

MUST Varsity Mass-Com Deptt. hosts grand seminar to raise awareness about mental health:

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Zara Rashed Beig

MIRPUR (AJK): August 10: The Department of Mass Communication at the State-run Mirpur

University of Science and Technology (MUST) Saturday hosted a seminar focused on raising

awareness about mental health, with a particular emphasis on the impact of early life stress on

adulthood.

Our Special Mirpur AJK Correspondent Ms. Zara Rashad Beig reports that the event drew a large

audience, including students, faculty, and mental health professionals, highlighting the growing

concern over mental health issues in the society.

The keynote speaker, Dr. Sajjad, delivered an insightful lecture on stress management through the lens of Islamic teachings. He emphasized the importance of maintaining a balanced life and the role of spirituality in mitigating stress. Dr. Sajjad's discussion shed light on how Islamic principles can guide individuals in managing stress and maintaining mental well-being.

Dr. Aqeel, another esteemed speaker, presented a detailed analysis of the long-term effects of early life stress on adulthood.

He discussed how experiences in childhood could shape an individual's mental health in later years, underscoring the importance of early intervention and support systems for children facing stressful environments.

Prof. Mohy-ud-Din focused his presentation on the broader topic of mental health awareness. He stressed the need for educational institutions to play a proactive role in promoting mental health awareness among students. Prof. Mohy-ud-Din called for more frequent discussions and workshops to break the stigma surrounding mental health issues.

Dr. Shakeel provided an in-depth analysis of clinical psychology, specifically addressing the reasons behind stress-related issues in males. He highlighted that societal pressures, expectations, and lack of emotional expression often contribute to higher stress levels among

men. Dr. Shakeel emphasized the need for more targeted mental health interventions for men to address these unique challenges.

In his closing remarks, the Coordinator of the Mass Communication department expressed his gratitude to the guest speakers and appreciated their valuable contributions to the seminar. He also thanked faculty members and team of Mass Communication students who successfully organized the event.

The seminar was well-received, with all the guest speakers commending MUST's initiative in organizing an event on such a critical issue. The discussions not only provided valuable insights but also underscored the importance of continued dialogue on mental health awareness, particularly in academic settings.