Report on

“Let’s Talk – Open Mic on Student Well-being”

The Psychological Counselling Cell, in collaboration with the Women’s Development Cell of the college, organised an interactive programme titled **“Let’s Talk – Open Mic on Student Well-being”** on 30th September 2026. The programme was and chaired by the **Principal of the college, Prof.(Dr.) Gazala Gaiys** and moderated by **Prof. Aliya Muzaffer, Convenor of the Psychological Counselling Cell**.

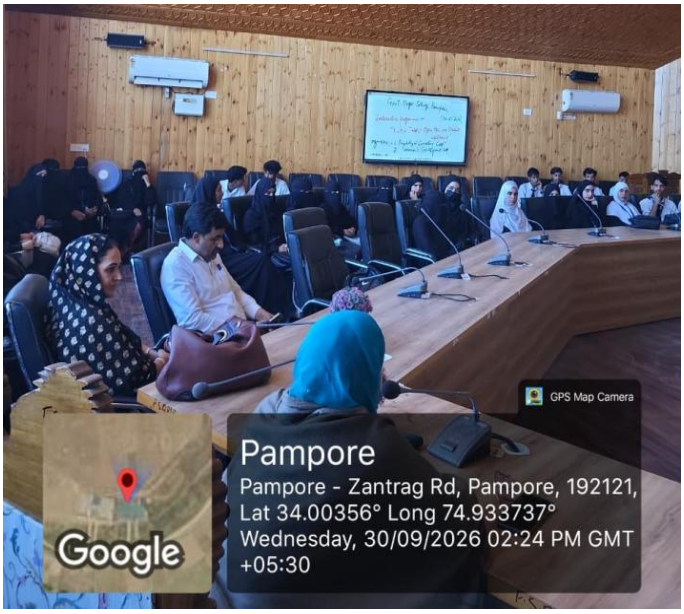
As a preparatory initiative, a Google Form was shared with students to understand their mental and physical health concerns, academic pressures, and other challenges affecting their well-being, with particular emphasis on the experiences and concerns of female students. The responses formed the basis of an open and meaningful discussion, providing students with an opportunity to voice issues that they might otherwise hesitate to share.

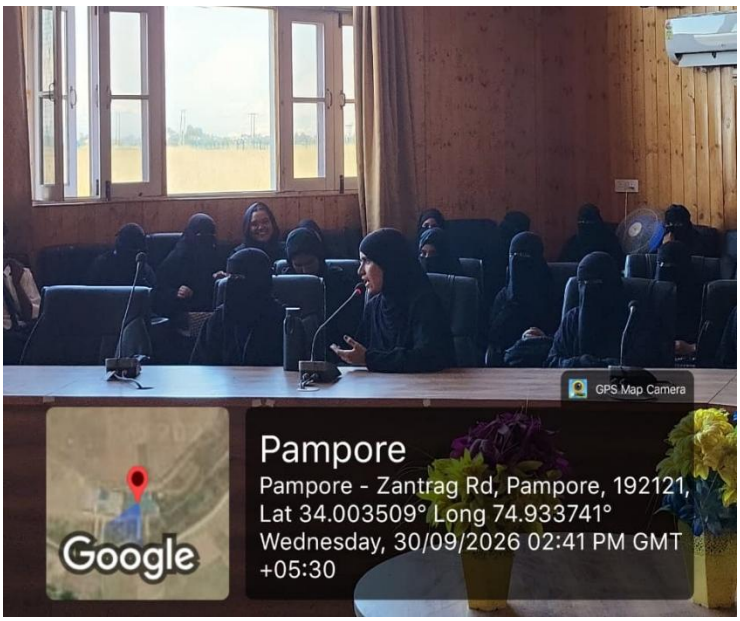
The interactive session created a supportive space where students, particularly young women, could express their concerns and discuss the challenges they encounter in their academic and personal lives. **Principal Dr. Gazala Gaiys** played a central role in the programme by listening patiently to the students, acknowledging their concerns, and offering guidance and practical solutions wherever possible**.** Her empathetic engagement and willingness to address the issues raised by students helped foster an atmosphere of trust and openness. Special attention was given to the concerns of female students, underscoring the importance of ensuring their physical safety, emotional well-being, confidence, and equal opportunities within the college environment.

The programme highlighted the significance of student participation, open communication, and institutional support in addressing issues related to mental health and women’s well-being. It also reaffirmed the commitment of the Psychological Counselling Cell and the Women’s Development Cell to ensuring that students, especially young women, feel heard, respected, and supported.

The programme concluded with an emphasis on maintaining an open channel of communication between students and the college administration and strengthening a safe, inclusive, and gender-sensitive campus environment.







Submitted to Principal for approval.

Aliya Muzaffer
Convenor Psychological Counselling cell

Prof. Dr Gazala Gaiys
Principal