



Government Degree College Kargil

Bagh e Khomeani Kargil, Ladakh Kargil-194103

ACTIVITY REPORT

Government Degree College Hosts Mandatory Training on Student Well-Being and Suicide Prevention Workshop conducted in compliance with Supreme Court of India mandates Kargil,

Date	March 17, 2026	Category	Academic
Department	Department of Psychology	Committee	N/A

The Department of Psychology at Government Degree College organized a comprehensive Mandatory Training Program on Student Well-Being and Suicide Prevention today, March 17, 2026. The workshop was held in strict compliance with the directives issued by the Supreme Court of India, underscoring the institution's commitment to student welfare and mental health awareness.

The training program was structured into two specialized sessions led by distinguished faculty members from the Department of Psychology.

Session I: Recognising Warning Signs and Responding to Self-Harm

Led by Ms. Nayeema Manzoor, Assistant Professor, this session focused on equipping participants with the skills to identify early warning signs of psychological distress and appropriate intervention strategies for students exhibiting self-harming behaviors.

Session II: Psychological First Aid and Referral Mechanisms

Conducted by Mr. Stanzin Nurboo, Assistant Professor, the second session provided practical training on delivering psychological first aid. Participants received hands-on demonstration on responding to and intervening in cases of panic attacks, along with comprehensive instruction on the Jacobson's Progressive Muscle Relaxation (JPMR) technique—a scientifically validated method for stress reduction and anxiety management.

The workshop witnessed 100% participation from all institutional staff members, including teaching faculty, non-teaching personnel, and administrative staff, reflecting the collective commitment to creating a supportive campus environment.

A particularly impactful moment of the program was the address by Prof. Disket Angmo, Principal of the institution. Prof. Angmo shared her personal experiences from her extensive teaching career, recounting instances of identifying and intervening with students facing emotional and psychological challenges. Her insights provided valuable real-world context to the theoretical frameworks presented during the sessions.

Photo Gallery (4 Photos)

