

| S.No. | Event | Description | Venue | Date |
|-------|--|--|--|----------------------------|
| 1. | One Day Lecture on Epidemiology of Mental Health | During the insightful lecture on the Epidemiology of Mental Health delivered by Prof. Mohan Rao from Jawaharlal Nehru University, Delhi, attendees were immersed in a comprehensive exploration of the intricate interplay between societal factors and mental well-being. Prof. Rao skillfully elucidated the prevalence, distribution, and determinants of mental health disorders, shedding light on the nuanced epidemiological patterns shaping our understanding of mental illness. Through compelling data and compelling anecdotes, Prof. Rao underscored the urgency of adopting a holistic approach to mental health, one that addresses not only individual predispositions but also systemic inequities and social determinants. By emphasizing the significance of epidemiological research in guiding effective interventions and policy formulation, Prof. Rao's lecture served as a catalyst for fostering greater awareness and action towards promoting mental health equity in our communities. | Deptt. Of Psychology, University of Kashmir. | 30 th July 2019 |







2.

Three Day
Workshop on
Qualitative
Research

Over the course of three days from March 16th to 18th, 2021, our workshop on Qualitative Research Methods comprehensively cover the foundations, data collection techniques, analysis methodologies, and reporting strategies essential for conducting qualitative research. Sessions included an introduction to qualitative research, exploration of philosophical underpinnings, discussion on various research designs and data collection methods such as interviews, focus groups, observation, and document analysis, along with practical guidance on data analysis techniques and ensuring rigor in research. Participants also learned effective strategies for writing up qualitative findings and receive guidance on future research directions. Through hands- on activities and discussions, attendees gain practical skills and insights to confidently undertake qualitative research endeavors.

Deptt. Of
Psychology,
University of
Kashmir.

**16-18 March,
2021**





3.

Three Day Workshop on Research Methodology

Over the span of three days, our Research Methodology workshop focuses on honing crucial skills essential for conducting successful research endeavors. Participants delve into foundational aspects like research design, literature review, and proposal development, progressing to hands-on sessions in quantitative and qualitative data collection and analysis methods, including statistical tools and qualitative coding techniques. Advanced topics cover ethical considerations and effective research communication strategies, equipping attendees with the comprehensive skill set needed to navigate the research process with proficiency and integrity.

Deptt. Of Psychology,
University of Kashmir

2nd - 4th
March, 2021







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THREE DAY WORKSHOP
ON
RESEARCH METHODOLOGY
(2nd March to 4th March, 2021)





4.

Six Day
Training
Workshop for
Field
Surveyors

The six-day workshop, sponsored by the National Commission for Women, focuses on enhancing the expertise of field investigators in understanding women's mental health dynamics in Kashmir. Delving into the nuanced landscape of psychological distress, the workshop explores both risk factors exacerbating such challenges and protective factors mitigating them. Through a blend of lectures, case studies, and interactive sessions, participants gain insights into the complexities of women's mental well-being in the region, equipping them with the tools needed to conduct more effective and empathetic investigations.

Deptt. Of
Psychology,
University of
Kashmir

5th -10th
November,
2021



5.

Symposium
on Mental
health & Well
being.

The Symposium was conducted by Department of Psychology. Symposium was a transformative gathering aimed at fostering dialogue, sharing insights, and promoting innovative solutions in the realm of mental health. Through a dynamic blend of expert presentations, interactive workshops, and engaging discussions, participants explore diverse perspectives on mental health challenges, holistic well-being strategies, and cutting-edge interventions. By convening experts, practitioners, and advocates, the symposium serves as a catalyst for collaboration, driving forward the agenda for mental health awareness, advocacy, and action, ultimately envisioning a world where everyone can thrive mentally, emotionally, and socially.

Gandhi Bhawan,
University of
Kashmir, Srinagar

**12th October,
2022**







6.

Lecture on Positive Mental Attitude on Healthy Mind and Body

Lecture was given Dr. Batra, an esteemed Ayurveda expert. He shed light on the profound connection between mental health and Ayurveda, emphasizing a holistic approach to wellness. Expert focused on how Ayurveda, an ancient system of medicine, recognizes the intricate interplay between mind, body, and spirit. Dr. Batra highlights the efficacy of Ayurvedic practices such as yoga, meditation, herbal remedies, and dietary adjustments in restoring balance and promoting mental well-being. By harmonizing the body's energies and fostering inner harmony, Ayurveda offers a comprehensive pathway towards mental resilience and emotional equilibrium.

Seminar Hall,
Media Education
Research Centre
(MERC)

4th November,
2022



7.

Lecture on
Cyber-
Bullying

Department of Psychology organized workshop on "Cyber Bullying" which is a pressing issue in today's digital age, where individuals experience harassment, intimidation, or humiliation through electronic means such as social media, messaging apps, or online forums. Workshop with expert as Prof. Damanjit Sandhu (Professor at the Department of Psychology, Punjab University, Patiala) delve into the various forms of cyber bullying, including harassment, impersonation, exclusion, and spreading rumors or malicious content. Moreover, prevalence of cyber bullying among different age groups, from children and teenagers to adults, and examine the role of anonymity, peer pressure, and social dynamics in perpetuating online harassment was discussed. Importantly, strategies for prevention and intervention, including promoting digital literacy, fostering empathy and respect online, and creating supportive environments where individuals feel safe to report incidents of cyber bullying.

Seminar Hall,
Centre of Distance
and Online
Education,
University of
Kashmir, Srinagar

**29th of
August, 2023**



