

National University of Modern Languages, Islamabad

Department of Applied Psychology

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 recognize 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.



