present.

CEC Dr. Mohd Jaffer Akhoon, in his address, appreciated the efforts of the District Mental Health Society and expressed concern over the rising stress levels among youth due to changing lifestyles and academic pressures. He assured that the LAHDC Kargil is committed to supporting initiatives that enhance access to mental health care across the district.

He called for collective cooperation of the society in dealing with the stigmas associated with mental health and advised that faith healing should be consulted in accordance with scientific principles and the safety of the patient.

Dr Jaffer congratulated SSP Kargil for cracking a drug racket case and advised youths to stay away from drugs.

ADC Imteeaz Kacho in his remarks encouraged educational institutions and civil society organizations to play a proactive role in creating awareness about mental health and breaking the stigma attached to mental illnesses.

He called for the identification of people suffering with depression and a pragmatic management of the disease, he added this can be a great service towards the society.

Earlier In her welcome address, Dr. Fatima Nissa highlighted the significance of the day and underscored the urgent need to strengthen community-level mental health services, especially during natural disasters and humanitarian emergencies.

She emphasized that mental health must be treated with the same seriousness as physical health and shared about various programmes undergoing under the Mental health society Kargil.

A detailed PowerPoint presentation on various mental health-related issues, early detection, and coping strategies was delivered by Clinical Psychologist Syed Hassan, which was highly informative and interactive.

The event also featured theatre plays, songs, skits, and speeches presented by students from different schools and colleges of Kargil, all centered around the theme of mental well-being and resilience during crises. These performances effectively conveyed the importance of empathy, community support, and early intervention in maintaining good mental health.

Towards the conclusion of the programme, dignitaries and participants were felicitated with mementoes in recognition of their contributions and participation.



