LECTURE ON YOUTH DEVELOPING MENTAL HEALTH COMPETENCIES

The Department of Library and Information Science, University of Jammu on **4th of December, 2023**, organized a Lecture on Youth Developing Mental Health Competencies. The Lecture was delivered by Ms. Saloni Priya, Founder and Director Umeed Counselling and Consulting services and a distinguished expert in the field of mental health and well-being. She shared valuable insights, strategies, and practical tips on how young individuals can develop and maintain mental health competencies. The lecture covered topics such as stress management, resilience building, and the importance of mental well-being in academic and personal success. . This event aligns with the Department's vision of fostering not only intellectual growth but also the overall well-being of its students.The event was organized under the headship of Professor Sangita Gupta, showcasing the Department's commitment to holistic education and well-being. Mental health is a crucial aspect of a student's life, and this lecture is a step towards providing our students with the tools they need to navigate the challenges they may face. The lecture was attended by all the students, faculty members and scholars.



