

World Mental Health Day Celebrated at Government Degree College Kargil

Kargil, October 10, 2025: The Department of Psychology, Government Degree College Kargil, observed World Mental Health Day today in the college Seminar Hall. The event commenced with a warm welcome address by Assistant Professor Ms. Nyma Manzoor from the Department of Psychology.

The Principal of GDC Kargil, Diskit Angmo, delivered an insightful speech on mental health awareness and the importance of access to mental health services. She highlighted various avenues available for mental health support and encouraged students to prioritize emotional well-being.

Following the address the students of the Department of Psychology presented a short skit based on the 2025 theme — “Access to Services: Mental Health in Catastrophes and Emergencies.”

Later, Fiza Banoo, a student of the 5th semester, delivered an inspiring speech on reducing stigma related to mental health.

The program concluded with a Vote of Thanks by Assistant Professor Mr. Stanzin Nurboo, who expressed gratitude to the Principal, faculty members, media representatives, and students for their active participation and support.

After the formal session, students organized a mental health awareness rally within the college campus to spread the message of care, compassion, and access to mental health services.





Kargil
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