

Report on “Workshop on Mental Health Counseling for Students and Teachers”.

Date: 14th March, 2022

Time: 9:30 am to 12:00 pm

Location: Aqsa Women’s Degree College, Bhiwandi

Category: IQAC

Guest Speaker: MominWahida NisarAhmed

Designation: Psychologist

Working at: Rahat Polyclinic Hospital, Bhiwandi

(Running online mental health treatment camp for all over India)

Beneficiaries: Students of Arts, Commerce, Science and DMLT (Total: 70)

Adolescence is a time for young people to have a healthy start in life. The number of adolescents reporting poor mental health is increasing. Building strong bonds and connecting to youth can protect their mental health. School, Colleges and parents can create these protective relationships with students and help them grow into healthy adulthood.

On 14th March, 2022, IQAC of Aqsa Women’s Degree College organized a Workshop on “Mental Health Counseling for Students and Teachers” for all the students of TY/SY/FY of Arts/Science/Commerce/DMLT .The workshop was conducted by Ms.Nazia Qureshi, Asst.Lecturer of Aqsa Women’s Degree College. The Guest speaker was Ms.Momin Wahida Nisar Ahmed (Psychologist), working at “Rahat Polyclinic hospital” in Bhiwandi.

Motto of the workshop was vaccinating young minds to prevent mental health disturbance. It was a pre-hand treatment plan to develop healthy thinking pattern in mind of students, so that, they don’t store unhealthy thinking pattern in their mind through-out and at last suffer from Depression, Anxiety, Anger, Suicidal Tendency. At present adolescents and teenagers are not aware of upcoming adversity in life, thus, it is quite important to make them pre-hand prepare of it, though they don’t have insight at present.

To sum up hence, it was pre structured counseling program. It was a step to eradicate world of Comparison, jealousy, Envy, Depression, Anxiety, Suicide, Stress and other mental health issues in advance like polio dose is given in advance to prevent polio. Plus, taboo on mental health will be removed by Psycho educating through counseling sessions.

Report by-

Qureshi Nazia

Asst.Lecturer



Guest speaker of the program



Comprehensive counseling session



Figure 1 Students active participation

Report on Personality Development Contest

Date: 25th November, 2021

Time: 10:30 am to 12:30 pm

Location: Aqsa Women's Degree College, Bhiwandi

Category: IQAC/Department of Dmlt

Judges: Ms.Sana Don from Food and Nutrition Department and Ms.Momin Fareha from Chemistry Department of Aqsa Women's Degree College

Beneficiaries: Students of Arts, Commerce, Science and DMLT (Total no: 26)

Educational institute plays an important role in the personality development of students. This is the need of hour as it is essential for the holistic development of students and their survival in this competitive world.

On 25th November,2021, IQAC of "Aqsa women's degree college "organized "Personality Development Contest" for all the students of TY/SY/FY of Arts/Science/Commerce/DMLT .The contest was organized by Ms.Nazia Qureshi along with the judges Ms.Sana Don from Food and Nutrition Department and Ms.Momin Fareha from Chemistry Department of our college.

Personality development Contest started with a very creative introductory session where students had to introduce themselves in a novel way. They had to either mention an adjective or a quote which best describes them .This was followed by a discussion on the self, one's desires, dreams, passions and motivations. Students were told how important their dreams and desires are for developing the personality. They were also encouraged to be optimistic and to have a positive approach about everything in life. Most importantly, it was emphasized that they should love themselves and never loses confidence.

To sum up, it was a well thought-out contest of motivating the students to discover themselves. The most value attraction of this contest was the online certificate to each participant. Three winner names have been declared on the same day of the contest.

Report by-

Qureshi Nazia

Asst.Lecturer



Judges for the personality Development Contest



Students active participation



Winner of the Personality Development Contest

Report on Personality Development Contest

Date: 1st April , 2022

Time: 8:30 am to 11:00 am

Location: Aqsa Women's Degree College, Bhiwandi

Category: IQAC/Department of Dmlt

Judges: Ms.Madoo Shagufta Commerce Department and Ms.Sayyed Zainab from English Department of Aqsa Women's Degree College.

Beneficiaries: Students of Arts, Commerce, Science and DMLT (Total: 47)

"Personal Development is a major time saver. The better you become, the less time it takes you to achieve your goals".....Brain Tracy

Educational institute plays an important role in the personality development of students. This is the need of hour as it is essential for the holistic development of students and their survival in this competitive world.

On 1st April, 2022 IQAC of "Aqsa women's degree college "organized "Personality Development Contest" for all the students of TY/SY/FY of Arts/Science/Commerce/DMLT .The contest was organised by Ms.Nazia Qureshi , Asst. Lecturer of Aqsa women's degree college along with the judges Ms.Madoo Shagufta Commerce Department and Ms.Sayyed Zainab from English Department of Aqsa Women's Degree College.

Personality development Contest started with a very creative introductory session where students had to introduce themselves in a novel way. They had to either mention an adjective or a quote which best describes them .This was followed by a discussion on the self, one's desires, dreams, passions and motivations. Students were told how important their dreams and desires are for developing the personality. They were also encouraged to be optimistic and to have a positive approach about everything in life. Most importantly, it was emphasized that they should love themselves and never loses confidence.

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Report by-

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Asst.Lecturer



Felicitation of judges



Second prize winner of the contest



Students active participation