

# 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



The image shows a screenshot of a Google Meet session. The top part displays a grid of participants' video feeds. Below the grid, there is a taskbar with various application icons. The bottom part of the screenshot shows a flyer for a workshop. The flyer includes the following text:

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

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

Is organising a Workshop  
on  
**Psychosocial Support During Covid-19 Pandemic Situation**

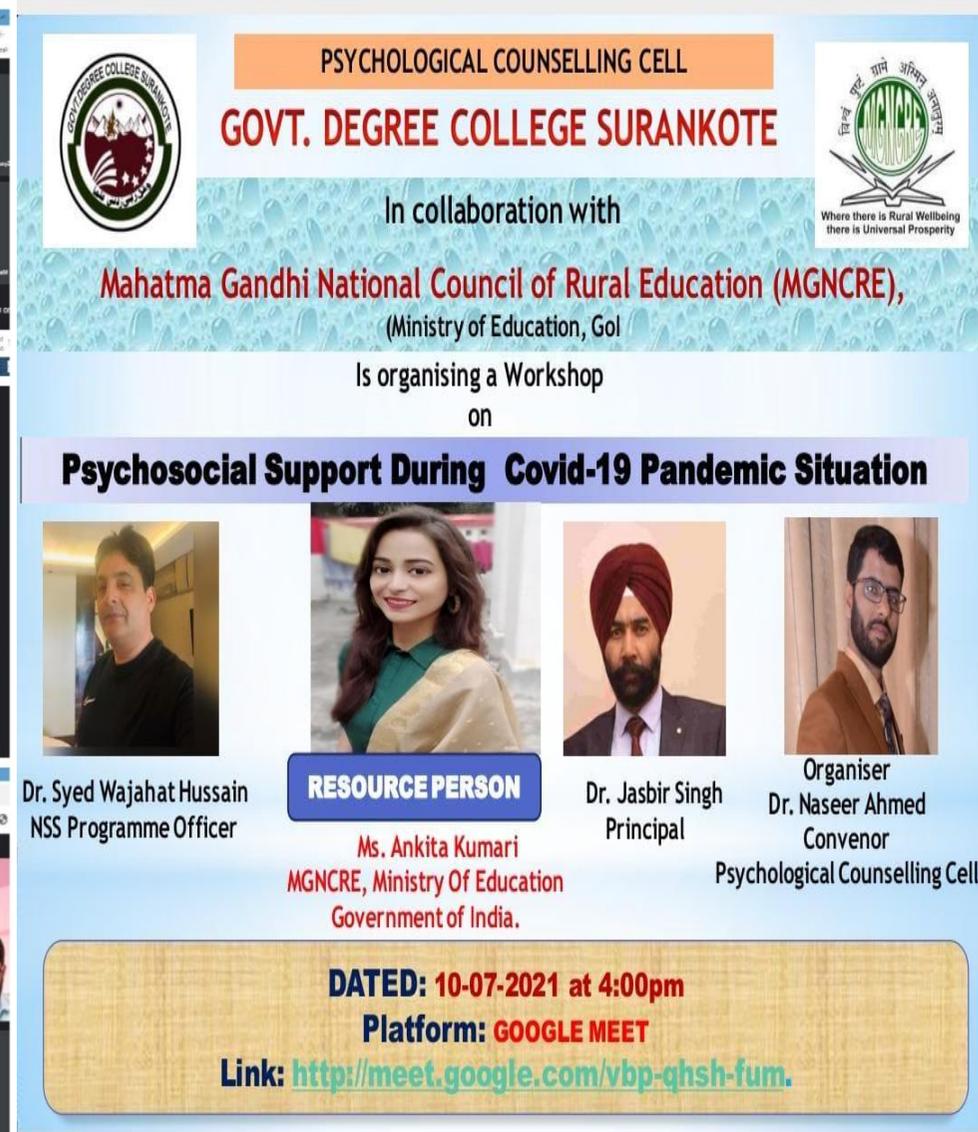
**RESOURCE PERSON**  
Dr. Syed Wajahat Hussain  
NSS Programme Officer

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

**Organiser**  
Dr. Jasbir Singh  
Principal

**Organiser**  
Dr. Naseer Ahmed  
Convener  
Psychological Counselling Cell

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



The flyer is for a workshop organized by the Psychological Counselling Cell at Govt. Degree College Surankote. It is in collaboration with the Mahatma Gandhi National Council of Rural Education (MGNCRE), Ministry of Education, Government of India. The workshop is titled "Psychosocial Support During Covid-19 Pandemic Situation".

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

In collaboration with  
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**RESOURCE PERSON**  
Dr. Syed Wajahat Hussain  
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Ms. Ankita Kumari  
MGNCRE, Ministry Of Education  
Government of India.

**Organiser**  
Dr. Jasbir Singh  
Principal

**Organiser**  
Dr. Naseer Ahmed  
Convener  
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.

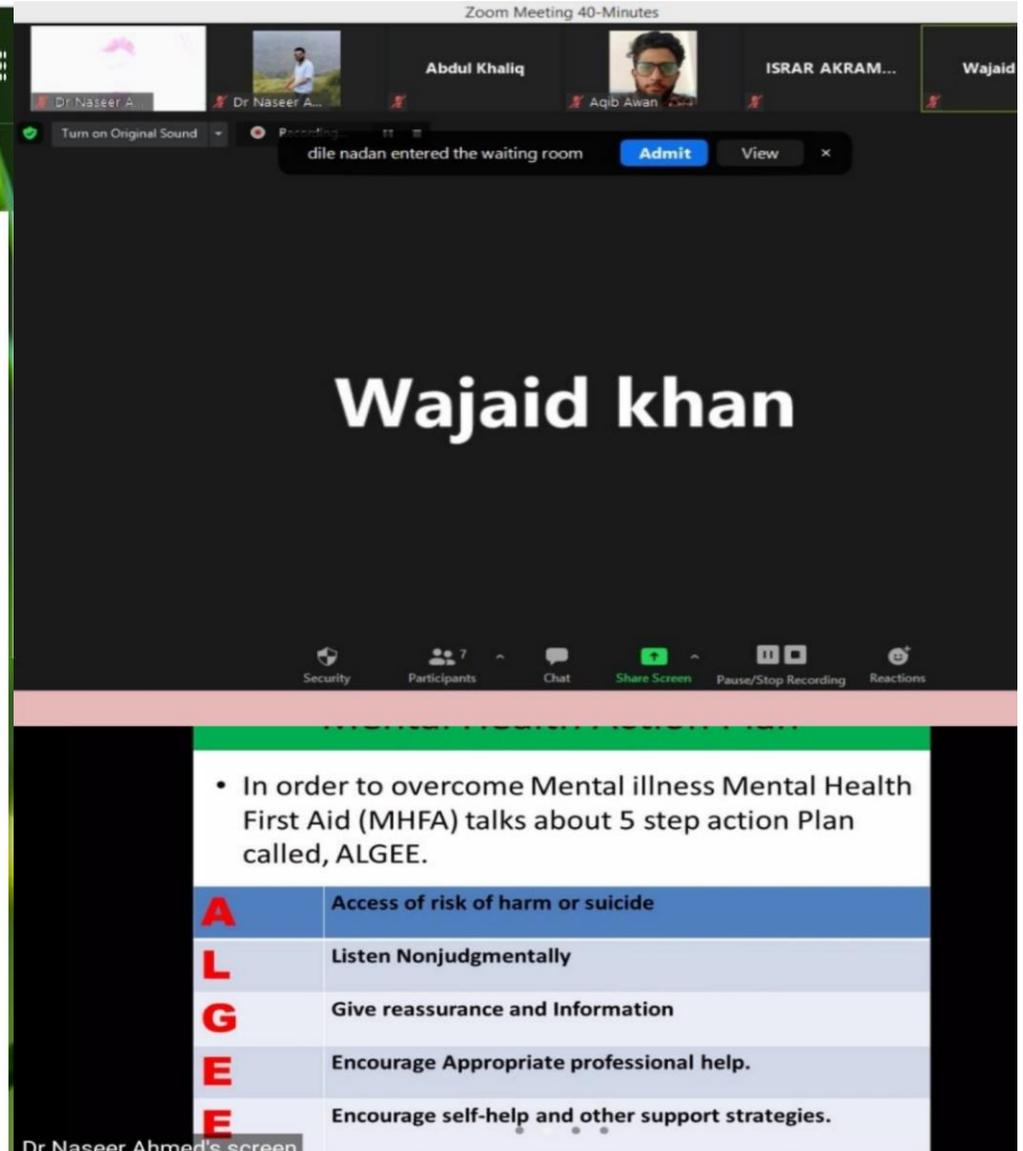
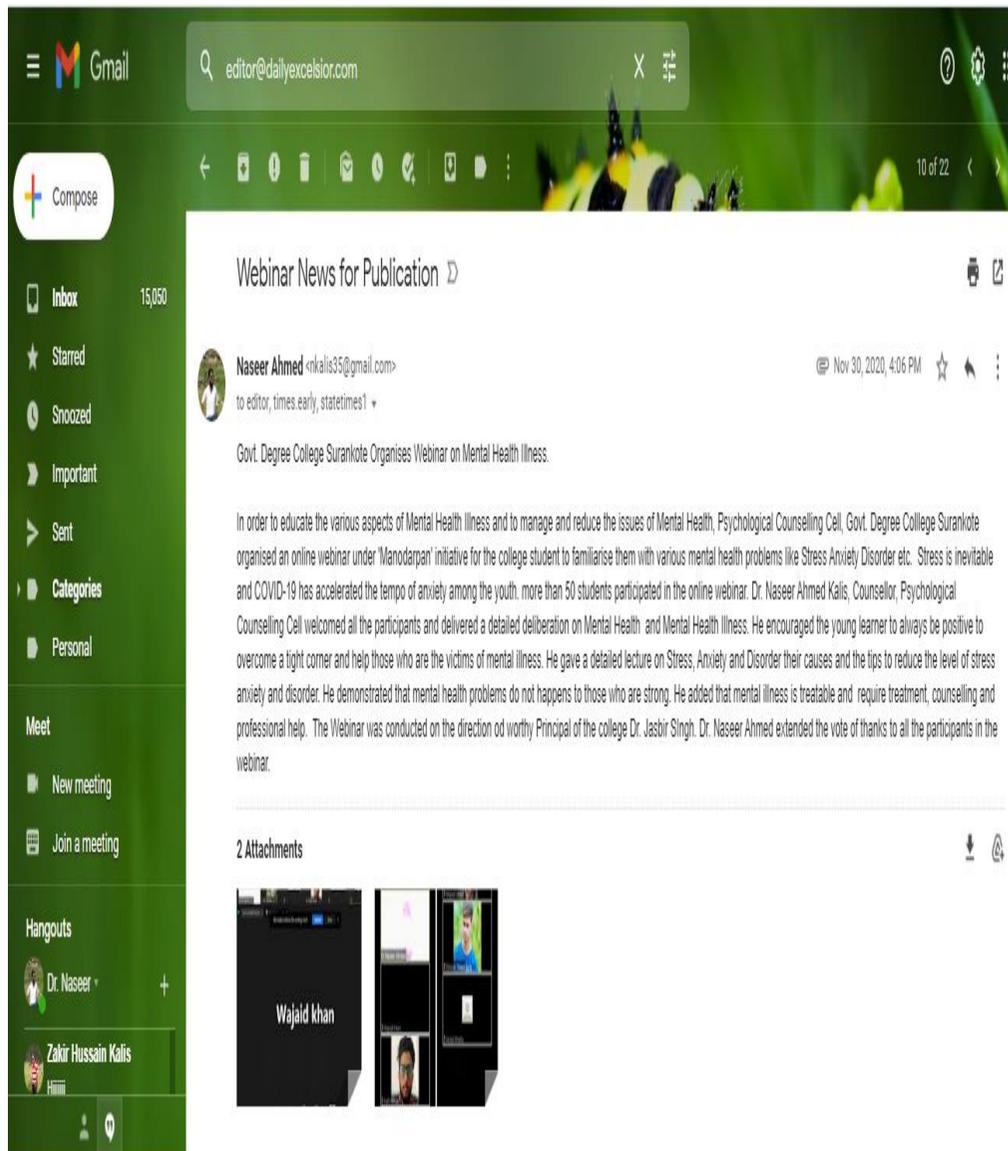
The extension talk was presented by Ms. Ankita Kumari, a resource person from the Ministry of Education, Government of India. She initiated various tasks and activities with live examples of Covid-19 situation. The

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.

**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 Share Participants More

Jio 4G LTE airtel VoLTE 4G 37.1 K/s 102 K/s 45 2:08

Wajaid khan

Rizwan Views

Abdul Khaliq

# ACTIVITY -4 photographs, news and Flyer

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

The screenshot shows a Gmail interface with a search bar containing 'editor@dailyexcelsior.com'. The email being viewed is titled 'News for publication' and is from Naseer Ahmed (nkalis35@gmail.com) to editor@dailyexcelsior.com, dated Saturday, December 19, 2020, at 4:19 PM. The email text describes a seminar on stress management strategies organized by the Psychological Counselling Cell at Govt. Degree College Surankote. It mentions the participation of Dr. Naseer Ahmed Kalis, Dr. Syed Wajahat Hussain, and students Mr. Aqib Mehroof and Mr. Abdullah. A collage of six photographs from the event is included in the email body. The left sidebar shows the 'Compose' button and various folders like 'Inbox' (15,102), 'Starred', 'Snoozed', 'Important', 'Sent', 'Categories', and 'Personal'. The bottom of the screen shows the Windows taskbar with icons for Edge, File Explorer, Microsoft Store, Word, Chrome, HP, PowerPoint, Telegram, Excel, Zoom, Firefox, and WhatsApp. The system tray shows the date as 14-08-2021 and time as 08:54.

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

mail.google.com/mail/u/0/#search/editor%40dailyexcelsior.com/KtbxLzGHfdFMrngNDzZXffitkGBQGhgba

Apps Web of Science Ma... Google cPanel - Main Indian journal of So... Submissions | MJIR... PKP Submissions Engagi... Perspectives on Ter... Other bookmarks Reading list

Gmail editor@dailyexcelsior.com

Compose

Inbox 15,102

Starred

Snoozed

Important

Sent

Categories

Personal

Meet

New meeting

Join a meeting

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 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.

Collage\_20201219...jpg  
945/1,164 KB, 2 secs left

Reply Reply all Forward

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=eIF2djg9Z2R2R1hpWTNiaGxKa3VLQT07>

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

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

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