



Kashmir Govt. Polytechnic College Srinagar

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Working under J&K Department of Skill Development.
(AICTE Approved Polytechnic College)

Kashmir Government Polytechnic College Hosts Awareness Program on Mental Health and Substance Abuse on 13-10-2025.

In a significant step towards fostering well-being among students and staff, the Kashmir Government Polytechnic College, Srinagar, today organised an awareness program on Mental Health and Substance Abuse at the KGP Auditorium. The event, held in collaboration with HPVT (Help Poor Voluntary Trust) and supported by KASHMER (Kashmiri American Society for Healthcare, Medical Education and Research), marked the inauguration of dedicated mental health counselling services within the institution.

The program, attended by over 200 participants including faculty, students, and local community members, aimed to educate attendees on recognising signs of mental health challenges, the risks of substance abuse, and the importance of seeking timely support. Interactive sessions featured expert-led discussions, workshops, and Q&A forums, emphasizing stigma reduction and access to resources. Dr. Neelam Saleem Khan from the Department of Computer Engineering anchored the event, ensuring a smooth and engaging flow throughout the proceedings.

A highlight of the event was the formal launch of the college's in-house mental health counselling centre, which will provide confidential support services, counselling sessions, and referrals to specialized care. This initiative is designed to create a supportive environment for the KGPC community, addressing the growing need for mental health resources in educational settings.

The chief guest for the occasion was Dr. Nasir Ahmad Shah, Ex-Director of the Department of Science and Technology, who graced the inauguration and commended the institution's proactive approach.

Dr. Shafquat Ara, Principal of Kashmir Government Polytechnic College, inaugurated the counselling services and addressed the gathering, stating, "Mental health is the cornerstone of academic and personal success. By inaugurating this counselling center today, we are committing to the holistic development of our students and staff. In collaboration with trusted partners like HPVT and KASHMER, we are building a safer, more empathetic space where no one feels alone in their struggles."

Dr. Mohd Muzaffar Khan, Project Head and Clinical Psychologist from KASHMER, delivered a keynote on the interplay between substance abuse and mental health. He remarked, "Substance abuse often masks deeper mental health issues, but awareness and early intervention can break this cycle. Events like this empower communities to challenge stigma and prioritize prevention. We are proud to support KGPC in this vital mission."

Er. Masrat Mehraj, Head of the Electrical Engineering Department and Coordinator for Mental Health Counselling at KGPC, who spearheaded the event's organization, shared her vision for the new services. "As educators, we must lead by example in promoting mental well-being. This awareness program and the inauguration of our counselling center are just the beginning. I urge everyone to utilize these resources—your mental health matters, and help is always available right here on campus."

The event also featured contributions from other distinguished speakers and team leaders, including Ms. Sabahat Muzaffar and Mr. Adil Rashid who led sessions on coping strategies, stress management, and community support networks. Ms. Yameen Naqshbandi was also present, adding to the collaborative spirit of the gathering.







