

## Quality Enhancement Cell

### Report of

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

**4<sup>th</sup> 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 04<sup>th</sup> 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.



