

Workshop on mental health, stress management held at GDC Kargil

Kargil, March 26, 2025: The National Service Scheme (NSS) unit of GDC Kargil, in collaboration with the Department of Psychology, successfully organized a workshop on “Mental Health and Stress Management” for NSS volunteers and students.

The event aimed to raise awareness about mental health issues and equip students with effective stress management techniques. The workshop commenced with a warm welcome by Gyaltsan, Convenor, NSS unit, GDC Kargil, who addressed the participants and highlighted the significance of mental well-being in academic and personal life.

Following the inauguration, Mohd Mustafa, Assistant Professor, Department of Psychology, initiated the session by providing an insightful presentation on the meaning, types, causes, and symptoms of stress.

He emphasized the importance of recognizing stress triggers and their impact on mental and physical health. Continuing the session, Stanzin Dolma, Assistant Professor, Psychology elaborated on stress management techniques and coping strategies.

She discussed various practical approaches, including mindfulness, relaxation techniques, time management, and healthy lifestyle choices to effectively combat stress. The interactive session provided students with valuable knowledge on maintaining mental well-being and encouraged open discussions about stress-related concerns.

Participants actively engaged in the workshop and shared their experiences, making the session highly informative and impactful. The NSS unit and Department of Psychology, GDC Kargil, reaffirmed their commitment to organizing more such initiatives in the future to promote mental health awareness among students.



