



Workshop

World Mental Healthy Day 2022:
“Engaging University Faculty for Mental Health Wellbeing of Youth”
25th October 2022 | Tuesday | 09:30am - 02:00pm PST

Programme

Speaker: Dr. Sidra Akhtar (Chairperson, Foundation Drug & Psychological Rehabilitation Centre, ISB)

Moderator: Ms. Aafia Rashid (Asst. Programme Officer, Faculty Development Academy/ CUI, ISB)

Activity	Time
Inaugural (09:30am – 09:40am)	
Introduction	09:30am – 09:35am
Opening Remarks <i>Mr. Laeeq Hassan Jaswal (In-charge, FDA)</i>	09:35am – 09:40am
Technical Session (09:40am – 01:30pm)	
Technical Session I <ul style="list-style-type: none">- Prevailing Mental Health Issues Among Students- Activity	09:40am – 11:00am
Tea Break (11:00am – 11:30am)	
Technical Session II <ul style="list-style-type: none">- Equipping a Teacher to Handle Mental Health Issues of University Students- Activity	11:30am – 01:30pm
Closing Session (01:30pm – 02:00pm)	
Recap of Workshop & Vote of Thanks <i>Dr. Azeema Fareed (Add'l Dir./ In-charge, Telehealth, COMSATS)</i>	01:30pm – 01:35pm
Address by Chief Guest <i>Dr. Fareed Minhas (Director, The Tree House Psychiatric Clinic, RWP)</i>	01:35pm – 01:55pm
Certificate Distribution	01:55pm – 02:00pm
Lunch (02:00pm)	