

LCI and Department of Psychology, IIUI marked World Mental Health Day 2008

LCI marked World Mental Health Day 2008 on October 10, 2008 by organizing a seminar. LC Coordinator briefed the participants about LC resources, services and programming. He also through light on the role of bibliotherapy for a healthy society. Dr. Javed Iqbal, Asstt. Professor of Psychology said that according to a research conducted in 2005, every sixth Pakistani is suffering from depression. He advised to keep heart free from hate, mind free from worries, live simple life, live with love, think for other human beings, to live a happy life. Dr. Asghar Ali Shah, Head of Department of Psychology said that human rights violation, suicide bombing, frustration and aggression are basic causes for poor mental health in the country. According to Dr. Shah Pakistani indigenous system including religion and culture are key factors to keep Pakistani society in a good mental health. The seminar was moderated by Mr. Mazhar Bhatti, Lecturer of Psychology. The program was attended by 36 female students.