Report on Lecture

"Mental Well-being: Nurturing a Healthy Mind"

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As part of the celebration of **Mental Health Week 2026**, the Psychological Counselling Cell of the College, organised a lecture titled **"Mental Well-being: Nurturing a Healthy Mind"** on **13 October 2026**. The lecture was delivered by **Mr. Tahir Ahmad, Assistant Professor of Psychology**, who highlighted the importance of mental well-being and the need to nurture a healthy mind.

During the session, the resource person discussed the significance of emotional balance, stress management, positive thinking, and healthy coping mechanisms in maintaining mental well-being. He emphasised the importance of recognising mental health concerns and developing habits that promote psychological resilience and a balanced lifestyle.

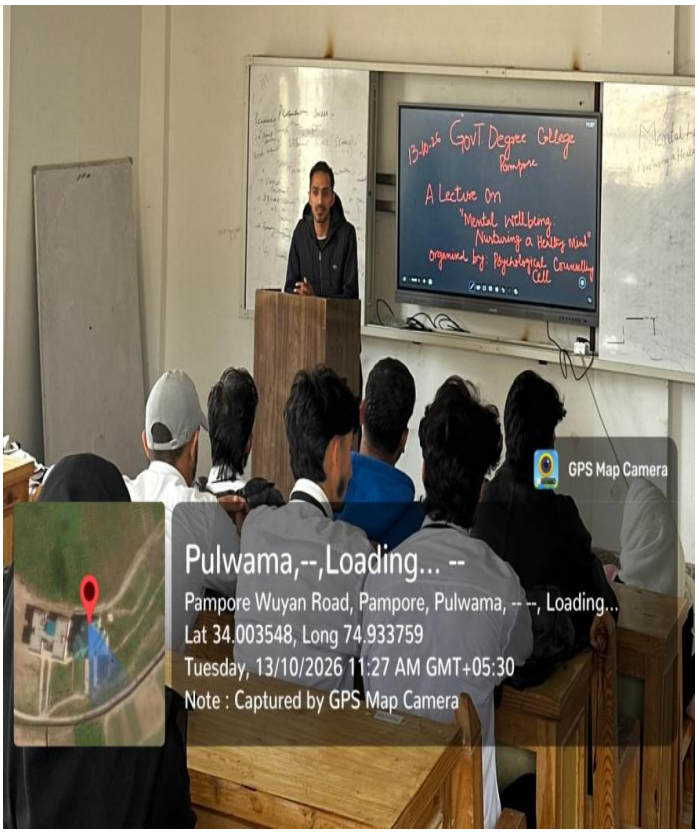
The session was moderated by **Prof. Aliya Muzaffer, Assistant Professor of English**, who facilitated the proceedings and highlighted the relevance of mental health awareness in students' academic and personal lives.

The programme aimed to sensitise students to the importance of mental well-being and encourage them to adopt healthy practices for managing everyday challenges. The lecture formed a meaningful part of the college's observance of Mental Health Week, reinforcing its commitment to promoting a supportive and mentally healthy campus environment.









Submitted to Principal for approval

Aliya Muzaffer
Convenor Psychological Counselling Cell

Prof. Dr Gazala Gaiys
Principal