

# Event Report

## Students' Wellness and Resilience Club

### Event Report–1

**Academic Calendar Activity-February 2025-February 2026**

**Students' Empowered Wellness Through Mindfulness and Digital Detox**

#### 1. Event Overview

**Date:** 29th April, 2025

**Venue:** Room 2, Department of Educational Sciences, NUML, Islamabad

**Organized by:** Department of Educational Sciences, NUML

**Resource Person:** Dr. Shazia Zamir, Assistant Professor, Department of Educational Sciences, NUML

**Relevant SDGs:** SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), SDG 12 (Responsible Consumption and Production)

#### 2. Objectives

This seminar aimed to promote mindfulness, reduce digital dependency, and encourage meaningful offline activities to improve students' mental and emotional well-being.

#### 3. Event Description

This session focused on wellness, mindfulness, and digital detox strategies, highlighting healthier technology use and balanced daily habits.

#### 4. Participation & Engagement

**Participants:** B.Ed. 6th semester students, NUML, Islamabad

Students actively engaged in reflections and group discussions on wellness and digital balance.

#### 5. Outcomes & Impact

The event supported **SDG 3** through mental well-being promotion, **SDG 4** through life skills development, and **SDG 12** by encouraging responsible digital consumption.

#### 6. Conclusion

The seminar encouraged students to adopt mindful practices and balanced digital habits, supporting overall well-being and responsible lifestyles as future educators.



STUDENTS' EMPOWERED  
WELLNESS: MINDFULNESS AND  
DIGITAL DETOX

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