

**National University of Modern Languages, Islamabad**

**Department of Applied Psychology**

## **Commemorating World Mental Health Day and World Suicide Prevention Day 2025**

The Department of Applied Psychology, National University of Modern Languages (NUML), Islamabad, in collaboration with the Pakistan Institute of Living and Learning (PILL) and the Counselling Centre, University of Sargodha, organised an awareness event to commemorate *World Mental Health Day and World Suicide Prevention Day 2025* on 8th October 2025 at the Confucius Seminar Hall, Ibne Khaldun Block, NUML, Islamabad. Themed “*Mental Health Day: Tiny Acts, Big Impact*,” the event aimed to promote mental health awareness, reduce stigma, and encourage preventive and supportive actions to address maladaptive behaviors within academic and community contexts.

Distinguished speakers graced the occasion, including Brig. Muhammad Imtiaz Chaudhry, *Chief Psychologist and Director Personnel Administration, GHQ, Pakistan Armed Forces*; Prof. Dr. Ejaz Asghar, *Dean of Allied Health Sciences, Health Services Academy, Islamabad*; Ms. Lubna Khan, *Director, Research Network (PILL)*; Prof. Dr. Najma Iqbal, *Chairperson, Department of Psychology, University of Sargodha*; and Prof. Dr. Aneela Maqsood, *Head, Department of Applied Psychology, NUML, Islamabad*. The speakers shared valuable insights on resilience, stigma reduction, psychological well-being, and the importance of collaborative, community-based approaches to mental health promotion. The event was honored by the presence of Prof. Dr. Muhammad Riaz Shad, *Dean, Faculty of Social Sciences, NUML, Islamabad*, who appreciated the Department of Applied Psychology for organising such an impactful event. In his remarks, he emphasised the significance of mental health education within higher institutions, highlighting the collective responsibility of academia to foster awareness, compassion, and proactive engagement in mental health promotion.

The program also featured a vibrant **Students’ Corner**, comprising a **Skits Competition** and an **E-Poster Competition**, where participants used art as a language of healing and hope. Through powerful performances, visual storytelling, and creative designs, students expressed

emotions that are often left unspoken—highlighting the importance of empathy, awareness, and the small, everyday acts that nurture mental well-being. The event drew enthusiastic participation from faculty, students, and guests, fostering meaningful dialogue on mental health and prevention.

The program concluded with a shield distribution ceremony, where guest speakers were honored with tokens of appreciation for their valuable contributions.













