


PSYCHOLOGICAL COUNSELING:

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.




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YOGA DAY 2015

<https://www.dailyexcelsior.com/forces-celebrate-world-yoga-day-with-asanas/>

Seminar on Disaster Preparedness 8th October 2017

<https://www.5dariyanews.com/news/205983-Seminar-on-disaster-preparedness-held-at-Baramulla>

Baramulla GDC organises talk on 'Establishment of Road Safety Clubs'


BARAMULLA, JANUARY 13: To spread awareness, educate road users, and improve their knowledge and skills to reduce the accidents, a talk on 'Establishment of Road Safety Clubs in Educational Institutions' was today organised here at Government Degree College (GDC), Baramulla.

The talk was organised by the NSS units of GDC, Baramulla in collaboration with District Administration and Assistant Regional Transport Office (ARTO) Baramulla.

It was given out that the aim of these clubs will be to spread awareness, educate road users to reduce the accidents and develop young ambassadors to take up this to each individual and see that no one should die on the roads.

Additional Deputy Commissioner (ADC) Baramulla, Aijaz Abdullah Saraf was the chief guest on the occasion and ARTO Baramulla, Mubashir Jan was the invited speaker.

At the outset, the ADC presented a brief account of laws governing road use and safety measures and tabled statistics of road accidents and subsequent deaths in J&K and other parts of the country.


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One day Photography Workshop held at GDC Baramulla



By

Posted on October 9, 2018



One Day Workshop on Disabilities and Rehabilitation

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 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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the event. The event reasoned out with a vote of thanks proposed by Prof. A. M. Chalkoo followed by refreshment served to all the participants by the NSS Wing of the college.





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Celebration of 4th International Yoga Day on 21st June 2018

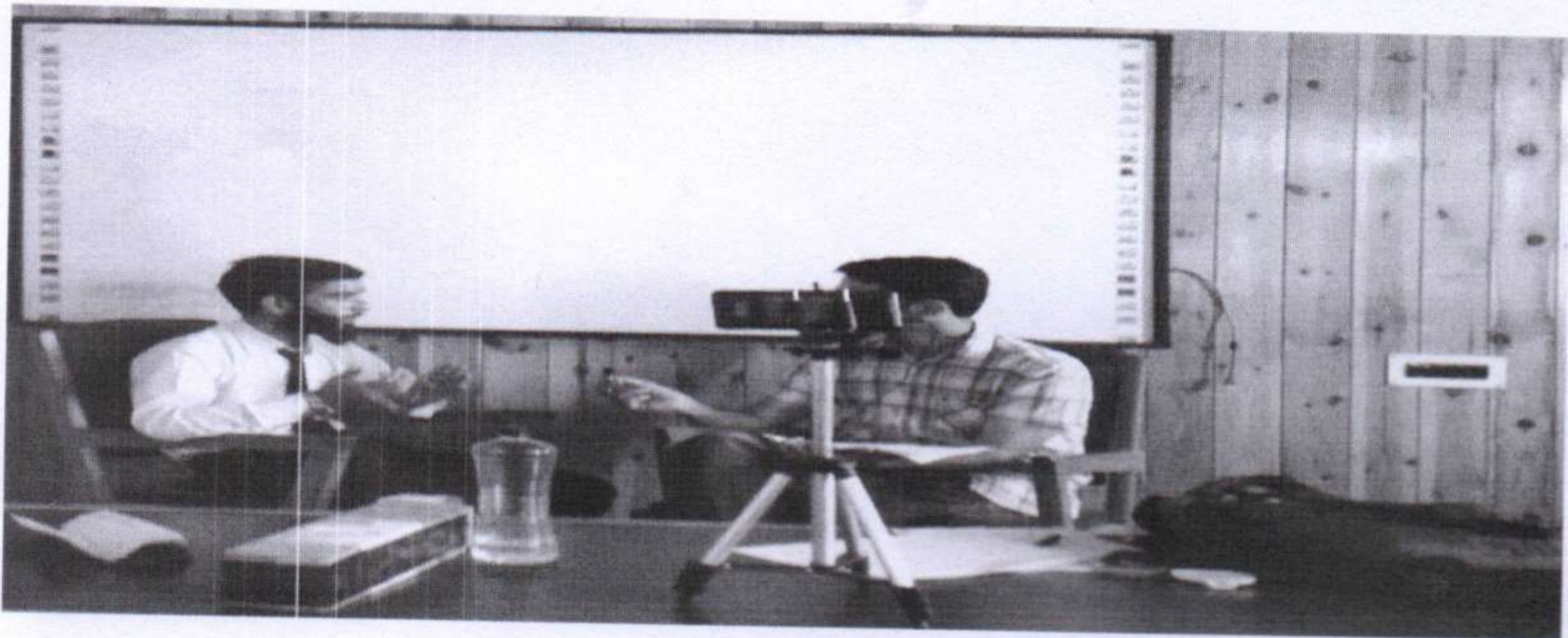
The '4th International Yoga Day' was celebrated in Government Degree College, Baramulla on 21st of June, 2018 on the theme "Yoga for Peace". The National Service Scheme (NSS) volunteers of all the three units and National Cadet Corps (NCC) of the college participated in various activities organized thereof. Twenty-five NSS/NCC volunteers were escorted by Prof. Tanveer Ahmed Lone, Associate National Cadet Corps Officer (ANO), Government Degree College, Baramulla to Saint Joseph Hr. Secondary School, Baramulla at 7 am for the popularization of yoga day. Mr. Naseer Ahmad, an expert/resource person in yoga along with a group of yoga knowing students from Government High School, Mangam, Baramulla was invited by the parent college for demonstrating the yoga-related activities to a group of around fifty (50) NSS and NCC volunteers. He demonstrated almost all the basic yoga-related exercises/activities and their physical and psychological benefits to the participants for about two hours in the front lawn of the college. Mrs. Naseeba Jaan, Assistant Physical Training Instructor (PTI) of the college also demonstrated the basic exercises of yoga to girl students of NSS 3rd Wing in the dedicated hall of Sports Department of the college. Prof. Fazal Rahim Baig, Principal, Government Degree College, Baramulla, while speaking on the occasion stressed upon the significance of yoga and its exponential health-promoting benefits. He also appreciated the participants for their volunteer participation and desired for the continuation of such activities in future.

All the NSS officers of the college including Prof. A. R. Malik, Prof. Syed Rakhmat Shah, Prof. Nuzhat Rehman, and NCC officer, Prof. Tanveer Ahmed Lone, actively participated in


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Workshop on “Qualitative Interview Skills”

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 de-addiction Counsellor (Drug De-addiction Centre PCR Srinagar) Mr. Mohammad Imran. The trainer taught the students of Psychology the interview skills and how to record and analyse the qualitative data. The students of 6th Semester loved the experience of interviewing as they have a Discipline Centric Elective Course of “Counselling Psychology”. The students performed the mock clinical interviews at the end of the programme.



Celebration of “National Yoga day Celebrations 2019”

The Department of Physical Education & Sports of the college celebrated International Yoga Day-2019 in collaboration with Youth Services & Sports and Indian System of Medicine in the college Play field on 21 June, 2019. The function was presided over by DDC-District Development Commissioner Baramulla. The other dignitaries who participated in the said Programme were District Youth Services & Sports Officer and 100 students of neighboring schools in addition to college students. The Programme was also participated by officials of different departments, ASHA workers, Aaganwadi workers and the frontline functionaries of various associated departments. The Programme witnessed enthusiastic training sessions imparted by professional YOGA trainer. The trainer demonstrated various YOGA skills and Pranayama, meditation and other blends of YOGA to the participants. The Programme ended with a formal vote of thanks to the organizers.


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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 emphasized 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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International Mental Health Week 2020
Report on extensive 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, essay 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


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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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5.1.3: Capacity building and skills enhancement

International Mental Health Week 2020

Report on mental Health Programme of Post Graduate Department of Psychology and Post-Graduate Department of Computer Sciences and NSS Wings on the Celebration of International mental Health Day- 10th October, 2020.



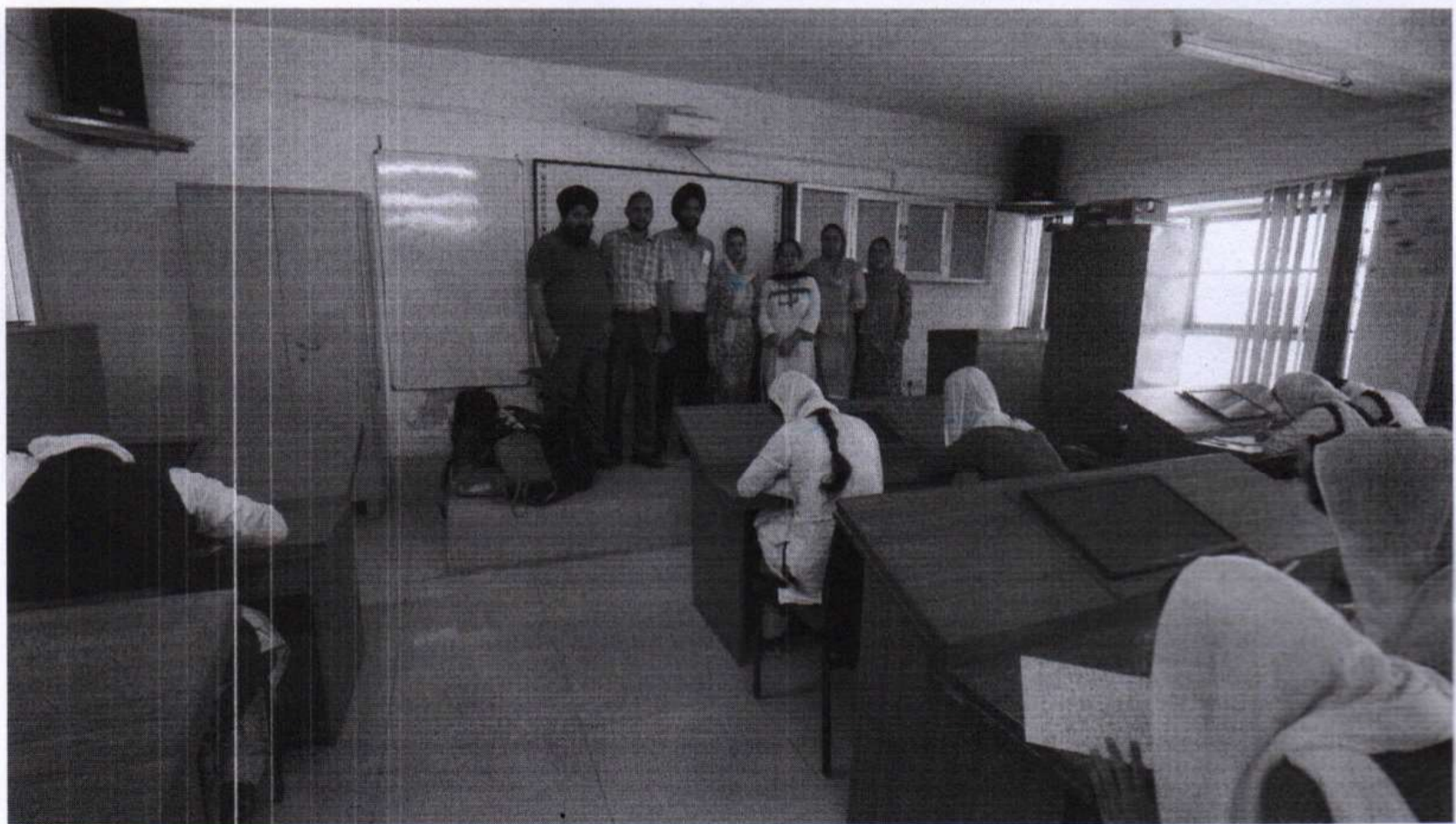
As part of the weeklong celebration of International Mental Health Week-2020 the Post Graduate Department of Psychology, Post Graduate Department of Computer Sciences & NSS Wings of *Government Degree College for Boys Baramulla* collaborated with Kashmir Lifeline & Health Centre for the celebration of 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


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Augmentation of language laboratory

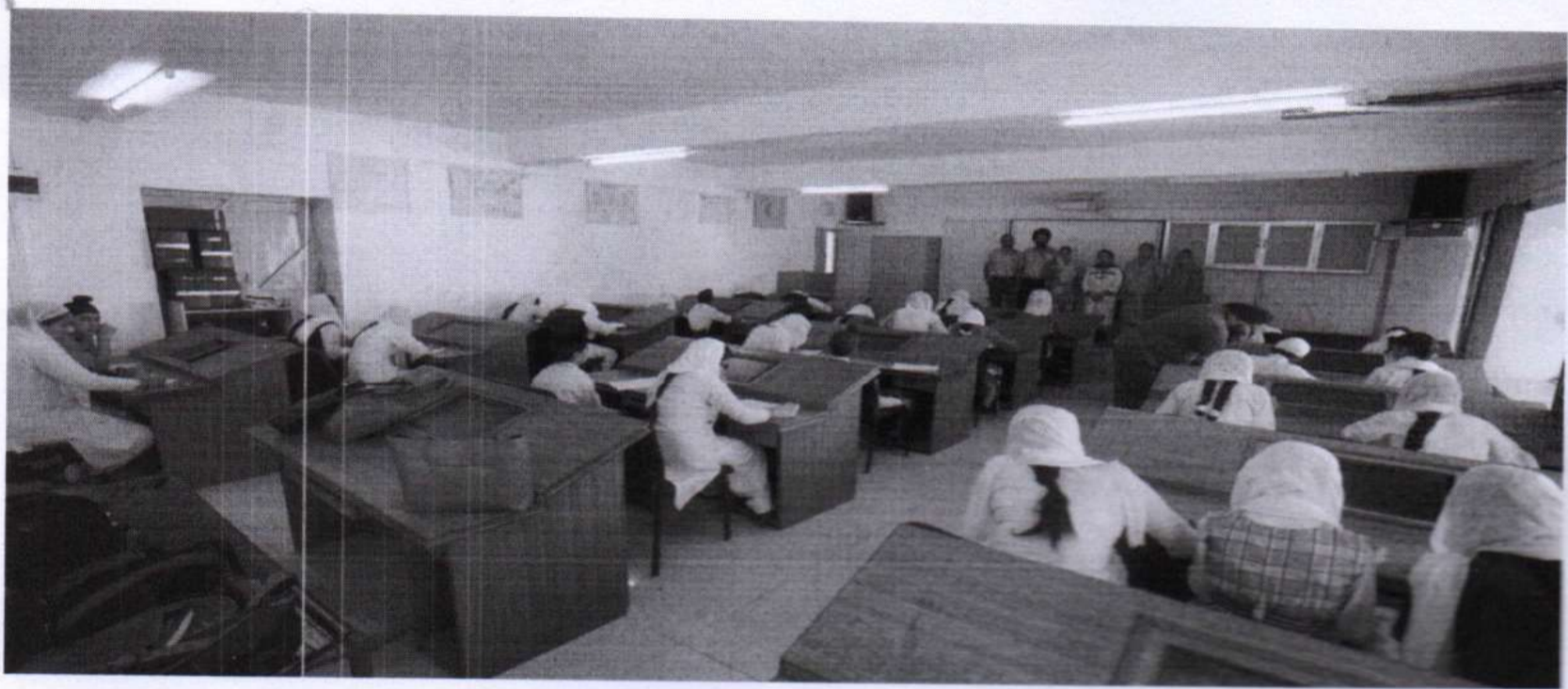
In order to impart basic language skills, the functional English lab of the college was upgraded and augmented with the latest language software with a capacity of 50 students interface at one time. The software proved instrumental in the acquisition of listening and speaking skills. It enabled the students to learn language with the latest technological advancement with the stress on pronunciation, intonation, rhythm and fluency.




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One day workshop on Communicative Skills

A one day work shop was convened in the functional English laboratory on 17-05-2018; where in at least 60 students of the college participated. The aim of the workshop was to impart basic skills of communication and soft skills among the participants. Prof Arshed Irshad Assistant Professor English and other faculty members acted as resource persons to the event and presented meticulously various nuances of the soft skills.




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Vermicompost distribution sale and awareness programme on Vermicomposting


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Vermicompost Production Unit

Under College with Potential for Excellence Scheme (CPE) of UGC, the college initiated a plan of converting waste into resource and imparting skill training to our bonafide students by way of establishing Vermicompost Production Unit. The college utilised CPE plan fund and fabricated a production unit for generating vermicompost manure. The college also procured Organic Waste Shredder (OWS) machine and allied equipments for shredding of plant litter.


The basic ingredients for vermicomposting are arranged within college campus like farm waste and cow dung is being arranged from farmers residing in the college vicinity.

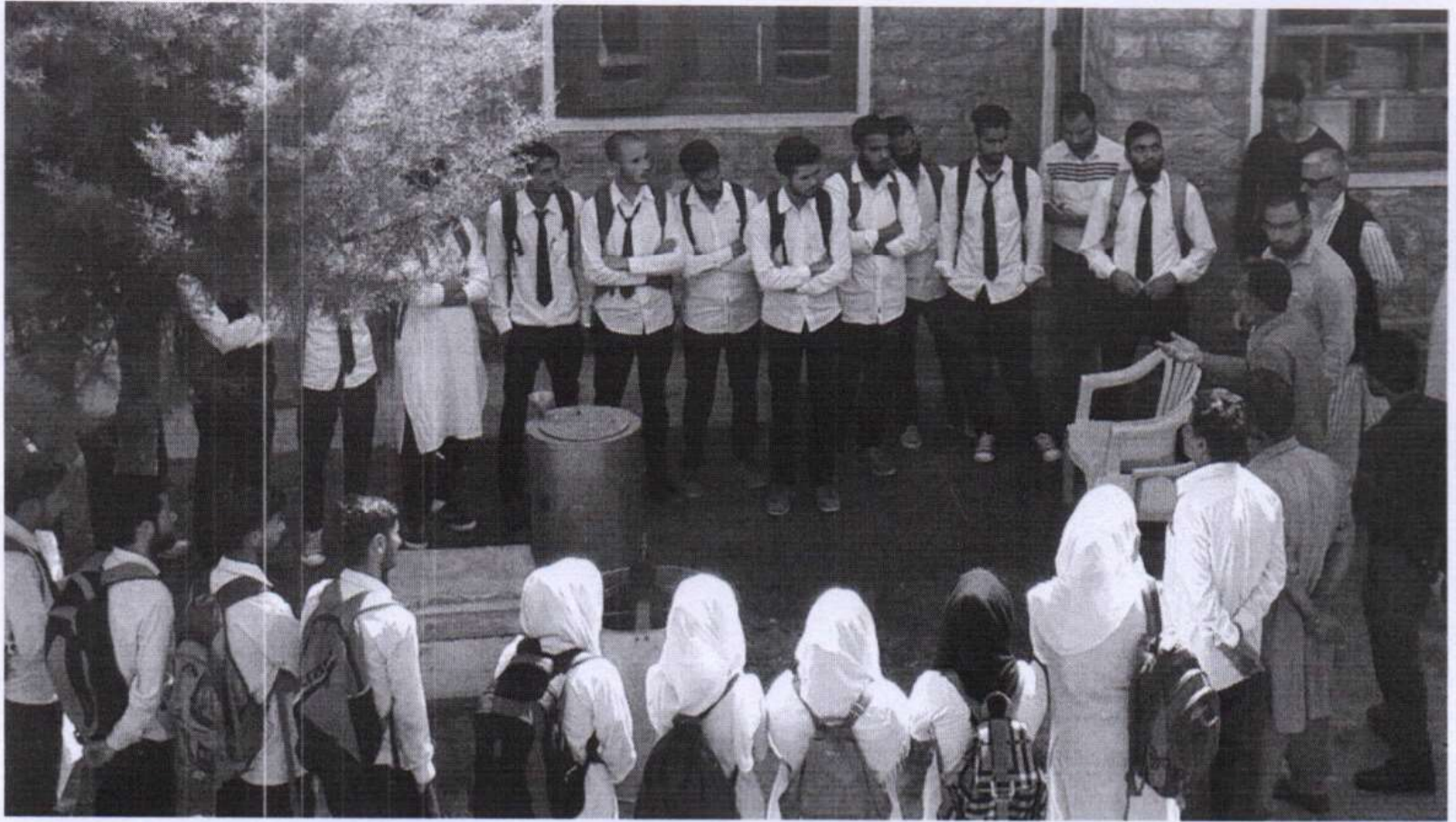
The faculty members of Botany and guest faculty from outside deliver lectures and Hands-on training to UG students during the session on various aspects of vermicomposting like vermicasting, plant litter shredding, worm rearing etc.

There has been a good response from students and most of the students hailing from agriculture back ground have started converting farmyard manure into organic manure vermicompost.




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Visit to Apiary: 2017

As part of Understanding (MOU) with dept. of Apiculture, the students enrolled under the UGC sponsored Add-on-course in Apiculture at the Govt. College Baramulla along with some students of allied subjects were taken to visit an Apiary located at Bijhama village of Baramulla District on Monday, 23 September 2017. The visit was organised in collaboration with Department of Apiculture, District Baramulla. The Distinct Officer for Apiculture Development at Baramulla, Mr. Rafiq Ahmad Kakroo imparted training to the students and responded to all the queries raised by the students. The officer eloquently explained the history of apiculture and its biological and commercial role. The students were shown all the tools, frame equipments, containers, protective equipments and other items used by the department for the friendly engagement with the bees. The students were informed about the methods employed for the appropriate arrangement of hives, the design of shelters, mechanisms used for easy availability of food and water, and about the ways of generating the higher and quality yield of the honey at the hives. The session was very interactive and the students were allowed to have a first hand experience of working with the bees. Students observed the hives and handled the bees themselves. The students appreciated the visit and observed it as a necessary assignment for the students of Apiculture.

The visit was conducted under the supervision of Dr. Abdul Rouf Mir (Lecturer In-charge) and Prof. Abdul Majid Chalkoo (Coordinator of the Program). Mr. Mohammad Akbar (Department of Botany) offered his assistance for the visit.


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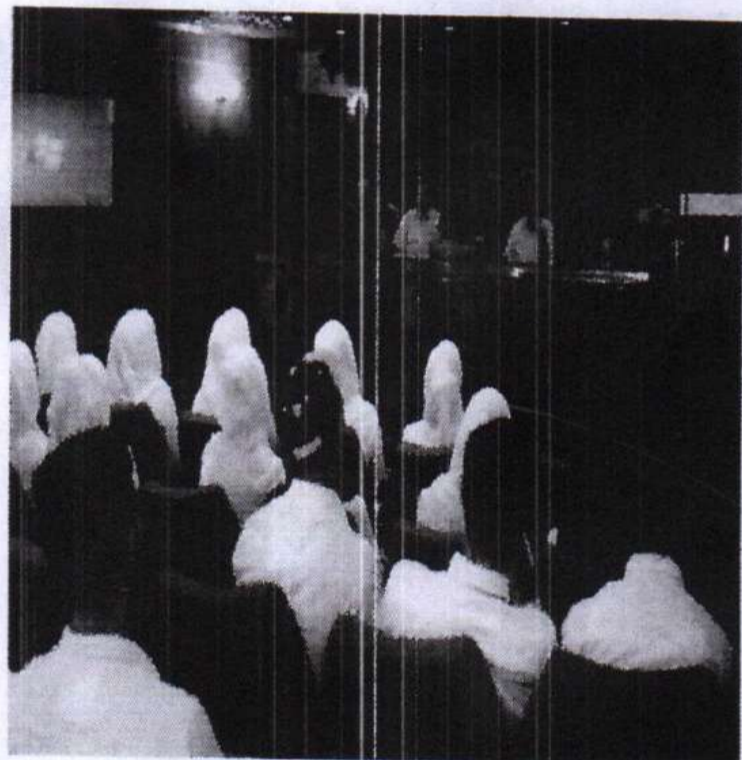
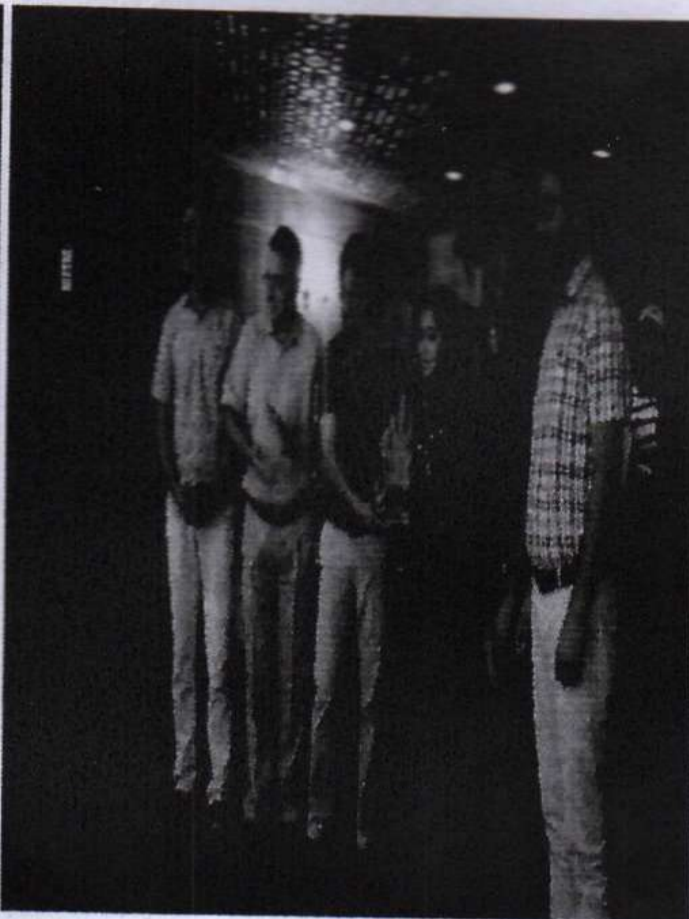
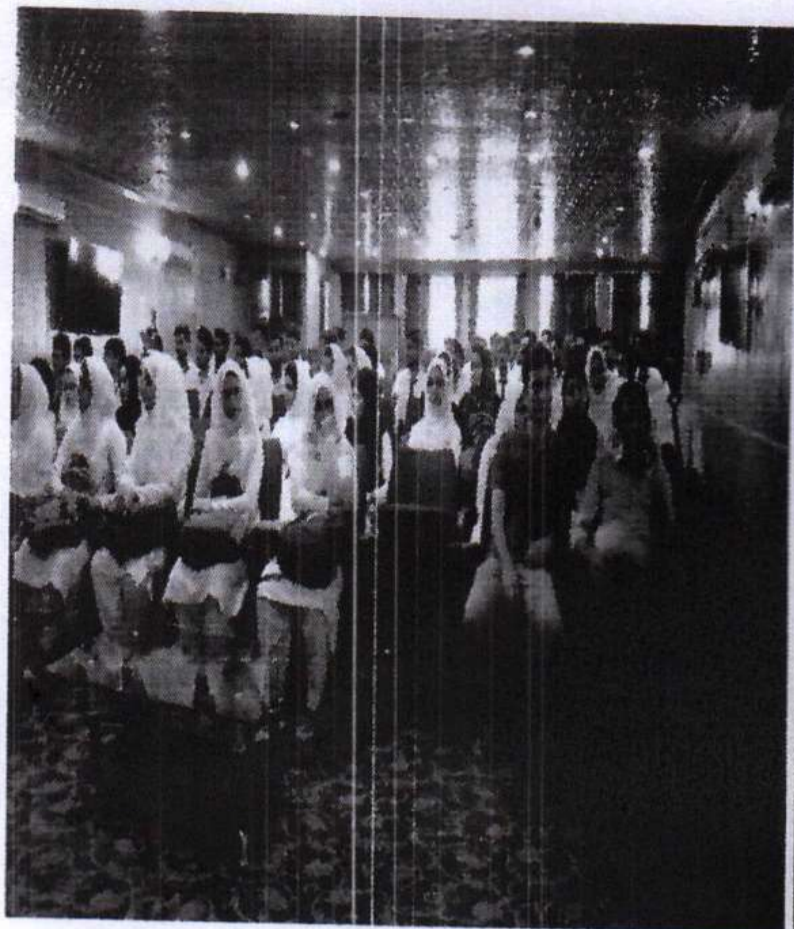
Training Programme on Mushroom Cultivation for B.Sc 2nd and 3rd year students (Session 2015) with Botany as one subject

As part of skill enhancing programme and to inculcate entrepreneurial skill among students a group of fifty students of B.Sc. 2nd and 3rd year session 2015-2016 pursuing Botany as one subject at UG level were deputed to Mushroom Development centre Khawaja Bagh on 7th July 2015. Accompanied by Mr.A.M.Chalkoo, Dr.Athar Masoodi (Faculty members of Botany) students were acquainted about various aspects of Mushroom Cultivation, preparation of compost, piling, casing, sowing of spawn and harvesting of produce. The in charge of the centre enlightened students at length about cultivation techniques being employed at the centre. In the second phase students were imparted on spot training at Mushroom farm. The activity generated tremendous inquisitiveness among young scholars and they posed many queries to experts. The officer at the centre assured full support to college for future training programme for other students.

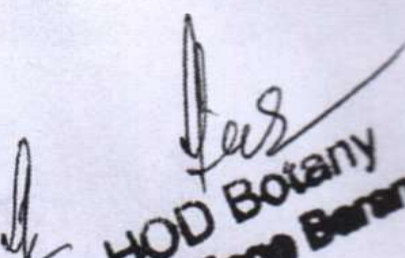


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3. Botanical Tour Diary

Botanical Tour Diary-2017

To impart On-Spot- Training and to inculcate scientific temperament among college students, the department of Botany of the college organized one day subject/Botanical Tour to ICAR-CITH Rangreth on 10th August 2017 for B.Sc. 1st and 4th semester students (session 2017) pursuing Botany at UG level. Accompanied by faculty members and supporting staff of Botany, a group of 64 students of B.Sc. 1st and 4th, was straight way deputed to Rangreth which house sprawling campus of institute. The Director of the institute Dr.D.B.Singh along with scientists extended warm welcome to the students in a session which was held in the auditorium. The Director Dr. D.B.Singh in his welcome address appreciated the college administration and students in showing interest for pursuing research as carrier. The institute head was given to understand that a 3rd semester student of the college namely Ms. Nida Shafi Bhat (Old Town Baramulla) has recently qualified NEET-2017 examination. She scored 5th rank in Girls merit list and was subsequently allotted GMC Srinagar. Worthy Director and staff of CITH presented a memento to Ms. Nida for cracking prestigious examination and bringing laurels to the college. The accompanying staff Mr.Zaffar S. Khan, and Mr.A.M.Chalkoo discussed in detail with Director Dr. Desh Bir about modus operandi for signing Memorandum of Understanding (MOU), the draft document of which has been sent to institute.

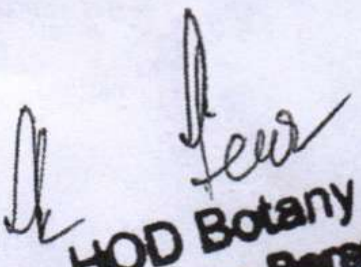
In the second session students were divided into groups of 30 each for on spot demonstration of equipments in the department of Biotechnology. The Head, department of Biotechnology Dr.Javid gave a detailed presentation of equipments like High Precision Liquid Chromatography (HPLC), Fluorescent Microscope and other high end instruments, preparation of MS media for tissue culture, incubation techniques etc.

Prof.Sharma , scientist Pomology of the institute accompanied students to various experimental plots were temperate horticultural crops like High density apple, cherries, walnut, plums, grapes, Kiwi etc are grown for experimental purposes. Prof Sharma demonstrated pruning and training techniques to students so that they would act as ambassadors for dissemination of knowledge from lab to land. The students also visited Technology Park which house CITH Varieties of indigenously developed fruits and seeds.

The day long visit culminated with vote of thanks by Mr. A.M.Chalkoo (Associate Prof Botany) and a group photograph.

On way back to destination students visited Botanical garden in city where they recreated for one hour after hectic day long academic activity at CITH.


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