

# Govt. Degree College Surankote

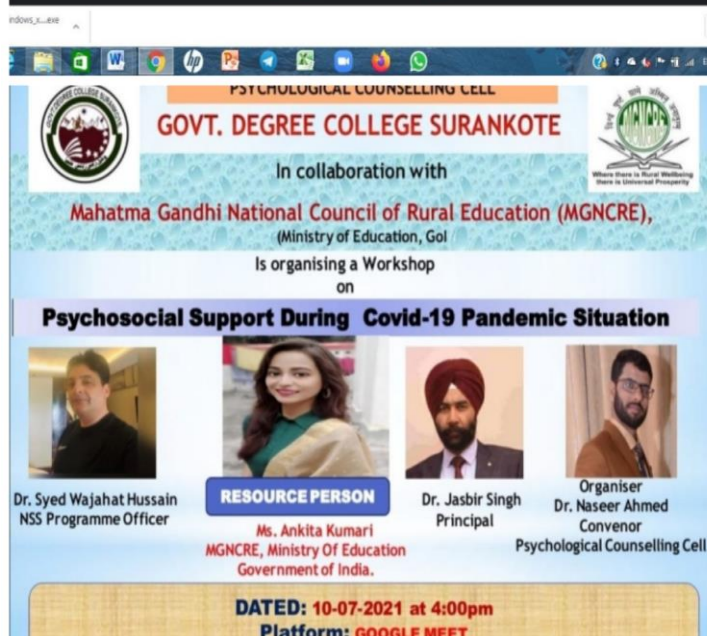
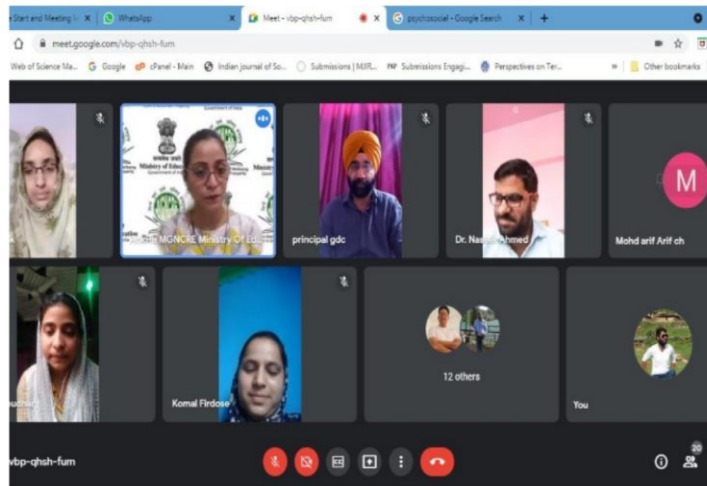
## Psychological Counselling Cell

### List of Activities Conducted During COVID-19 Pandemic.

Activity No	Name of Organiser	Title of Activity	Detailed Description	Date
1	Dr. Naseer Ahmed	Psychological Support during Covid-19 Pandemic Situation	<p>Government Degree college Surankote in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE) Government of India, Organized an important Workshop for students and faculty on the topic "Psychological Support during Covid-19 Pandemic Situation". Dr Naseer Ahmed HoD Political Science and Coordinator Psychological Cell of the college welcomed the guest speaker and participants followed by the inaugural address by Dr Jasbir Singh, worthy principal of the college. He impressed upon all the participants ,students and faculty members to get themselves vaccinated and take an active parts in propagating the campaign of vaccination, make the help and volunteers groups for helping the sufferers and aware the general population about the Covid-19 and how to curtail its spread by adhering all Covid-19 protocols.</p> <p>The extension talk was presented by Ms. Ankita Kumari, a resource person from the Ministry of Education, Government of India. She initiated various tasks and activities with live examples of Covid-19 situation. The purpose of organizing this important event was to educate the young students and members of the teaching fraternity of various problems in terms of vaccination and remedial measures so that they can protect themselves and suffering people from this deadly disease. It was an interactive session and participants lauded the excellent presentation made by the resource person. In the end, Dr. Syed Wajahat Hussain, NSS Programme Officer also spoke at length and proposed a formal vote of thanks</p>	10-07-2021
2	Dr. Naseer Ahmed & Dr. Sarfraz Hussain Mir	Distribution of Face Mask to public	<p>Psychological Counselling Cell, Govt. Degree College Surankote in Collaboration with Sir Syed Education Mission, J&amp;K distributed face mask during the second wave of Covid-19 pandemic. Dr. Naseer Ahmed and Dr. Sarfraz Hussain Mir distributed face mask to the public at Bus Stand Poonch. A large number of people were roaming in the city without mask and they were provided with the face mask and instructed to wear mask continuously. SSP Poonch Sh. Ramesh K Angral also joined and appreciated the effort of Dr. Naseer and Dr. Sarfraz Hussain Mir.</p>	16-01-2021

3	Dr. Naseer Ahmed	Stress Management Strategies	<p>Psychological Counselling Cell, in Collaboration with IQAC, Govt. Degree College Surankote organised an extension lecture and symposium on Stress Management Strategies under the Manodarpan initiative Government of India. Dr. Naseer Ahmed Kalis, Counsellor, Psychological Counselling Cell conducted the proceedings of the function and welcomed all the participants. He delivered a detailed deliberation on Stress management strategies. Dr. Syed Wajahat Hussain in his extension lecture highlighted the various skills to manage the stress which the society in general and student community in particular is facing in the present scenario.. Mr. Aqib Mehroof and Mr. Abdullah students of Semester 5th also spoke on the occasion. Dr. Jasbir Singh, worthy Principal of the college presided over the program encouraged the young learners to challenge this mental health issue and follow stress management techniques to remain away from stress. All the faculty members and more than 100 students participated in the symposium. In the end, Dr. Naseer Ahmed extended the vote of thanks to all the participants.</p>	19-12-2020
4	Dr. Naseer Ahmed	Mental Health Illness	<p>In order to educate the various aspects of Mental Health Illness and to manage and reduce the issues of Mental Health, Psychological Counselling Cell, Govt. Degree College Surankote organised an online webinar under 'Manodarpan' initiative for the college student to familiarise them with various mental health problems like Stress Anxiety Disorder etc. Stress is inevitable and COVID-19 has accelerated the tempo of anxiety among the youth. more than 50 students participated in the online webinar. Dr. Naseer Ahmed Kalis, Counsellor, Psychological Counselling Cell welcomed all the participants and delivered a detailed deliberation on Mental Health and Mental Health Illness. He encouraged the young learner to always be positive to overcome a tight corner and help those who are the victims of mental illness. He gave a detailed lecture on Stress, Anxiety and Disorder their causes and the tips to reduce the level of stress anxiety and disorder. He demonstrated that mental health problems do not happens to those who are strong. He added that mental illness is treatable and require treatment, counselling and professional help. The Webinar was conducted on the direction od worthy Principal of the college Dr. Jasbir Slng. Dr. Naseer Ahmed extended the vote of thanks to all the participants in the webinar.</p>	30-11-2020

## ACTIVITY -1 photographs, news and Flyer



**PSYCHOLOGICAL COUNSELLING CELL**  
**GOVT. DEGREE COLLEGE SURANKOTE**

In collaboration with  
**Mahatma Gandhi National Council of Rural Education (MGNCRE),**  
(Ministry of Education, GoI)

Is organising a Workshop  
on

**Psychosocial Support During Covid-19 Pandemic Situation**

**RESOURCE PERSON**  
Ms. Ankita Kumari  
MGNCRE, Ministry Of Education  
Government of India.

**DATED: 10-07-2021 at 4:00pm**  
**Platform: GOOGLE MEET**

Dr. Syed Wajahat Hussain  
NSS Programme Officer

Dr. Jasbir Singh  
Principal

Organiser  
Dr. Naseer Ahmed  
Convenor  
Psychological Counselling Cell



**PSYCHOLOGICAL COUNSELLING CELL**  
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Dr. Syed Wajahat Hussain  
NSS Programme Officer



**RESOURCE PERSON**  
Ms. Ankita Kumari  
MGNCRE, Ministry Of Education  
Government of India.



Dr. Jasbir Singh  
Principal



Organiser  
Dr. Naseer Ahmed  
Convenor  
Psychological Counselling Cell

**DATED: 10-07-2021 at 4:00pm**  
**Platform: GOOGLE MEET**  
Link: <http://meet.google.com/vbp-qhsh-fum>



# GDC Surankote organized Workshop on Psychological Support during Covid-19 Pandemic Situation

**AKASH MALIK  
SURANKOTE**

Government Degree college Surankote in collaboration with Mahatma Gandhi National Council of Rural Education (MGNCRE) Government of India, Organized an important Workshop for students and faculty on the topic "Psychological Support during Covid-19 Pandemic Situation". Dr Naseer Ahmed HoD Political Science and Coordinator Psychological Cell of the college welcomed the guest speaker and participants followed by the inaugural address by Dr Jasbir Singh, worthy principal of



the college. He impressed upon all the participants

,students and faculty members to get themselves vaccinated and take an active parts in propagating the campaign of vaccination, make the help and volunteers groups for helping the sufferers and aware the general population about the Covid-19 and how to curtail its spread by adhering all Covid-19 protocols.

The extension talk was presented by Ms. Ankita Kumari, a resource person from the Ministry of Education, Government of India. She initiated various tasks and activities with live examples of Covid-19 situation. The

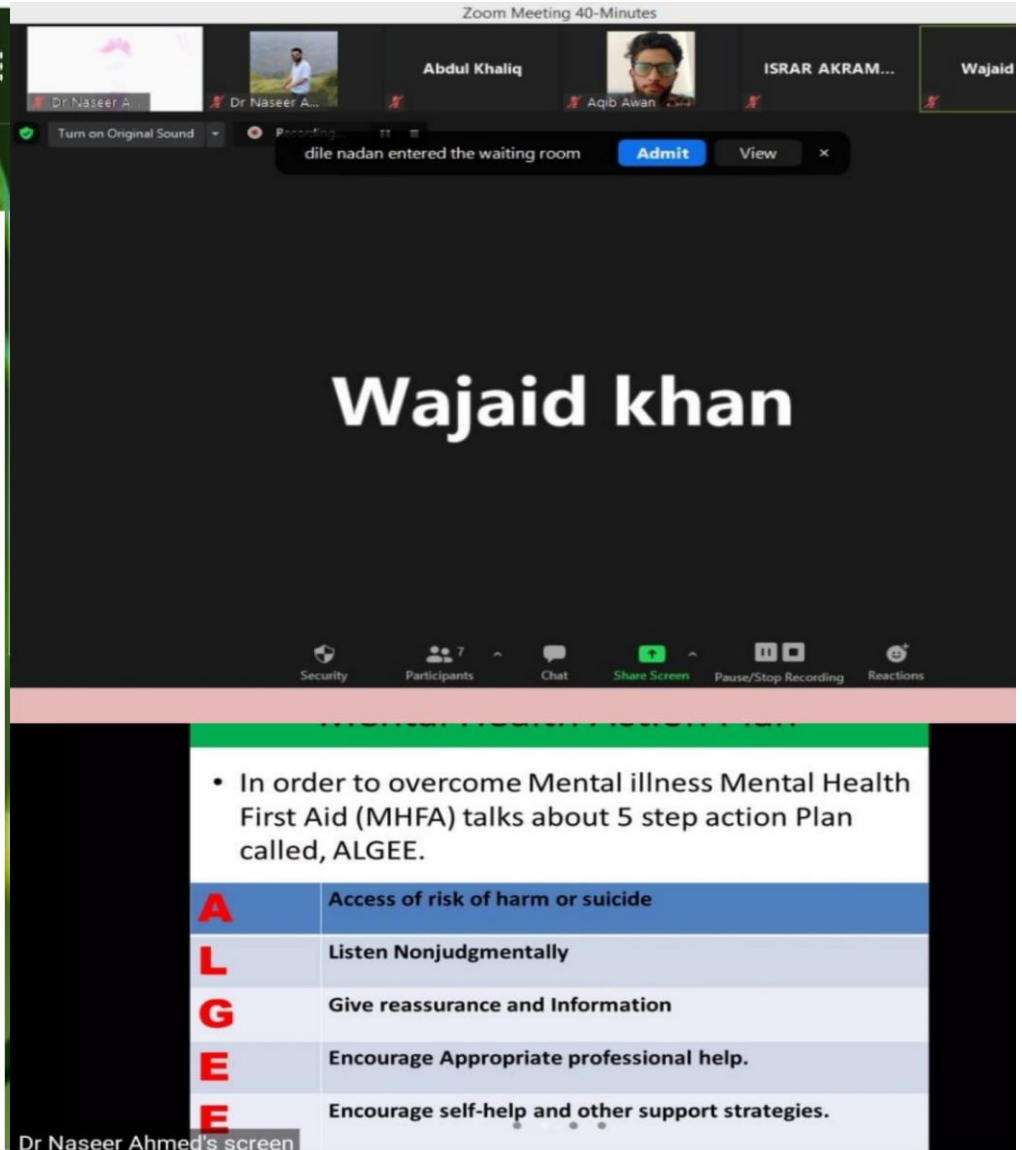
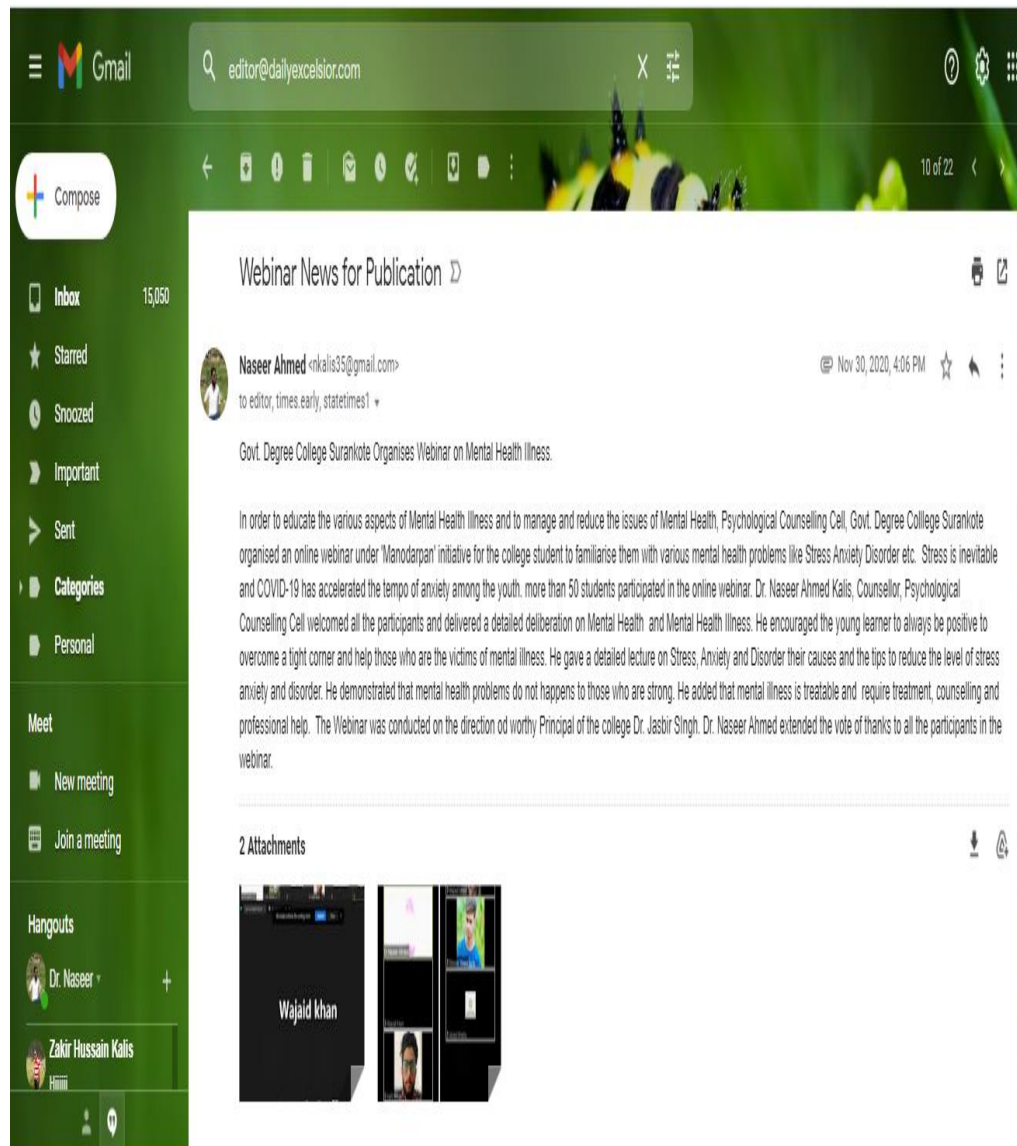
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**ACTIVITY -2 photographs, news and Flyer**  
**Distribution of Face Mask to public in Poonch on 16-01-2021**





## ACTIVITY -3 photographs, news and Flyer Webinar on Mental Health Illness (19-12-2020)










 Zoom 

05:18


Leave





 Dr Naseer Ahmed





Dr Naseer Ahmed





 Wajaid khan





 Aqib Awan





 Unmute


 Start Video


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 Participants


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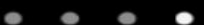
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 Abdul Khaliq



## ACTIVITY -4 photographs, news and Flyer

### Webinar on Stress Management Strategies during COVID-19 (30-11-2020)

Indian journal of Society and Pol... News for publication - nkalis35@

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Hangouts

Dr. Naseer

Zakir Hussain Kalis

News for publication

Naseer Ahmed <nkalis35@gmail.com>  
to editor, times.early, statetimes1, stateobserver

Sat, Dec 19, 2020, 4:19 PM

Govt. Degree College Surankote Organises Extension Lecture cum Symposium on Stress Management Strategies.  
Today, Psychological Counselling Cell, in Collaboration with IQAC, Govt. Degree College Surankote organised an extension lecture and symposium on Stress Management Strategies under the Manodarpan initiative Government of India.. Dr. Naseer Ahmed Kalis, Counsellor, Psychological Counselling Cell conducted the proceedings of the function and welcomed all the participants. He delivered a detailed deliberation on Stress management strategies. Dr. Syed Wajahat Hussain in his extension lecture highlighted the various skills to manage the stress which the society in general and student community in particular is facing in the present scenario.. Mr. Aqib Mehroo and Mr. Abdullah students of Semester 5th also spoke on the occasion. Dr. Jasbir Singh, worthy Principal of the college presided over the program encouraged the young learners to challenge this mental health issue and follow stress management techniques to remain away from stress. All the faculty members and more than 100 students participated in the symposium. In the end, Dr. Naseer Ahmed extended the vote of thanks to all the participants.

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08:54  
14-08-2021





# **Govt. Degree College Surankote**

## **Psychological Counselling Cell**

**Organises  
Online Webinar on**

**“Mental Health Illness: Stress Anxiety and Disorder”**

**Dated: 30-11-2020**



Patron  
Dr. Jasbir Singh  
Principal



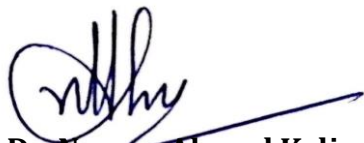
**Organiser**  
Dr. Naseer Ahmed Kalis  
Counsellor, Psychological  
Counselling Cell

**Platform: Zoom**

**Link:**

[https://zoom.us/j/9668052402?pwd=elF2djg9Z2R2R1hpWTNiaGxKa3VLQT07.](https://zoom.us/j/9668052402?pwd=elF2djg9Z2R2R1hpWTNiaGxKa3VLQT07)

**DATED: 30-11-2020 (11:00 AM)**

A handwritten signature in blue ink, appearing to read 'Naseer'.

Dr. Naseer Ahmed Kalis  
Coordinator  
Psychological Counselling Cell  
Govt. Degree College Surankote