

CENTRE FOR PUBLIC POLICY RESEARCH

PRESS RELEASE

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A seminar was arranged by the Center of Public Policy Research Center on 'Mental Health: Impact of Conflict and Social Distress. Dr. Asad(head of the Public Health department, IMSciences) was the guest speaker. The lecture was about the issues related to Mental Health. He pointed out the problems related to the unavailability of statistical data which gives the exact figures of the mental health patients. He highlighted different forms of distresses of social, economic and political nature. Dr. Asad blamed injustice, terrorism, war threats, fanaticism, lust for power, unemployment, unjust distribution of wealth, greed for change of class status, cultural change and role of media and the uncertainty factor present in social, economic and political issues main causes of mental stress. The speaker also talked about the impact of stress on individual and collectively on the society. Different forms of stress were mentioned i.e. 'good and bad stress'; good stress which is a type of a motivator and one should have this sort of stress but if good stress gets prolonged that it can change into bad stress and consequently a person efficiency and cognitive ability could be affected. In the end the speaker reiterated that the major cause of stress is insecurity, he concluded his lecture with a strong message that 'a single candle can lit hundreds of candles and we all can play our role in controlling stress which is very obvious on our societal levels due to the current state of affairs. A very informative session of question answers followed the lecture. The director of Institute of Management Sciences Dr. Nasir in his concluding remarks said that we have a very peculiar situation in the country particularly in our province and a very effective way to cope with stress is through talking and discussion. The director thanked all the guests and congratulated the Centre for Public Policy by arranging seminars on different topics. The CPPR will continue its series of seminars, the next event will be a panel discussion on 'Tribal Governance' followed by a seminar on 'Local Government: Prospectus and Problems for Pakistan tomorrow and day after tomorrow respectively.