3.3.7 Mental Health Support for Staff

Women University of Azad Jammu & Kashmir, Bagh, promotes staff well-being through awareness activities and initiatives addressing mental health, emotional intelligence, and stress management. Activities such as seminars and training sessions for faculty and staff help raise awareness about workplace stress, emotional well-being, and healthy coping strategies, contributing to a supportive working environment. (Annex I)

Evidence

Annex I

