

GOVT. DEGREE COLLEGE BARAMULLA, J&K
NAAC ACCREDITED GRADE "A"
COLLEGE WITH POTENTIAL FOR EXCELLENCE
(UGC-CPE-STATUS)

Post Graduate Department of Psychology



Activities

2015-2020

Compiled By:-

Dr. Navshad Ahmad Wani

**Sr. Assistant Professor & Head, Post Graduate
Department of Psychology**

Govt. Degree College Baramulla, J&K

NAAC CYCLE 3RD

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International mental Health Celebrations 2015

The department of Psychology celebrated International week of Mental Health from **6th October to 10th of October, 2015**. On 6th of October, the department of Psychology organized Essay Competition on the Themes, ***"Dignity in Mental Health-Overcoming self stigma, low self confidence, low self-esteem, social withdrawal and isolation"*** in which 10 students of the college participated. On 7th of October, the department organized a photo competition on the same themes, in which 14 students participated. An extension lecture was organized



by the department of Psychology in collaboration with Inspire ME foundation on **8th of October, 2015**. The lecture was delivered by **Yaqeen Al Haq Ahmad Sikandar**, a Psychology major from The Islamic University of Malaysia. The lecture was delivered on the topic "Living with a vision" in the college auditorium. **On 9th of October** the department also organized a Short Talk on Mental Health in which 14 students participated. The participants talked about the mental health issues in contemporary Kashmiri society. On the final day of the Mental Health

Week, **The 10th of October** which is observed as World Mental Health Day, the department of Psychology organized a group discussion on the Themes, "Dignity in Mental Health-Overcoming self stigma, low self confidence, low self-esteem, social withdrawal and isolation". The group discussion was moderated by Dr. Rouf, lecturer in department of Biotechnology. About twelve students participated in the group discussion. On the same day, the prize distribution and valedictory function was also organized by the department which was attended by worthy principal Prof. Dr. Mohammad Ashraf Shah, the jury members, all HODs, the faculty and the students of the college. The prizes were given by the principal and the staff to the students who secured first, second, third positions and consolation prizes was distributed among the students, in all the event categories mentioned above. Prof. Navshad Wani Head, department of Psychology thanked all the jury members, the faculty, the participants, students and the worthy principal for the overwhelming support for making the celebrations of Mental Health Week successful. He also emphasized the importance of observing this week keeping in view the current scenario of mental health in Kashmir.



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International mental Health Celebrations 2015

IMHAGroup Discussion on Mental Health Prize Distribution on Mental HealthNS Visit



Dr. Yuman lecture at IMHANS



The department of organized a subject tour Year students of IMHANS-Institute of Neurosciences Srinagar group of 100 students HOD, staff and technical institute after seeking and intimation from of Psychiatry IMHANS Dr. Yuman (Registrar Psychiatry) of the a lecture to the students discussed about the different mental disorders in Kashmiri. She also discussed about the current mental health scenario in Kashmir. She also stressed upon the need to understand mental illness and its prevention. The students also participated in a healthy interactive session with the psychiatrist. Later the students also interacted with mental patients in the family ward of the institute in different groups. Dr. Ajaz (Consultant Clinical Psychologist) also briefed to the students about the management and care provided to the patients in the institute. The students also made the case reports of the patients in consultation with the clinical psychologist.



Psychology of B.A 1st and 2nd Psychology to Mental Health and on 17-09-2015. A along with the staff visited the prior permission Head, Department Rainawari Srinagar. Psychiatry, M.D institute delivered in which she prevalence of

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Post Graduate Department of Psychology

Department of Psychology organized One-Day Workshop on Mental Health in Collaboration with MSF-Medicine Sans Frontiers (Doctors without Borders) at Govt. Degree College Baramulla in which Dr. Shah Akmal and Ms. Christine Participated on 17 May, 2016.



Dr. Navshad Ahmad Wani, Head, Department of Psychology was given away Best Paper Award for his paper entitled “**Impact of Automation on Human Behavior**” at International Conference on Recent Developments in Science, Humanities and Management organized by Amar Singh College, Cluster University Srinagar from 17-18 April,



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Post Graduate Department of Psychology

The Department of Psychology organized a subject tour of BG 3rd Semester (CBCS) students of Psychology to Institute of Mental Health and Neurosciences (IMHANS), Srinagar on 08th November, 2017. A group of 32 students along faculty members visited the institute. **Dr. Mudasir Hassan**, Assistant Professor/Clinical Psychologist, Government Medical Collage, Srinagar delivered a lecture to the students in which he discussed about the prevalence of various mental disorders in Kashmir. He also discussed about the current mental health scenario in Kashmir. Dr. Mudasir Hassan also stressed upon the need to understand mental

illness and its prevention. The students also participated in a healthy interactive session with the clinical psychologist. Later the students also interacted with psychiatric patients in the family ward of institute in small groups. **Dr. Arshad Hussain**, Associate Professor, Department of



Psychiatry, Government Medical Collage, Srinagar also briefed the students about the management and care provided to the patients in the institute. The students also made the case reports of the patients. It was overall an informative, interesting and a successful visit.

Department of Psychology collaborated with the Composite Regional Centre Srinagar for one day orientation cum awareness programme on 17th of May, 2018 in the college conference room. The programme was inaugurated by the Principal Prof.

F. R. Beigh followed by the introductory lecture about CRC Srinagar by Dr. Zafar Iqbal- HOD, Rehabilitation Psychology, CRC Bemina Srinagar. Dr. Arifa Amin-HOD Physiotherapy delivered a talk on Locomotor Disability & Prevention. Dr. Navshad Ahmad Wani-HOD Psychology Govt. Degree College Baramulla gave a presentation on Intellectual Disabilities-Identification and Management. Mr. Bilal Mohiuddin-Audiologist CRC Bemina Srinagar delivered a lecture on Hearing Impairment, Causes and Prevention. The programme was aimed at making students of Psychology aware of the causes, prevention and management of different disabilities. At the end the certificates were distributed among the student participants.



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Post Graduate Department of Psychology

Drug Deaddiction Awareness Programme:



The Post Graduate department of Psychology organized one day awareness programme on “Drug Deaddiction” on 3rd April, 20196 as part of the collaboration with Drug Deaddiction and counseling Centre” of District Police Baramulla for the students of the college in which around 150 students participated. Ms. Arifa “Drug Deaddiction” Incharge at the centre delivered an

awareness lecture in which she discussed various causes and consequences of Drug Addiction with students. The lecture was followed by a Q&A session in which many students participated. The stage was anchored by one of the students of Psychology namely Mr. Mohsin Manzoor and vote of thanks was presented by Dr.

School Extension Programme:

On 10th March, 2020 a school extension programme was held in a remote village of Shumlaran Kandi Baramulla in which Dr. Navshad A. Wani interacted with the school children and offered the services of the department to reorient the students studying in schools to dream big and instill in them an attitude of community services. Mr. Arif Wani, student of Psychology, 65h Semester anchored the programme in the village. Many students asked questions related to Career Options after Hr. Sec. Part II examination. The members of civil society, former student of Psychology department Mr. Jameel Yousuf-now a teacher and post graduate in Psychology also participated in the extension Programme.



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Post Graduate Department of Psychology

The Post Graduate department of Psychology organized a "hands on training" programme on "qualitative interview skills" for the B.A Psychology (6th Semester) students in the Psychology Laboratory on 3rd July,

2019. The trainer was well known Drug Deaddiction Counselor (Drug Deaddiction Centre PCR Srinagar) Mr. Mohammad Imran. The trainer taught the students of Psychology the interview skills and how to record and analyze the qualitative data.



The students of 6th Semester loved the experience of interviewing as they have a Discipline Centric Elective Course of "Counseling Psychology". The students performed the mock clinical interviews at the end of the programme.

The Post Graduate department of Psychology organized a guest lecture on "Education and Psychosocial issues" on 4th July, 2019 in the college auditorium.

The lecture was delivered by Mr. Shahid Lone (Research Scholar Jamia Millia Islamia). The speaker talked at length on changing psychosocial trends and the current education. The speaker also talked about the post modernism and educational interventions. The lecture was coordinated and the stage anchored by Dr. Kaiser (Assistant professor of Psychology). A large number of students (undergraduate and postgraduate students) and the faculty of the college attended the lecture.



A healthy question-answer session was also held in which most of the students interacted with the speaker. At the end the vote of thanks was presented by Dr. Navshad (HOD Psychology).

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Post Graduate Department of Psychology

Dr. Navshad Ahmad Wani HOD Psychology participated in a One Day Workshop on CBCS-Choice Based Credit System "Challenges and Opportunities" organized by Govt. Degree College Pattan, Baramulla on 30-11-2017.



On 20 November, 2017 Dr. Navshad A. Wani visited Department of Psychology, Banaras Hindu University as external examiner to conduct viva-voce of M. A 1st semester cognitive practicals examination.



Dr. Navshad Ahmad Wani, Head Department of Psychology delivered live interactive lectures at Edusat Hub Kashmir located at Govt. College for Women, M. A Road Srinagar. On 29th March a lecture entitled, "The Psychology of Interpersonal Attraction and Interpersonal Relationships" was attended online by twelve colleges and on 5th of April, 2018 the lecture entitled, "Historical Development of the Science of Psychology" was attended by eight colleges of Kashmir valley. These lectures also witnessed live interaction from students of different colleges of Kashmir valley.



Department of Psychology actively participated in the 21 day training workshop for Frontline functionaries of state of J&K organized by IMPARD-Institute of Management Public Administration and Rural Development on 02-01-2016 by delivering

a lecture on Emotional Intelligence for Frontline Workers. The lecture witnessed a massive participation from the workers of Rural Development.

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Post Graduate Department of Psychology

Government Degree College Baramulla starts post graduation course in Psychology from October, 2018. The course is third post graduation course as the college is already offering M. Sc Mathematics and Masters in computer Applications which were started in the 2005 and 2017 respectively. The college has a distinction of being one of the prestigious colleges of the state which offers graduation in more than 45 subjects both professional and non-professional and post graduation in 3 subjects.



In order to grant affiliation to the P. G Psychology Course, consequent upon the approval from the state higher education department, a high level team from the University of Kashmir Srinagar visited the college on 15th of May, 2018. The team comprised of Dean Academic Affairs, Dean School of Social Sciences, Dean School of Education and Behavioural Sciences, Head, Post Graduate Department of Psychology and Assistant Registrar Academics . The team visited different departments, library and in particular the department of Psychology and took stock of the state of art infrastructure of the college and the department of Psychology in particular for granting the affiliation. The team got convinced of the infrastructure and the facilities of the college and the department. The college Principal Prof. F. R. Beigh after formally welcoming the team gave a detailed account of the modus operandi and the overall functioning of the college. A detailed presentation of the facilities, infrastructure, the innovative and best practices, status of faculty and library was given by Dr. Navshad A. Wani- Head Department of Psychology. The team also held an interaction with the Principal, college administration, faculty and students. Dr. Kaiser Ahmad Dar presented a vote of thanks to the team.

News & Events

The Department of Psychology in collaboration with Department of History and Career Counselling Cell, Government Degree College, Baramulla, organized a lecture on *3rd July, 2017* in College Auditorium. The theme of the lecture was "*Syrian Quagmire: Implications for World Order*" delivered by a noted speaker Prof. (Dr.) Syed Abdul Muneem Pasha Head Department of Political Science at Jamia Millia Islamia, New Delhi, India. The lecture was attended by a significant number of students and teaching faculty of this institution.

The Department of Psychology in collaboration with Career Counselling Cell, Government Degree College, Baramulla, organized a lecture on *16th May, 2017* in College Auditorium. The theme of the lecture was "*Reading and Deconstructing the Text*" delivered by Mr. Shahid Lone, Ph.D. Scholar in Political Economy at Jamia Millia Islamia, New Delhi, India. The lecture was attended by a significant number of students and teaching faculty of this institution.

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Post Graduate Department of Psychology

As part of the series of 'Teachers' Enrichment Programme', a lecture on "Mental Health: A Psycho-Religious Perspective" was organised in Government Degree college Boys' Baramulla, on May 26, 2018, under the aegis of Prof. Abdul Majeed Chalkoo, convener, UGC/CPE. Prof. (Dr.) Naved Iqbal, Dean Students' welfare, Jamia Millia Islamia, New Delhi, was the invited speaker on the occasion, heard and appreciated by the concerned teaching and non-teaching faculty and the student community of the host-college and the other dignitaries and scholars from the other institutions.

On the occasion, a bouquet was presented to the guest collectively by Prof. Fazal Rahim Baig (Principal, Government Degree College, Baramulla), Dr. Satwant Singh (Vice Principal of the college) and Dr. Murtaza Geelani (Staff Secretary of the college).

Prof. Zubair Sayeed Masoodi, Coordinator, Teachers' Enrichment Program, initiated the



proceedings followed by a formal welcome by Dr. Satwant Singh to the guest. Next, Dr. Kaiser Ahmad (Assistant Professor, Department of Psychology,) introduced and highlighted the

achievements of the guest to the audience.

In his lecture, Prof. (Dr.) Naved Iqbal elaborated on the theme of mental health and the significance of religion and spirituality in addressing and resolving the multitude of psychological problems witnessed in the contemporary times. He highlighted the religion and spirituality as the predictors and the enhancers of mental health and well-being.

After the enlightening presentation, a lively interactive session was held. It was followed by a vote of thanks by Dr. Navshad Ahmad Wani (Head, Department of Psychology) and the presentation of memento to the guest by Prof. Fazal Rahim Baig, Dr. Satwant Singh, Dr. Syed Murtaza Geelani, and Prof. Abdul Majeed Chalkoo.

Finally, the programme got concluded with a big round of applause for Prof. (Dr.) Naved Iqbal and the other dignitaries.

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Post Graduate Department of Psychology

Department Organizes Fresher's Party for P. G 1st Batch 2018 Batch

The department of Psychology organized a welcome party for 1st batch of P. G Psychology students. A

total of 21 students sought admissions in P. G Psychology comprising 20 General Seats and 1 payment seat as the selection list was finalized by University of Kashmir



Srinagar. The department organized a welcome party for the first batch of students. The short duration programme was graced by Principal Prof. Fazal Raheem Beigh.

Department bids adieu to 1st Batch of M. A Psychology on 10th April, 2021



News & Events

Dr. Navshad Ahmad Wani Head, Department of Psychology published a book entitled "Introduction to Psychology" (ISBN: 978-93-88387-06-4) in January, 2019. The book has been published by Wisdom Press, New Delhi.

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Post Graduate Department of Psychology

Dr. Navshad Ahmad Wani, Head Department of Psychology delivered live interactive lectures at Edusat Hub Kashmir located at Govt. College for Women, M. A Road Srinagar. On 29th March a lecture entitled, "The Psychology of Interpersonal Attraction and Interpersonal Relationships" was attended online by twelve colleges and on 5th of April, 2018 the lecture entitled, "Historical Development of the Science of Psychology" was attended by eight colleges of Kashmir valley. These lectures also witnessed live interaction from students of different colleges of Kashmir valley.



On 29th of May, 2019 the department hosted a field visit of Govt. Middle School Hajibal Tangmarg. The students of the school were accompanied by two teachers (One general line and one sports teacher) for the field visit. Both the teachers accompanied the students are the alumni of the department of



Psychology. The teachers sought the permission for the visit and were enthusiastic to watch different activities of the department of Psychology. The students were briefed about different activities the department carries out on routine basis. However the students were much amused by the multipurpose laboratory and the RAAHAT Counseling Centre of the

department. Dr. Navshad Ahmad Wani (HOD Psychology) and Ms. Farhana Farooq (Guest Faculty) interacted with the students for about two hours. During the interaction, the students asked many questions related to their career and other issues and were fruitfully answered by the faculty. The teachers of the school expressed their gratitude to the department at the end of the visit.

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One day training workshop on Juvenile Justice system: Operations and Practices
September 30, 2020

Topic: Juvenile Justice System: operations and Practices

Dr. Navshad Ahmad Wani, Assistant Professor & Head, Post Graduate Department of Psychology, Govt. Degree College Baramulla, J&K co-chaired a session with Prof. S. M Afzal Qadri and presented a paper on **"Juvenile Justice System: operations and Practices"** in **One day training workshop on Juvenile Justice system:**



Operations and Practices. The session was held in the conference Hall of the IT Department, Tulmulla Campus Central University of Kashmir, Srinagar. The training workshop was organized by LEGAL AID CLINIC FOR JUVENILES IN SRINAGAR.

Department of Law, School of Legal Studies, Central University of Kashmir Srinagar

Dr. Navshad presented a paper on the psychological correlates of Juvenile justice system and current operations and practices with special reference to Kashmir. Dr. Navshad while discussing the psychological aspects of the juveniles from theoretical contexts, critically evaluated current practices in general policing and with regard to the functioning of various enforcement and non-governmental agencies. The paper was aimed at synchronising the theoretical research on cognitive, social and emotional development of the children and their impact on human behaviour with the legal provisions. The paper also focussed on the demographic and ethnographic consideration in the determination and the modus operandi of the 'juvenile' definition and providing psychological and forensic basis for juvenile justice provisions.

The paper also emphasized the young peoples' understanding of the legal processing and consequences of various legal choices in a conflict ridden contextual setting and the role of frontline police functionaries in streamlining the legal and forensic practices coinciding with the police manuals, and legal provisions of the juvenile justice act, 2015. Finally the speaker discussed the possible behavioural and ideological measures for the frontline police functionaries to adopt more robust operational strategies which in turn will enable them to achieve the objectives of the JJA, 2015.

The session was followed by a meaningful discussion with greater participation from the police officers.

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Post Graduate Department of Psychology

Dr. Navshad Ahmad Wani delivered a talk on "yoga and Wellness" on 19th July 2021 in the new conference hall of the college as part of the Yoga Day Celebrations. The lecture witnessed a massive participation of NSS volunteers and NCC Cadets. Due to the Covid-



19 restrictions the lecture couldn't be organized for all the students of the college but students joined through the video link. The speaker demonstrated the different Asanas and

technical relaxation sessions were also held. Dr. Mushtaq Ahmad Lone Principal of the College, hailed the efforts of Directorate of Sports and Department of psychology for the event. Prof. A. M. Chalkoo and Prof. Arshad Ahmad Yattoo also attended the lecture.

Dr. Navshad a. Wani delivered a talk on "Drug Abuse and its Effects on Mental Health"

on 02-08-2019 at Model Degree College Charar-e-Sharief Budgam, J&K. Dr. Wani took a pledge from students and the staff to refrain from drugs in all circumstances and situations. The principal Dr. Tabasum Rafiq hailed the efforts of the speaker.



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Post Graduate Department of Psychology



Dr. Navshad Ahmad Wani presented a paper on 'Women participation in workforce and politics' at Two Day National Seminar on "Creating Space not sympathy for women" organized by Institute of Advanced Studies in Education

(IASE), M. A Road, Srinagar J&K, on 8th – 9th March, 2017. He also chaired a technical session on "Women in different spaces" in which eight papers were read followed by Question & Answer Session.

The RAAHAT COUNSELING CENTRE, DEPARTMENT OF PSYCHOLOGY

The Post Graduate of Psychology organized one day workshop Psychological Counseling Skills for Post Graduate Students of Psychology on 08-03-2019 in which 15 students were trained in Counseling Skills for field based community interventions. The day long counseling workshop included hands on training on **Psychological First Aid, MSE-Mental Status Examination, Crisis Intervention and Relaxation Techniques.**



The sessions witnessed demonstration sessions and role playing by the student participants.

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Post Graduate Department

Department of Psychology in collaboration with Department of Sociology, Department of Social Work, Govt. Medical college Baramulla and NSS wings of the college convened the international day against drug Abuse and Illicit Trafficking in the college Smart Room on 26-06-2019. The theme for the year was, "Health for Justice and Justice for Health".



Dr. Navshad A. Wani delivered an extension lecture on, "**Understanding Mental Health and illness**" at Govt. College for Women Nawakadal Srinagar on 5th of October, 2015. The lecture was attended by around 300 students of Psychology and allied fields in the college auditorium. The students and the staff of the college also interacted by asking various questions on the mental health, its prevention and treatment.



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International Mental Health Week 2020

As part of the weeklong celebration of International Mental Health Week-2020 the Post Graduate Department of Psychology, Post Graduate Department of Computer Sciences & NSS Wings of *Government Degree College for Boys Baramulla* collaborated with Kashmir Lifeline & Health Centre for the celebration of World Mental Health Day-10th October, 2020. This year the theme of the day is "**Mental Health for All: Greater Investment-Greater Access**".

The programme began by the introductory details by Dr. Navshad Ahmad Wani- Head, Post Graduate Department of Psychology about the context of the week and the programme collaboration of different departments and its importance for wider participation among different stake holders.

The formal welcome to the team of Kashmir LifeLine & Health Centre was presented by the officiating Principal Prof. Rehmat Shah. The team of KLL & HC visited the college at 11:00 am constituting some senior counsellors working with KLL&HC Barzalla Srinagar. The organisation is a prominent social



service organisation working for Mental Health in Kashmir from last 10 years. The team included six Counsellors who interacted with students in the college auditorium. The team gave the practical demonstration to the students as how to deal with the common mental health issues like anxiety, stress, exam stress, depression and COVID anxiety. The first module was given Mr. Mudasir Ahmad Dar who demonstrated how to execute "**Psychological First Aid**" during the extreme stressful times like COVID-19 Pandemic. The second module was given by Dr. Wiqar Bashir, who gave the live practical consultation to the students by answering their issues related to mental health. Ms. Iqra Hamid discussed the stigma associated with Mental Health in Kashmir and how to bring about greater awareness about it. Finally Mr. Mohammad Altaf talked at length about different coping strategies regarding management of mental health issues and concerns. Mr. Altaf also gave demonstration of many techniques used for self management and management of others during pandemic and other stressful times. He demonstrated the Mindfulness, Group Meditation, Grounding and Short duration Autogenic Training and other Breathing Exercises.

Finally the programme was abuzz with many questions and clarifications and the expert opinions regarding many mental health issues from the students and other participants in the auditorium. The session resulted into a meaningful group consultation and great interaction at the end. The programme ended with a formal vote of thanks from Dr. Navshad Ahmad wani.

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A lecture by Dr Abdul Majeed Ganai on Mental Health Issues

Post Graduate Department of Psychology in collaboration with Post Graduate Department of Computer Sciences and NSS Wings of the college celebrated International Mental Health Week-2020 in *Government Degree College Baramulla* from 06-10-2020 to 13-10-2020. This year the theme of the International Mental Health week 2020 is "***Mental Health for All: Greater Investment-Greater Access***".

As part of the week long celebrations, a Mental Health awareness lecture was delivered by *Dr Abdul Majeed Ganai*. The topic of his talk was "***community Mental Health Interventions with special reference to ongoing pandemic of Covid19***".

An introductory speech was given by *Dr Navshad Ahmad Wani* (Head, P. G Department of Psychology), in which he informed audience about the upcoming events of the week like Counselling Session, easy competition, Photography competition and community visit etc. He introduced the event for the day by mentioning the hard work and enthusiasm of his team and college on the face of this global emergency.

A formal welcome to the honourable guest was given by the principal *Prof. Mohammad Maqbool Rather*, who discussed the journey and achievements of the esteemed guest *Dr Abdul Majeed Ganai*, mentioning his roles as a teacher, researcher and a medical professional. The guest speaker was introduced by *Dr. Navshad Ahmad Wani* and he handed over the podium to the guest. *Dr. Ganai*, who started his lecture on mental health issues, introducing mental health definition to the audience. He put forth the thought that human body is the best machine in the world, highlighting the creator's bestowing us with two pillars of energy i.e. positive and negative. It is the human capacity to work wisely on positive aspects while ignoring the negative one.

Dr Abdul Majeed Ganai was of the opinion that the best reward to human psyche is when a person removes suffering from another person. In present scenario of pandemic he found deficiency of psychiatrists and countries left with limited resources. So he suggested a rescue in the form of community intervention, which he called are golden times to recover one's community. Community intervention comprise simply of **ABCD** model where **A** stand for Awareness, which helps to fear psychosis to go; **B** stands for Basics (we don't need to know the details of virus it makes us worry more); **C** stands for Commuter's Concern; **D** stands for Do something. A simple magic rule given by our guest to avoid Covid19 was as follows :

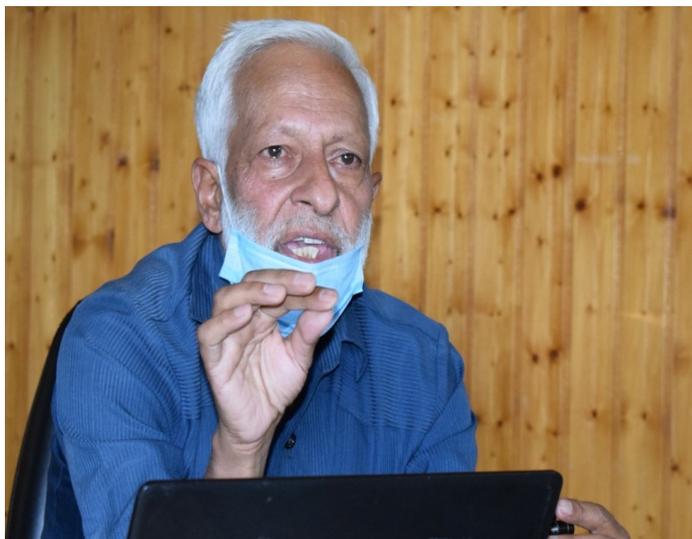
Wash hands frequently

Make social Distancing

Mask your eyes, mouth and nose properly.

He emphasised upon faith healing, as in today's crisis where technology and man power seems tiny as a development, faith played great role in boosting immunity. A message of joining hands and working together were the concluding remarks of the guest's lecture.

The lecture was followed by question and answer session where question related to mental health, hypertension, patriarchal society, and teacher student gaps were answered by our expert. A memento was presented to our guest by our worthy principal as a vote of thanks for providing such a knowledgeable and thoughtful lecture. A formal vote of thanks was done by *Prof. Arshad Ahmad yattoo* (Department of Computer Science). As a conclusion of the event a group photograph was taken as a token of memory of the event.



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RAAHAT COUNSELING CENTRE/COUNSELING SERVICES

RAAHAT Counselling-cum-Disability Resource Centre housed in Postgraduate Department of Psychology at Government Degree College, Baramulla worked round the clock to address the mental health issues arising out of stressful life events in view of SARS-CoV-2.

RAAHAT Counselling-cum-Disability Resource Centre took the initiative to extend "FREE COUNSELLING SERVICES" to the citizens of entire Kashmir valley in Kashmiri, Urdu and English languages. The counseling services were provided online and the faculty of the department of Psychology provided telephonic counseling on phone as per the pre devised roster.



POSTGRADUATE DEPARTMENT OF PSYCHOLOGY
 GOVERNMENT DEGREE COLLEGE, BARAMULLA-193103
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 Website: www.baramullacollege.net
RAAHAT COUNSELLING CUM DISABILITY RESOURCE CENTRE
COUNSELLING SERVICES TO COUNTER PSYCHOLOGICAL DISTRESS AMID SARS-CoV-2

The outbreak of pneumonia epidemic caused by the 2019 novel coronavirus (2019-nCoV, later named SARS-CoV-2; Chen et al., 2019) in Wuhan, Hubei, China, in December 2019, and was recognised as a global pandemic by the World Health Organization (WHO) on March 11, 2020. There is ample evidence suggesting that stressful events, such as SARS-CoV-2 can have debilitating effects on individuals' psychological and physical well-being. Thus, the World Health Organization has issued guidelines for managing the problem from both biomedical and psychological points of view.

Given the quantum and breadth of impact of the SARS-CoV-2, we do not think there is a single human being who is not affected or feeling some degree of stress and anxiety. The intensity and impact may vary from person to person, however.

Nervousness, fears of contamination, constant reassurance seeking behaviors, panic attacks, sleep disturbance, excessive worry and feelings of helplessness, probability of an economic slowdown, potential job losses, financial burden, uncertainty about future possibilities, fears of running out of food and other necessities etc., are some major triggering factors to depression and anxiety and further worsening depression may lead to severe mental health issues and suicidal thoughts.

RAAHAT Counselling-cum-Disability Resource Centre housed in Postgraduate Department of Psychology at Government Degree College, Baramulla is working round the clock to address the mental health issues arising out of stressful life events.

In view of SARS-CoV-2, RAAHAT Counselling-cum-Disability Resource Centre has taken this initiative to extend "FREE COUNSELLING SERVICES" to the citizens of entire Kashmir valley.

The counselling service are given in the following languages:-

1. Kashmiri
2. Urdu
3. English

Details of Psychologists/Counselors

As per Psychologists' availability of Day/Time and your preferred language you can speak to the Psychologist on the given contact number/s.

S. No.	Name of the Counsellor	Day/s	Time	Language	Contact
1	Dr. Navshad A. Wani	Sunday	11:00 am – 01:00 pm	Kashmiri, Urdu, English	9419046265
2	Dr. Kaiser Ahmad	Monday	02:00 pm – 04:00 pm	Kashmiri, Urdu, English	7006902404
3	Mr. Mir Waseem Khaliq	Tuesday/Saturday	02:00 pm – 04:00 pm	Kashmiri, Urdu, English	7006089026
4	Mr. Ajaz Ahmad Wani	Wednesday/Friday	11:00 am – 01:00 pm	Kashmiri, Urdu, English	8899045498
5	Dr. Shar Ul Nisa Haroon	Thursday/Sunday	02:00 pm – 04:00 pm	Kashmiri, Urdu, English	7051734294
6	Mr. Arshad Ali Bhat	Friday/Wednesday	02:00 pm – 04:00 pm	Kashmiri, Urdu, English	7006145612
7	Dr. Mohd Shoib Mir	Saturday/Tuesday	11:00 am – 01:00 pm	Kashmiri, Urdu, English	778082746
8	Miss Farhana Farooq	Monday/Thursday	11:00 am – 01:00 pm	Urdu, English	8899975681

Dr. Navshad Ahmad Wani
 Head,
 Postgraduate Department of Psychology
 Government Degree College, Baramulla

Dr. Kaiser Ahmad

Coordinator,
 RAAHAT Counselling-cum-Disability Resource Centre
 Government Degree College, Baramulla

Principal,
 Government Degree College, Baramulla

A meeting of the members of district colleges was convened with the purpose of establishment of psychological cum career counseling and placement cells" in colleges on 17-10-2020 in the college. The meeting was attended by Psychological Counselors from various colleges of the district and was chaired by Principal of the college Prof. Mohammad Maqbool Rather. The



Psychological Counselors from various colleges of the district and was chaired by Principal of the college Prof. Mohammad Maqbool Rather. The

district coordinator Dr. Navshad Ahmad Wani coordinated in this context and a district committee for psychological counseling was constituted as per the UT govt. guideline and under the central govt. guidelines under Manodarpan.

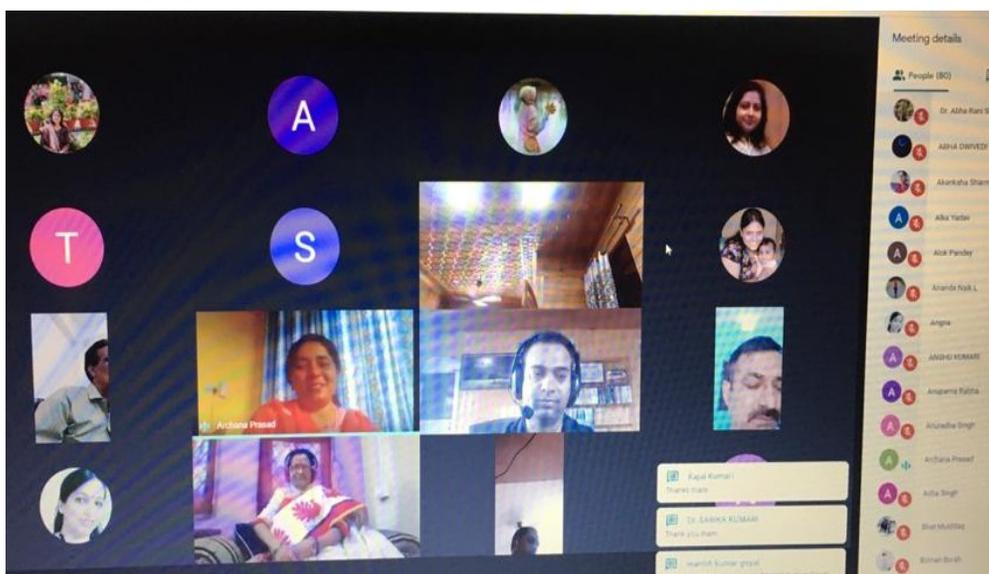
GOVT. DEGREE COLLEGE BARAMULLA, J&K
NAAC ACCREDITED GRADE "A"
COLLEGE WITH POTENTIAL FOR EXCELLENCE
(UGC-CPE-STATUS)

Online Programmes

“Self-coaching & relationship skills for parents of children with special needs”

Dr. Navshad a. Wani delivered a talk on “Self-coaching & relationship skills for parents of children with special needs” on 25-06-2020 as part of one week National Continuing Educational programme (CRE) approved by Rehabilitation Council of India organized by COMPOSITE REGIONAL CENTRE, Srinagar (Ministry of Social Justice & Empowerment, Government of India).

Dr. Navshad A. Wani delivered an online lecture in an international webinar on “Coping with the Pandemic in present Covid-19 era and Mental Health with



special reference to Women” on 02 -03 September, 2020 organized by Department of Psychology Vaishali Mahila College, Hajipur (A Constituent unit of B.R.A Bihar University, Muzaffarpur, Bihar, India) .

The participants were from many countries ranging from India, Nepal, Bhutan, Bangladesh, Srilanka and Maldives. The session witnessed a healthy participation from the participants in which the speaker elucidated many strategies for tackling the mental health issues during the pandemic.

Department of Psychology collaborated with Kashmir Lifeline & Health Centre Srinagar to celebrate Mental Health Day on 10th October. The day witnessed many events like group counseling sessions, meditation techniques and hands on training for students in the context of mental health emergency during Covid-19. The experts gave modules on “Coping During the Pandemic” to the students in order to build the capacity of students so that they can be well equipped for community mental health services.



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State Level Counseling Initiatives



Dr. Navshad Ahmad Wani participated in divisional level training cum meeting conducted by “Psychological Cum Career Counseling & Placement Cell” of Kashmir Division– A UT level initiative for the “Online Coun-

seling Services under the Cell to provide crisis intervention during the Pandemic in different colleges. The training was held at ‘Islamia College for Science & Commerce Srinagar’ under the Chairmanship of Prof. Ajaz Bashir (Principal ICSC) for consolidating the efforts under UT level and national level efforts to provide Psychological counseling during the Pandemic.

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State Level Counseling Initiatives

Ms. Priti Shridhar visited the Post Graduate Department of Psychology on 15-03-2021 as part of her liaison with partner institutions of Kashmir Lifeline & Health Centre Srinagar to monitor and evaluate the progress of KLL&HC with collaborating institutions. Ms. Priti Shridhar is Mumbai based professional of Mariawala Health Initiative-MHI which is the funding agency of KLL&HC. She interacted with the Principal, HOD, Staff and students of the College and Psy-



chology Department. MHI also helped the department to connect with TISS and Mumbai based organisational head of I-Call (an Online platform working for mental health) Ms. Purnima for rendering help in academic matters.

She presented a journal to Dr. Navshad Wani, HOD Psychology and in return He presented her the copy of Annual College Magazine, "VARMUL-2019-20".



Dr. Navshad Ahmad Wani acted as resource person at one day workshop on LOCF-Learning Outcome Based Curriculum Framework organized by Govt. College for Women Baramulla on 17th March, 2020 and delivered a lecture on "LOCF-Learning Outcome Based Curriculum Framework in Psychology" organized by Department of Psychology of GCW Baramulla. The other resource person was Dr. Shah Alam-Professor of Psychology Aligarh Muslim University and the participants of the workshop were te faculty of Psychology of Kashmir Division Colleges. Dr. Wani gave a detailed account of UGC recommendations with reference to local requirements of LOCF in both Pos- Programme Outcomes and Cos-Course Outcomes in Psychology.



Dr. Navshad Ahmad Wani acted as resource person at one day workshop on LOCF-Learning Outcome Based Curriculum Framework organized by Govt. College for Women Baramulla on 17th March, 2020 and delivered a lecture on "LOCF-Learning Outcome Based Curriculum Framework in Psychology" organized by Department of Psychology of GCW Baramulla. The other resource person was Dr. Shah Alam-Professor of Psychology Aligarh Muslim University and the participants of the workshop were te faculty of Psychology of Kashmir Division Colleges. Dr. Wani gave a detailed account of UGC recommendations with reference to local requirements of LOCF in both Pos- Programme Outcomes and Cos-Course Outcomes in Psychology.

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State Level Counseling Initiatives



**Inaugural Ceremony of
One Week "Pre Admission Career" Camp at GDC Baramulla**

Department of Psychology actively participated in Pre-Admission Counseling Mela organized by Career Counseling Cell of the College and offered career counseling services and also psychometric assessment of the admission seeking students from 23-29 Feb. 2021 in the college.

Department of Psychology actively contributed to one-week capacity building workshop for support staff of the college from 8-13 March 2021 in the college. Dr. Navshad Wani delivered lecture on soft skills for front-line employees of the college.

Dr. Navshad A. Wani delivered a lecture on "Time Management is Life Management" at one day webinar organized by GDC Kotranka on 11th June, 2021.



Department organized a farewell to the 1st batch and welcome to third batch of M. A Psychology on 10 April, 2021,



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Post Graduate Department of Psychology-Awards & Honours of Students & Staff

GLOBAL HOPES
 For Sustainable rights of the less privileged

RC.CAC/IT/40857
 Our Ref: GH/40857/002 Your Ref: Date: FEBRUARY 22, 2021

APPOINTMENT LETTER

Mr. Majid Rashid Wani,
 Rangar Baramulla,
 Jammu and Kashmir,
 India.

Dear Majid,
 We are pleased to offer you this position in your country (India) as the **GENERAL SECRETARY, INDIA** under Global hopes for sustainable right of the less privileged.

Date of joining : November 2020
Title: General Secretary
Location: India

We congratulate you on your appointment and wish you a long service term with us.

Kelechi Apugo
 Kelechi Apugo
 Chairman

M. Majid Rashid Wani
 Mr. Majid Rashid Wani
 Appointee

M. Chibinka Paul Dike
 M. Chibinka Paul Dike
 General secretary

+ (234) 8142932694
 National Headquarters:
 15/17 Prince Kelechi Drive by
 Amaka Junction off Ikede road
 Umuahia, Abia State, Nigeria.

WORLD LITERARY FORUM FOR PEACE AND HUMAN RIGHTS

This Certify that
Majid Rashid Wani
India

has successfully agreed with the covenant approved by the "World Literary Forum for Peace and Human Rights - WLFPH" in support of the United Nations Sustainable Development Goals (SDGs) and WLFPH Goals in creating awareness to promote global, economic and political stability through the promotion of universal moral values, tolerance education, interfaith harmony education, the establishment of the culture of peace and safety and all the Sustainable Development Goals around the world, and is therefore awarded status as

INTERNATIONAL AMBASSADOR OF PEACE
 (Committed to Serve the World for Peace & Safety)

January 2021

President/Founder
 H.E. Duke Dr. Sarinoh Kumar Bhowa
 WLFPH

THE J&K STATE BHARAT SCOUTS & GUIDES

STATE HEAD QUARTERS
 NEAR GENERAL POST OFFICE, APSARA ROAD, GANDHI NAGAR, JAMMUL
 e-mail : jkharat Scouts@gmail.com, web site : www.jkbsg.org

Ref No. BSA/JSHB/J/2243-2244/21 Dated: 22-02-2021

To
 The Adhoc District Secretary,
 J&K Bharat Scouts and Guides,
 District Baramulla.

Subject: **District Body**

Sir/Madam,

We are sending back the list of district body in the prescribed format after making the changes as per rules, which you have early submitted for approval to this office.

Most of the posts are not filled please do the needful, if not State Headquarters will take the necessary action accordingly.

You are requested to send it back with the consent from your district for the final approval before 27th February, 2021.

After 27th February, 2021, if we will not be able to get the consent from your respective district. State Headquarters will do the needful actions as deemed and any objection raised to this issue by the District Members will not be entertained.

This is for your kind information and necessary action please.

With regards,
Nasreen Khan
 (Nasreen Khan)
 Administrator,
 Bharat Scouts and Guides,
 J&K and Ladakh U.Ts

Copy to
 I.C. SDO Srinagar for information and N/A/Member

ICRDISHM-18
 ISBN:978-93-87793-09-5

Certificate of Best Paper

This Certificate Acknowledges and honours

Author(s) *Nasheed Ahmad Wani*

Title *The impact of sustainability on human behavior - A review*

1st International Conference on Recent Developments in Science, Humanities & Management-2018
 Held on : 17th-18th April, 2018 at
AMAR SINGH COLLEGE
 Cluster University, Srinagar

Prof. (Dr.) Yasmeen Ashai
 Amar Singh College, Srinagar

Dr. Asgar Hassan Samoon (AS)
 J&K Higher Education Department

Dr. A.K. Sharma
 Conference 2018

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International Scientist Awards 2020
 On
Engineering, Science and Medicine
 04&05-July-2020 | Coimbatore, India

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Young Scientist Award

Presented to
Dr. Rizwan Hassan Bhat
 Researcher,
 Department of Psychology,
 Aligarh Muslim University,
 Aligarh, India.

Congratulations Dear Dr. Rizwan Hassan Bhat,
 Your Nominated Profile has won the **Young Scientist Award** in "7th International Scientist Awards on Engineering, Science and Medicine" It's always a great feeling when you win the Scientist Award, Complete the Registration Process to proceed further

World Health Organization
EMERGENCIES programme

Confirmation of Participation
Infection Prevention and Control (IPC) for Novel Coronavirus (COVID-19)

Majid Wani
 April 7, 2020

University of Kashmir
 کشمیر یونیورسٹی

J & K SET AGENCY
State Eligibility Test for Assistant Professor
 [Accredited by University Grants Commission, New Delhi]
 (Valid in the State of Jammu & Kashmir Only)

SET Ref. No. : 6975/PWD/JKSET17-18/2152 Roll No. : 1320014

Certified that **IMRAN HAMEED LONE** Son/Daughter of **ABDUL HAMEED LONE** and **NASEEMA BEGUM** has qualified **JKSET 2017-18** for eligibility for Assistant Professor held on **March 11, 2018** in the subject **Psychology**.

His/Her Post Graduation subject is **Psychology**. The date of qualifying JKSET is **16-07-2018**, which is also the date of declaration of the result.

Validity of the certificate is forever.
 Date of Issue :- 15-Sep-2018

Nasheed Ahmad Wani
 Member Secretary
 J & K SET Agency

Chairman
 J & K SET Agency

Note: Image category is shown in the SET Ref. No., the Recruitment Body should check the relevant documents of the candidate before appointment.

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Staff Participation

- Dr. Navshad Ahmad Wani (2019) published a book "Introduction to Psychology". Wisdom Press, New Delhi. (ISBN: 978-93-88387-06-4)
- Dr. Navshad Ahmad Wani attended UGC sponsored 2 weeks Interdisciplinary Refresher Course in "Gender Studies" from 13 Jan. to 25th Jan. 2020 UGC HRDC-Human Resource Development Centre, University of Kashmir, Srinagar.
- Dr. Navshad Ahmad Wani attended One day workshop organised by "Composite Regional Centre (MOSJ&E)" on "Disabilities and its Rehabilitation" on 17th May 2018.
- Dr. Navshad Ahmad Wani attended UGC/CPE Sponsored seven days workshop on TEP-Teacher Enrichment Programme" between 18th of May, 2018 & 16th of October, 2018 as part of Faculty Development Programme of UGC held at Govt. Degree College Baramulla, J&K.
- Dr. Navshad Ahmad Wani attended One-Day seminar on "Learning Outcome Based Curriculum Framework for Undergraduate Education" on 19th March, 2020 at Govt. Degree College, Uri.
- Dr. Navshad Ahmad Wani Participated in one day National Level Multi-Lingual Webinar on Teaching of Languages in Post-Covid Scenario organised by the Departments of Languages, Rashtramat Indira Gandhi Arts, Commerce & Science College, Jalna (M.S.) on 11-06-2020.
- Dr. Navshad Ahmad Wani Participated in International Conference on Higher Education Digitization 2020, on 16 May, 2020 organized by Innovation Society of India.
- Dr. Navshad Ahmad Wani Attended one day national webinar on Psychological cum Career Counseling and Placements" organized by GDC Anantnag and Islamia College of Science and Commerce Srinagar in collaboration with Department of Higher Education, Govt. of J&K (UT) on 13-08-2020.
- Dr. Navshad Ahmad Wani Attended webinar on "The Unrest of the Human Heart: Exploration of Love and Loss" organized by (IQAC) cell of Amar sikh College Cluster University Srinagar on 25th August, 2020. as part of the International Webinar Series on Recent Advances in Science, Social Sciences and Humanities (RASSSH-2020) (24th August, 2020 - 5th September, 2020).
- Dr. Navshad Ahmad Wani Participated in the webinar on "Introduction to Indian Aesthetics" organized by (IQAC) cell of Amar sikh College Cluster University Srinagar on 26th August, 2020. as part of the International Webinar Series on Recent Advances in Science, Social Sciences and Humanities (RASSSH-2020) (24th August, 2020 - 5th September, 2020).
- Dr. Navshad Ahmad Wani delivered a lecture at one day intensive workshop on "Research Methodology and Report Writing" organised by "Centre for research and policy studies, Baramulla" on 31st March 2019.
- Dr. Navshad Ahmad Wani delivered a talk on "Drug Abuse and its Effects on Mental Health" on 02-08-2019 at Model Degree College Charar-e-Sharief Budgam, J&K. One Day National Webinar" organized by Department of Sociology and NSS Govt. Degree College Dooru, Anantnag on 15-10-2020.
- Dr. Navshad Ahmad Wani delivered a lecture on, "Relaxation techniques on stress management" at National Webinar on the eve of 6th international Yoga Day (21, June 2020) organized by Directorate of Physical Education & Sports, Govt. Degree College Baramulla, J&K.
- Dr. Navshad Ahmad Wani delivered a talk on, "Self-coaching & relationship skills for parents of children with special needs" on 25-06-2020 as part of one week National Continuing Educational programme (CRE) approved by Rehabilitation Council of India organized by COMPOSITE REGIONAL CENTRE, Srinagar (Ministry of Social Justice & Empowerment, Government of India).
- Dr. Navshad Ahmad Wani chaired a technical session and delivered a lecture "Juvenile Justice System: Operations and Practices" at "One Day Workshop" at School of Legal Studies, Central University of Kashmir Duderhama Ganderbal on 30-09-2020.
- Dr. Navshad Ahmad Wani delivered a lecture "substance Abuse: Causes and Consequences" at "One Day National Webinar" organized by Department of Sociology and NSS Govt. Degree College Dooru, Anantnag on 15-10-2020.
- Dr. Navshad A. Wani delivered a lecture on "Time Management is Life Management" at one day webinar organized by GDC Kotranka on 11th June, 2021.
- Dr. Navshad A. Wani delivered an online lecture in an international webinar on "Coping with the Pandemic in present Covid-19 era and Mental Health with special reference to Women" on 02-03 September, 2020 organized by Department of Psychology Vaishali Mahila College, Hajipur (A Constituent unit of B.R.A Bihar University, Muzaffarpur, Bihar, India) .
- Dr. Navshad A. Wani conducted a session on "Modern Strategies of Stress Management" at one week FDP on "Cyber Security, Ethical Hacking and Crime" organized by P.G Department of Computer Sciences, University of Kashmir on 14-07-2021 .