

CEC Dr Jaffer attends World Mental Health Day Programme



Kargil, October 10: Chairman/CEC, LAHDC, Kargil Dr. Mohd Jaffer Akhoon today attended World Mental Health Day programme organised by the Health Department Kargil in collaboration with the Department of Psychology, Government Degree College (GDC) Kargil, at Syed Mehdi Memorial Hall Kargil under the theme “Lived Experiences: Hard to Hear, Real to Change”, highlighting the importance of mental health

awareness, early intervention and accessible treatment.

Additional deputy Commissioner Kargil Ghulam Mohammad, District Mental Health Programme Nodal Officer, Dr Fatima Nissa; Medical Superintendent, QAAM Hospital, Dr Farhana Iqbal; In-charge Principal GDC Kargil Dr Mohd Ishaq; BMO Kargil Dr Sajjad Hussain; ARTO Kargil Khadim Hussain, former CMO Dr Mohd Abbas; Consultant Psychiatrist Dr Murtaza Ali Malik; and Assistant Professor Nasiruddin Khafi, along with professors, students, medical officers and other officials attend the event.

In her welcome remarks, Dr Fatima Nissa briefed the gathering on mental health services available in the district and emphasised the importance of seeking timely professional help. She also highlighted the functioning and services of the Mental Health Centre in Kargil.

Addressing the gathering, CEC Dr Jaffer Akhoon stressed that physical and mental health are equally important. He observed that mental health issues were often overlooked in earlier times but acknowledged the progress made in providing treatment and support through the Mental Health Centre. Expressing concern over the increasing prevalence of substance use, he urged people to seek professional treatment and appreciated the efforts of the Health Department and its staff. He also highlighted the importance of public-private partnerships in strengthening healthcare services and promoting medical tourism in the region.

Additional Deputy Commissioner Kargil Ghulam Mohammad highlighted mental healthcare challenges, rising substance use among students, and the need for early treatment and stronger action against drug trafficking. He stressed resolving issues at the Mental Health Centre, QAAM Hospital, and promoting medical tourism in the region.

Earlier, Dr Murtaza Ali Malik delivered a presentation on mental health and well-being, warning signs of poor mental health, the global and Indian burden of mental disorders, treatment gaps, and deaths by suicide in India, including among students. Syed Hassan Shah, Professor of Psychology, presented on substance use disorder.

A video highlighting patients experiences and a skit on mental health issues performed by GDC Kargil students, and a mental health awareness song was also presented to encourage understanding and reduce stigma.

The programme concluded with a vote of thanks by Dr Mohd Ishaq, In-charge Principal, GDC Kargil.