



Government Degree College Kargil

Bagh e Khomeani Kargil, Ladakh Kargil-194103

ACTIVITY REPORT

The Department of Psychology, Government Degree College Kargil organized a one-day field study visit to Mushkoh Valley, Drass, on 30 May 2026.

Date	June 01, 2026	Category	Academic
Department	Department of Psychology	Committee	N/A

The visit aimed to provide students with practical exposure to the study of seasonal affective patterns and their impact on the psychological functioning and well-being of local residents.

A total of 22 students participated in the field study under the guidance of three faculty members: Mr. Stanzin Nurboo (Assistant Professor, Psychology), Mr. Mohd Mustafa (Assistant Professor, Psychology), and Ms. Nyeema Manzoor (Assistant Professor, Psychology).

During the visit, students interacted with members of the local community and observed the environmental, social, and psychological factors associated with seasonal changes in the region. The field study enabled students to gain firsthand insights into how seasonal variations influence mood, behavior, emotional health, and daily functioning among people living in high-altitude areas.

The faculty members guided the students in collecting observations, conducting discussions, and understanding the relevance of psychological theories in real-life settings. The activity served as an important experiential learning opportunity, helping to bridge the gap between classroom knowledge and field-based psychological research.

Photo Gallery (4 Photos)

