



Centre for Distance and Online Education University of Kashmir



Organizes

*“Expert Talk” and an “Awareness Programme” under “Mission Shafaqat”
scheme and the “Voluntary Medical Society (VMS) on:*

Mental Health and Wellbeing (among the Adolescent youth today)

Guest Speaker

Ms Aieman Rafiq

(Clinical Psychologist, Practicing counsellor in VMS)

Addressing:

- Common Health issues among the youth today.
- When to seek help.
- How to overcome barriers of Mental health and diaphragmatic breathing.
- Helpline services.
- On the spot activity to know your mental state.

Date: 11-07-2025

Time: 10:30am to 12:00Pm

Venue: Conference Hall, CDOE, University of Kashmir

Registration



<https://forms.gle/k2QgNARgP65nZw9R8>

Convener

Dr Rinku Pawar

Co-Convener

***Dr Rezwan Ul Shaban
Dr Showkat Ahmad Dar
Dr Mirza Muneeb Manan***

Patron

***Prof. Mushtaq Ahmad Dar
Dean, School of Open Learning***

Chief Patron

***Prof Tariq Ahmad Cheshti
Director, CDOE***