

NUML Expands Global Outreach through International Collaboration

The National University of Modern Languages (NUML), Islamabad, has strengthened its international footprint through a strategic collaboration with the Pakistan Institute of Living and Learning (PILL). As part of this initiative, Prof. Dr. Aneela Maqsood, Head of the Department of Applied Psychology, delivered an in-person specialized workshop on “**Culturally Adapted Mental Health First Aid**”. The workshop took place at the Manchester Global Foundation in Manchester, United Kingdom.

The training was delivered to a diverse group of participants from UK, Middle East, Nigeria, Bangladesh, and Pakistan. The workshop equipped participants with skills to recognise mental health symptoms, apply a structured support model for depression, and practice culturally sensitive recovery strategies. Through interactive exercises and case-based discussions, it enhanced their ability to provide effective support and promoted respect for diverse lived experiences and help-seeking behaviors.

This initiative reflects NUML’s commitment to promoting global outreach, advancing culturally relevant mental health practices, and contributing to inclusive wellbeing across communities worldwide.