

NSS REPORT

World Mental Health day is meant to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. World Health Organization (WHO) has ensured that mental health is valued, promoted, and protected and immediate action is taken so that people can practice their human rights. Good mental health allows us to cope with challenges, connect with others and thrive throughout our lives. It's vital and deserves to be every human being recognized and respected.

Under the guidance of worthy Rector Madam, Kaneez Fatima, Kargil campus, University of Ladakh. NSS unit Kargil campus organized a one day Mental Health Day on 10th of October, 2023. On this occasion Dr. Kunzes, Clinical Psychologist, Kargil Campus, University of Ladakh was Speaker and around Thirty-two (32) NSS volunteers participated. The overall aim is to raise awareness of mental health and show that mental health matters. The program was conducted under the leadership of Dr. Mehboob Ali and Co-Coordinator Ms. Sonam Angmo, of NSS unit, Kargil Campus. This year the Theme for Mental Health Day is "Mental Health is a Universal Human Right"

Dr. Kunzes delivered a lecture on Our Mind, Our Right, and besides this, also a question and answer (QnA) session on the current mental health status of young generations. The NSS volunteers asked questions related to stress, depression and addictions and how to cope with these issues. The volunteers have shared their problems such as anxieties for careers, employment, studies, addiction to smartphone, procrastination etc. The clinical psychologist took up all their questions smoothly and responded nicely one by one.

The Clinical psychologist, Dr. Kunzes has also discussed some case studies on mental health issues in the Leh District and shared her experiences to deal with them. She has also asked students from Kargil about the kind of mental issues facing by people in their villages. On this discussion, she added that everyone has a right to the highest standard of mental health which includes the right to be protected from mental health risk, right to accessible, good quality care and right to liberty.

In addition, she advised the NSS volunteers and other students that keeping good mental health is vital to our wellbeing and health. It was reported that one in eight people globally are living with

mental health conditions, which effect their physical health, how they connect with other, and their livelihoods.

Moreover, these day mental health conditions are also affecting an increasing number of young people and having a mental health condition should never be a reason to deprive a person of their human right or avoid them. Again, these day's people with mental health regularly to experiences a wide ranges of human right violations. If people are not aware of their human right, they are not able to advocate for them. So, it is very crucial to including people with lived experiences of mental health conditions in decision making on mental health issues, new policies, law and services planning can be positively influenced. At the end of program Dr. Kunzes ask students to come in OPD section of health center, Kargil campus, and consult or discuss with her any kind mental health related issues facing these days.





Coordinator- Dr. Mehboob Ali

Co-Coordinator- Ms. Sonam Angmo