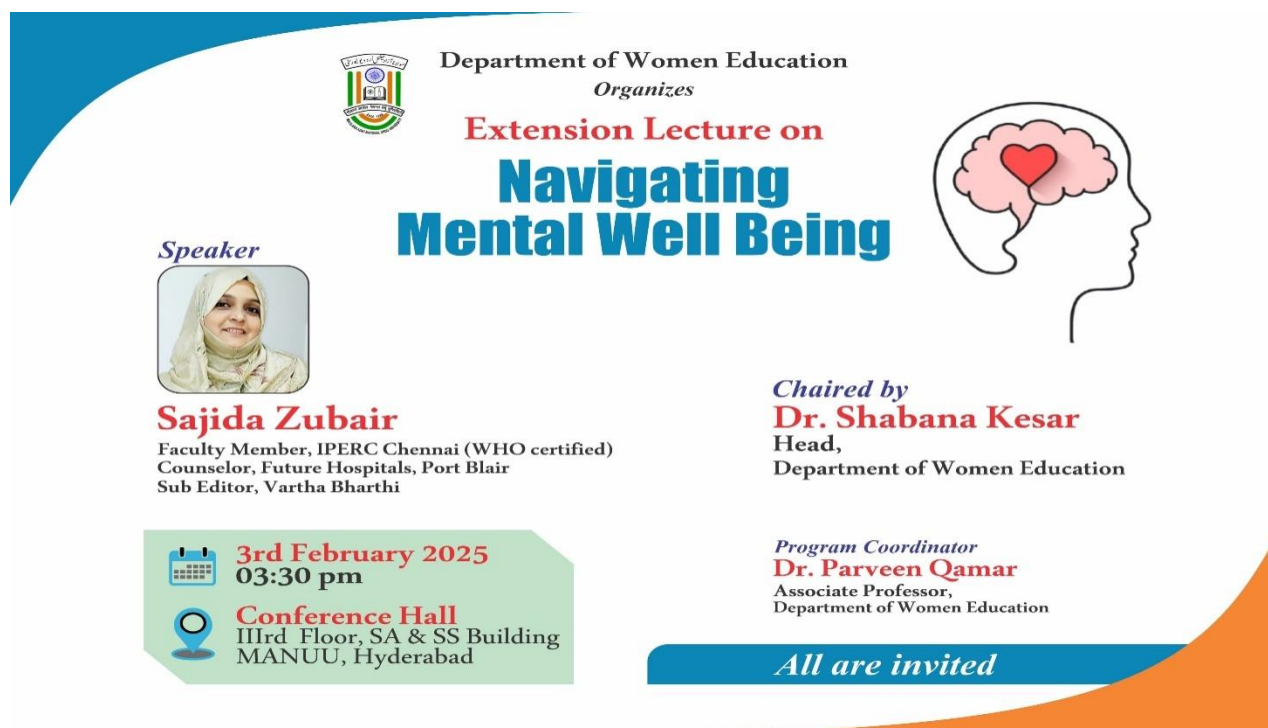



**Department of Women Education  
Organized  
an Extension Lecture on  
Navigating Mental Well Being  
on 3 February, 2025  
(Report)**




The poster features a blue and orange color scheme. At the top, the Department of Women Education logo is on the left, and the text 'Department of Women Education Organizes' is in the center. Below this, the title 'Extension Lecture on Navigating Mental Well Being' is prominently displayed in blue and red. To the right is an illustration of a human head profile with a brain and a heart inside. The speaker's name, Sajida Zubair, is listed with her credentials and a small portrait. The chairperson, Dr. Shabana Kesar, is also listed with her title. The program coordinator, Dr. Parveen Qamar, is mentioned at the bottom right. A green box on the left provides the date, time, and location of the lecture. A blue banner at the bottom states 'All are invited'.


**Department of Women Education  
Organizes  
Extension Lecture on  
Navigating  
Mental Well Being**

*Speaker*  
  
**Sajida Zubair**  
Faculty Member, IPERC Chennai (WHO certified)  
Counselor, Future Hospitals, Port Blair  
Sub Editor, Vartha Bharthi

*Chaired by*  
**Dr. Shabana Kesar**  
Head,  
Department of Women Education

*Program Coordinator*  
**Dr. Parveen Qamar**  
Associate Professor,  
Department of Women Education

 **3rd February 2025**  
**03:30 pm**

 **Conference Hall**  
IIIrd Floor, SA & SS Building  
MANUU, Hyderabad

*All are invited*

An Extension Lecture was organized by the Department of Women Education, Maulana Azad National Urdu University, Hyderabad on 3 February, 2025 on “**NAVIGATING MENTAL WELL BEING**” at 3:30 PM in the Conference Hall of School of Arts and Social Sciences Building, MANUU.

Since people are facing stress and anxieties related to their study, household, peer pressure and much more, it become necessary to emphasize the need of coping up with such behavioral issues. NEP 2020 specifically talks about Physical Health and Psychological and emotional well-being in Higher Educational Institutions. Guidelines has been provided by the UGC also for physical safety and Mental Health. Therefore, creating institutionalized provisions and practices in the campuses of Higher Education are need of the hour. Keeping this in mind and providing students a chance to open up and interact with the counselor, this lecture was organized.

The lecture covered many aspects of stress and anxieties, their causes and mechanism to deal with such issues, live a happy and purposeful life and contribute to the society positively.

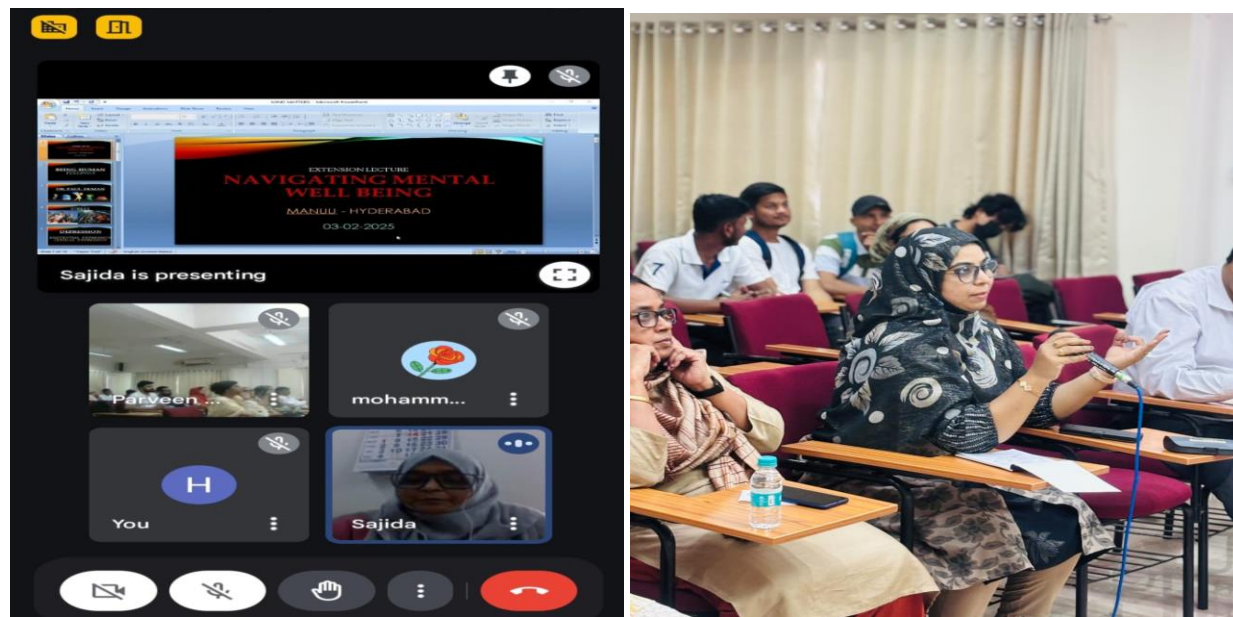
The Lecture was delivered online by *Sajida Zubair*, a renowned counselor. She is a faculty member of IPERC Chennai and a prolific freelance writer. Working tirelessly to address critical issues like anxiety, depression and adolescent health specially of teenagers she is a known figure in South Andaman. Her compassionate approach and unwavering knowledge benefitted both students and faculty members.

The lecture was well attended by the large number of students, scholars, faculty members and employees of the institution.

The event was also addressed by the Head of the Department, Dr. Shabana Kesar who highlighted the importance of mental well-being and impediments in treating mental health issues.

The event was coordinated by Dr. Parveen Qamar, and thanks giving note was proposed by Dr. Tabrez Hussain both are faculties in the department.

**Few glimpses of the program:**





**Dr. Parveen Qamar**  
**Program Coordinator**



**Dr. Shabana Kesar**  
**Head, Dept. of Women Education**