



POSTGRADUATE DEPARTMENT OF PSYCHOLOGY
GOVERNMENT DEGREE COLLEGE, BARAMULLA-193103

NAAC Re-accredited Grade "A" – College with Potential for Excellence (CPE)

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RAAHAT COUNSELLING CUM DISABILITY RESOURCE CENTRE

COUNSELLING SERVICES TO COUNTER PSYCHOLOGICAL DISTRESS AMID SARS-CoV-2

The outbreak of pneumonia epidemic caused by the 2019 novel coronavirus (2019-nCoV, later named SARS-CoV-2; Chen et al., 2019) in Wuhan, Hubei, China, in December 2019, and was recognised as a global pandemic by the World Health Organization (WHO) on March 11, 2020.

There is ample evidence suggesting that stressful events, such as SARS-CoV-2 can have debilitating effects on individuals' psychological and physical well-being. Thus, the World Health Organization has issued guidelines for managing the problem from both biomedical and psychological points of view.

Given the quantum and breadth of impact of the SARS-CoV-2, we do not think there is a single human being who is not affected or feeling some degree of stress and anxiety. The intensity and impact may vary from person to person, however.

Nervousness, fears of contamination, constant reassurance seeking behaviors, panic attacks, sleep disturbance, excessive worry and feelings of helplessness, probability of an economic slowdown, potential job losses, financial burden, uncertainty about future possibilities, fears of running out of food and other necessities etc., are some major triggering factors to depression and anxiety and further worsening depression may lead to severe mental health issues and suicidal thoughts.

RAAHAT Counselling-cum-Disability Resource Centre housed in Postgraduate Department of Psychology at Government Degree College, Baramulla is working round the clock to address the mental health issues arising out of stressful life events.

In view of SARS-CoV-2, **RAAHAT Counselling-cum-Disability Resource Centre** has taken this initiative to extend "FREE COUNSELLING SERVICES" to the citizens of entire Kashmir valley.

The counselling service are given in the following languages:-

1. Kashmiri
2. Urdu
3. English

Details of Psychologists/Counsellors


As per Psychologists' availability of Day/Time and your preferred language you can speak to the Psychologist on the given contact number/s.

S. No.	Name of the Counsellor	Day/s	Time	Language	Contact
1	Dr. Navshad A. Wani	Sunday	11:00 am – 01:00 pm	Kashmiri, Urdu, English	9419046265
2	Dr. Kaiser Ahmad	Monday	02:00 pm – 04:00 pm	Kashmiri, Urdu, English	7006902404
3	Mr. Mir Waseem Khaliq	Tuesday/Saturday	02:00 pm – 04:00 pm	Kashmiri, Urdu, English	7006089026
4	Mr. Ajaz Ahmad Wani	Wednesday/Friday	11:00 am – 01:00 pm	Kashmiri, Urdu, English	8899045498
5	Dr. Shar Ul Nisa Haroon	Thursday/Sunday	02:00 pm – 04:00 pm	Kashmiri, Urdu, English	7051734294
6	Mr. Arshad Ali Bhat	Friday/Wednesday	02:00 pm – 04:00 pm	Kashmiri, Urdu, English	7006145612
7	Dr. Mohd Shoib Mir	Saturday/Tuesday	11:00 am – 01:00 pm	Kashmiri, Urdu, English	778082746
8	Miss Farhana Farooq	Monday/Thursday	11:00 am – 01:00 pm	Urdu, English	8899975681


Dr. Navshad Ahmad Wani

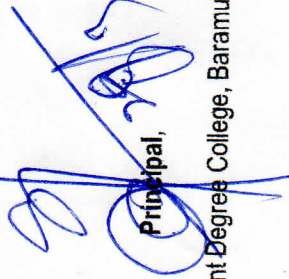
Head,

Postgraduate Department of Psychology
 Government Degree College, Baramulla


Dr. Kaiser Ahmad

Coordinator,

RAAHAT Counselling-cum-Disability Resource Centre
 Government Degree College, Baramulla


Principal,
 Government Degree College, Baramulla