

Quality Enhancement Cell

Report of

Workshop: “Mental Wellbeing Is Not a Destination, It’s a Daily Practice”

4th February, 2026

The workshop titled “Mental Wellbeing Is Not a Destination, It’s a Daily Practice” was successfully organized by Sohail University at its Main Campus on 04th February 2026, commencing at 11:30 AM. The session was conducted to promote awareness regarding mental health and to encourage the adoption of positive daily practices for mental wellbeing among faculty, and staff members of the university.

The workshop was facilitated by Mr. Abdul Basit, a professional Self Development Coach affiliated with WisdomLife Academy. With his extensive experience in personal development and mental wellbeing coaching, he delivered valuable insights and practical guidance throughout the session.

Objectives of the Workshop

The primary objective of the workshop was to highlight mental wellbeing as a continuous daily practice rather than a final goal. The session aimed to raise awareness about mental health, promote emotional resilience, encourage self-reflection, and provide participants with practical strategies to manage stress and maintain psychological balance in both academic and professional life.

The session began with an introductory overview of the importance of mental wellbeing in today’s fast-paced environment. Mr. Abdul Basit discussed common mental health challenges faced by individuals and emphasized the role of daily habits, mindset, and emotional regulation in sustaining mental health. Through real-life examples and interactive discussion, participants were encouraged to recognize their own patterns and adopt healthier mental practices.

An interactive question-and-answer session was conducted following the main presentation. Participants actively engaged by sharing their experiences and seeking guidance on managing academic stress, emotional challenges, and work-life balance. The speaker responded with practical and relatable solutions, making the session highly engaging and informative.

A total of 19 number of participants attended the workshop, including faculty members, and administrative staff of Sohail University. The attendance demonstrated a strong level of interest and awareness regarding mental wellbeing within the university community.

Sno.	Names	Designation	Department
1	Mr. Abdul Basit	Speaker	External
2	Mr. Fawad Mahmood Butt		External
3	Syed Najeeb Haider Jafri	Director	QEC
4	Syed M. Inamullah	Manager	QEC
5	Ms. Kinza Tariq	Assistant Manager	QEC
6	Mr. Muhammad Raza	Data Analyst	QEC
7	Syeda Bisma Shah	Assistant Manager	QEC, JMDC
8	Mr. Shoaib	Data Analyst	QEC, JMDC
9	Dr. Tayyaba Faraz	Associate Professor	JCP
10	Dr. Maria Siddique	Senior Lecturer	JCP
11	Dr. Kinza Khan	Lecturer	JCP
12	Dr. Sharonia Butt	Senior Lecturer	JCP
13	Prof. Dr. Nasim Karim	Director Research Cell	Dean Health Sciences
14	Ms. Qurat-ul-Ain Agha	Statistician	Research Cell
15	Dr. Shafaq Bano	Lecturer	DPT/JCRS
16	Dr. Wania Umer	Lecturer	DPT/JCRS
17	Ms. Sameera Wasil	Lecturer	JCRS
18	Mr. Sharoon Khan	Lecturer	Nursing
19	Dr. Yumna Ilyas	Associate Professor	JCRS

The workshop enhanced participants' understanding of mental wellbeing as an ongoing process and provided them with actionable techniques to manage stress and emotional challenges. Participants gained greater awareness of the importance of consistency in mental self-care and expressed motivation to implement positive changes in their daily routines.

Conclusion

The workshop “*Mental Wellbeing Is Not a Destination, It’s a Daily Practice*” was successfully conducted and effectively achieved its objectives. It proved to be a valuable initiative in fostering a mentally healthy academic environment at Sohail University. Organizing similar workshops in the future is highly recommended to continue supporting the wellbeing of the university community.



