

JU ORGANIZES WEB TALK ON PSYCHOLOGICAL ISSUES IN ACADEMIC INSTITUTION



Department of Students Welfare, University of Jammu organized a Webinar & Interaction on “Common Psychological Issues in Academic Institutions: Nature & Management” by Dr. Rakesh Kumar Jain, Senior Clinical Psychologist & HoD, Institute of Mental Health and Hospital Billochpura, Agra. In his lecture Dr. R.K. Jain highlighted the problems faced by students and employees during their studies and job. He stressed that each individual to cope with mental health status is the need of the hour as this will help people those who struggle with Mental Health issues. He opined that awareness reduces negative adjectives that have been set to describe people with mental illness. The main topics covered by him were on self-harm and suicide, use of substance, depression, stress, job security and breakup in relations due to psychological depression. Quoting the field data, he said that deliberate self-harm and suicide are

highest in urban metro followed by widows, lowest income groups and female. The main age group suffering from such problem is between 40-49 years. He also warned the students not to take help from the peer groups who themselves are not expert enough to guide them.

Prof. Manoj K. Dhar, Vice Chancellor, University of Jammu was the chief guest on the occasion. Prof. Manoj K. Dhar appreciated Dr. R. K. Jain for his impactful lecture and his contribution towards community service. He also informed that University of Jammu is strengthening its system to develop consultation center keeping the identity of students' secret. The Department of Students Welfare will also keep the list of help lines available providing free service to the students. Earlier Prof. Jasbir Singh presented the welcome address and gave an overview of the different activities organized during Pandemic Time. He also introduced the speaker. Prof. Arti Bakshi presented the vote of thanks and Ms. Ifra Kak Cultural Officer (SW) coordinated the event and technical support was provided by Mr. Arif Paul. The event was organized under the supervision of Prof. Anupama Vohra, Chairperson, CCC & Prof. Samridhi Arora, Co-Chairperson. Besides JU fraternity, the event was also attended by the faculty and students from Aligappa University, Tamil Nadu which is paired with the University of Jammu under Ek Bharat Shreshth Bharat programme.