



MONTHLY NEWSLETTER

DECEMBER 2025





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MESSAGE

DR. SHOUKAT ALI

INCHARGE | SMW-UAF



Dear SMW Members,

Student-led initiatives like the Society for Mental Welfare play an important role in fostering awareness, empathy, and responsible dialogue on mental well-being. I appreciate the effort to create a platform that encourages reflection, learning, and mutual support. I wish the society success in its activities and positive impact on the student community.

Best Regards,

DR. SHOUKAT ALI
SENIOR TUTOR-UAF

ABDULLAH SARFRAZ

PRESIDENT | SMW-UAF



The mind craves care and understanding comparable to the bodies need for food. **Society for Mental Welfare** seeks to build a campus broader in terms of culture where seeking help is not a weakness and offering support is not just an obligation but a responsibility and conversations about mental health are met with empathy and compassion rather than judgment. As the founding president I believe true strength lies in balance, ambition with compassion. Through our initiatives we seek not only to educate but to stand behind those who need to be heard. Together we move towards a healthier, more emotionally mature and conscious society, one person, one mind at a time.

EVENTS

AWARENESS WALK

Mental health is an essential part of overall well-being, influencing how we think, feel, and function in our daily lives. Academic pressure, social expectations, and personal challenges can take a toll on mental wellness if left unaddressed. By promoting

awareness, encouraging open conversations, and reducing stigma, we can foster a supportive environment where individuals feel understood, valued, and empowered to seek help when needed.



ORIENTATION



The Society for Mental Welfare (SMW) desk is here to welcome new students and introduce them to a supportive space dedicated to mental well-being. Our team provides information about mental health awareness, stress management, and the support services available on

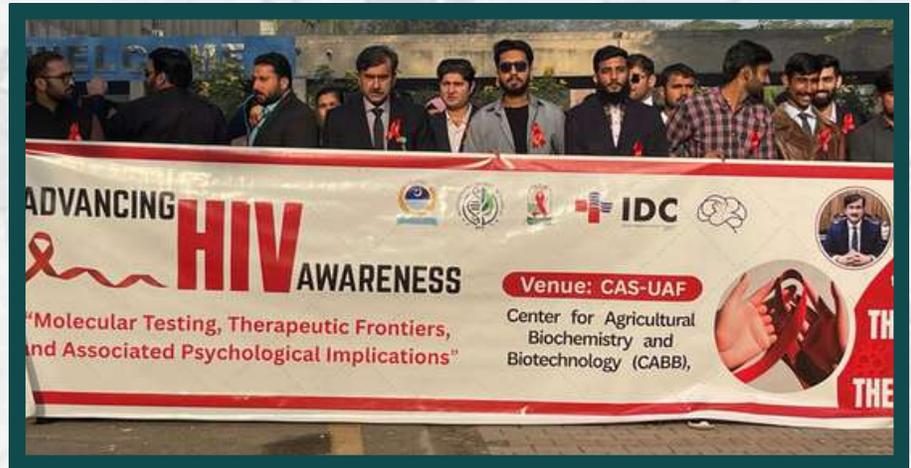
campus. Students are encouraged to stop by, ask questions, and learn how SMW promotes a culture of empathy, understanding, and self-care at UAF. Whether you are facing academic stress or simply want to know more about maintaining a healthy mindset, SMW is here to support you throughout your university journey.

EVENTS

WEBINAR ON "WOUND TO WISDOM"

The Society for Mental Welfare (SMW), in collaboration with the Center for Agricultural Biochemistry and Biotechnology, organized an HIV Awareness Seminar to educate students about the scientific, medical, and social aspects of HIV. The seminar aimed to promote accurate knowledge about HIV

transmission, prevention, and treatment, while addressing common myths and misconceptions surrounding the disease. Expert speakers highlighted the importance of early diagnosis, responsible behavior, and compassion toward individuals living with HIV. By integrating mental health awareness with biomedical knowledge, the session encouraged informed discussions, reduced stigma, and emphasized the role of awareness in building a healthier and more inclusive society.



HIV AWARENESS SESSION

The Society for Mental Welfare (SMW), in collaboration with the Character Building Society, organized the Wound to Wisdom webinar to explore how personal challenges and emotional struggles can become sources of growth, resilience, and self-awareness. The session focused

on transforming adversity into strength through reflection, emotional intelligence, and positive character development. Through insightful discussion and practical guidance, the webinar encouraged participants to view setbacks as opportunities for learning and personal evolution.



MEETINGS

FIRST CABINET MEETING

The Society for Mental Welfare (SMW) held its first cabinet meeting to formally commence activities for the new tenure. The meeting focused on introducing cabinet members, outlining roles and responsibilities, and discussing the society's vision, objectives, and planned initiatives for the academic year.



Key agenda points included strategies for promoting mental health awareness, organizing educational events, and strengthening collaboration within the team. The session emphasized teamwork, leadership, and commitment to SMW's mission of fostering a supportive and mentally healthy campus environment.

FIRST GENERAL MEETING



The Society for Mental Welfare (SMW) conducted its first General Members Meeting to welcome newly inducted members and introduce them to the society's mission and activities. The session provided an overview of SMW's objectives, ongoing initiatives, and upcoming events focused on

promoting mental health awareness and student well-being. Members were briefed on their roles, participation opportunities, and the importance of teamwork in achieving the society's goals.

MEETINGS

SECOND GENERAL MEETING

The Society for Mental Welfare (SMW) held its second General Members Meeting to review ongoing activities and further strengthen member engagement. The session focused on discussing progress made since the first meeting, planning upcoming events, and assigning responsibilities to ensure effective execution of initiatives.

Members actively participated in discussions, shared ideas, and contributed suggestions aimed at enhancing the society's impact on mental health awareness across campus. The meeting reinforced teamwork, accountability, and commitment, motivating members to work collaboratively toward SMW's goals and future activities.



THIRD GENERAL MEETING

The Society for Mental Welfare (SMW) conducted its third General Members Meeting. The meeting included a Bibliotherapy session, which focused on using reading and discussion to promote emotional well-being and self-reflection, and a Hot Seat game, designed to encourage open communication, team bonding, and engagement among members.

WHY EMOTIONAL INTELLIGENCE MATTERS?



Emotional Intelligence (EI) refers to the ability to recognize, understand, manage, and respond to emotions both our own and those of others. In the modern age where stress, communication gaps, and social pressure are common, emotional intelligence has become one of the most essential life skills. It helps individuals navigate relationships, make better decisions, resolve conflicts, and maintain mental balance.

When you are emotionally intelligent, you become able to:

- Control your emotions
- Understand the emotions of other people
- Respond appropriately to the emotions of others

Below are the key areas in which emotional intelligence makes a significant difference:

Self Awareness:

Emotional intelligence involves self-awareness about your emotions, reactions and motivations. Self-awareness helps you become aware of your moods, which enables us then to manage our moods and respond thoughtfully rather than reacting impulsively. This awareness will assist you in making healthier, balanced choices.

Self Regulation:

Self-regulation is being able to calm yourself down during moments of emotional intensity. It allows you to manage anger, excitement and frustration so your passions don't drive your actions. By managing your responses, you protect your mental well being and maintain emotional balance.

BLOG ARTICLE

Empathy:

Empathy is the ability to understand and relate to the emotions of others. It allows you to see situations from another person's perspective and respond with care and understanding. Empathetic people are often seen as good listeners and supportive companions.

Motivation:

Motivation works as an inner drive that pushes you forward, even during challenges. It keeps you focused on your goals, gives you purpose, and helps you stay consistent rather than giving up when things get difficult.

Social Skills:

Social skills involve effectively communicating, building relationships, and resolving conflicts. Strong social skills help you collaborate with others and maintain positive connections, often making you the person who brings people together



Why Emotional Intelligence is important today?

In today's world, stress levels are rising and competition is fierce and social media is playing a big role in our lives. Amid all this, finding emotional balance is essential. EI improves:

- Mental health
- Academic and professional performance
- Leadership abilities
- Decision making skills
- Communication skills
- Building confidence and strength

Those who have high emotional intelligence usually cope better, stay hopeful when faced with difficulties and manage stress without falling apart



How to improve emotional intelligence?

1. Practicing self reflection:

Understand your emotions, reactions and behaviour patterns.

2. Develop empathy:

Try to understand the situation from other people's perspectives.

3. Manage stress positively:

Adopt healthy coping mechanisms like journaling, breathing exercises, reading etc.

4. Communicate clearly:

Try to communicate your feelings and listen to others as well.

Conclusion

Emotional intelligence goes beyond being a simple skill; it's essential for life. It shapes our thoughts, feelings, conversations, and responses. When we learn to recognize and manage our emotions well, we can build stronger relationships, make smarter choices, and face difficulties with grace and assurance. To sum it up, EI allows you to shine from within, not just on social media.



Author

HIBA NOOR
AWARENESS AND
ADVOCACY LEAD

BLOG ARTICLE



However, we don't talk enough about how difficult it is to constantly be the one who survives.

There is a hidden assumption that if you have managed something previously, you will handle it again. Regardless of how exhausted you are. No matter what it costs you.

However, surviving is not the same as living. Resilience loses its powerful quality with time. It starts to feel like pressure.

It's as if you can't fall apart since everyone is used to seeing you standing.

And sometimes the most difficult thing is acknowledging that you don't want to endure anymore.

What helps when strength starts to ache!

I do not have ideal solutions. Just simple things to make the weight seem lighter.

I'm realizing that rest isn't something you earn.

You don't have to be exhausted to deserve a rest.

I'm learning to ask — clumsily and imperfectly.

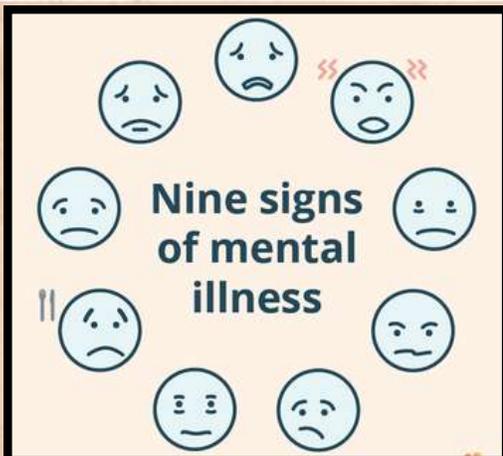
I'm learning to cease practicing wellness.

Some days, I function. Some days, I don't.

Neither makes me a failure. I am learning to preserve one location where I do not need to be strong. Just may be a person., a page, a relaxing time. And trust me you don't need any kind of grammar to write your thoughts . Just write what comes in your mind .Just write it in your own voice .

I am learning that somewhere I can breath without having to justify myself.

And I'm seeing that accepting care does not make me dependent. Yes ! It makes me human.



This is not me rejecting strength. It's my request for rawness to exist beside it.

I do not want to cease being capable.

I simply do not want expertise to be the only way I am allowed to exist.

The majority of strong individuals did not chose to be strong, but rather learnt it to feel safer.

Perhaps healing isn't about getting tougher anymore.

Perhaps you should lessen your hold.

Simply surviving quietly today is sufficient

BLOG ARTICLE



I have come up with a few solutions.

1. Replace "I should" with "what can I manage." What is the simplest thing I can manage right now? .Once you managed even a smallest manageable task you will be able to feel that sense of relief from inside . It will be everything for you .
2. Stop describing your tiredness. Trust me you don't need a reason everytime to take rest . Sometimes you just want to reset to restart .
3. Start accepting. Yes ! this is what I meant . Rethink about your past but let it not ruin your present and future . Just think with me once ! if you accepted your past failure or any kind of mistake with your whole heart . Will it be easier for you to move on or will it be NOT ? its definite that your brain will try to find solutions and you started to recover from your past traumas .

At the end I just want you all to know that Healing does not always start with action sometimes ,It starts with permission and through this blog I wanted you all to give yourselves that permission .

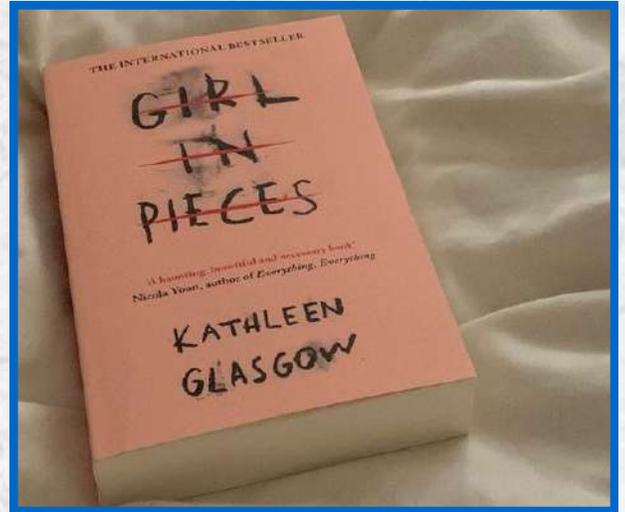


Author

AIMA KASHIF
SENIOR VICE PRESIDENT

GIRL IN PIECES BY KATHLENE GLASSGLOW

I want to tell you about a book that felt less like reading and more like being handed a cracked, but still beating, heart. It's called *Girl in Pieces*, and it's about a girl named Charlie. Charlie is seventeen, and she is shattered. Life has handed her losses that cut deeper than any blade, and for a while, the only way she knew how to speak that pain was to let it out onto her skin. The story starts where many stories pretend to end: in the quiet, fluorescent haze of a psychiatric hospital, where she's trying to learn, from scratch, how to be a person.



But here's the thing this book knows, in its bones: leaving the hospital isn't the happy ending. It's the terrifying beginning. We follow Charlie to a new city, a dusty job at a café, and into the orbit of people like Riley—a boy whose broken parts seem to fit with hers, for better and often for worse. Some days she makes it. Some days, the old, familiar pull of the pain is so loud it drowns out everything else.



I'm sharing this because if you've ever felt like a collection of broken parts, Charlie's voice will feel like a quiet companion in the dark. It's a story that says, I see your mess, and you are not alone in it. And more than that, it whispers a fierce, hard-won hope: that we are not defined by what broke us, but by the gentle, daily act of picking up the pieces and choosing to go on.

It's a heavy read, but it's a real one. And sometimes, that's exactly what we need.



Author

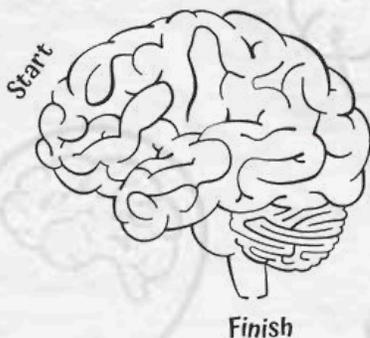
Noor Fatima
Head Bibliotherapy

THE BRAIN MAZE

This activity, visually represented by the human brain, is a classic maze puzzle.

The Challenge

Navigate the path from the designated starting point to the finish line. The lines representing the cortical folds (gyri and sulci) form the walls of the maze.



The Psychology Link (Cognitive Focus)

Focus & Attention: Solving a maze requires sustained, selective attention, forcing your brain to filter out non-pathway lines.

Spatial Reasoning: It engages the parts of your brain responsible for mentally rotating and manipulating shapes and visualizing routes.

Executive Function: This puzzle utilizes planning and error correction. When you hit a dead end, you must inhibit the incorrect response and strategically backtrack, which is a key executive function skill.

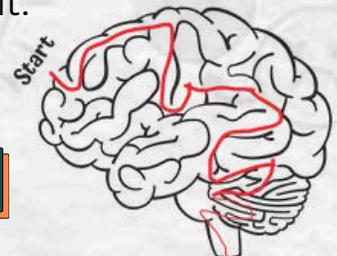
How to Play

Find the Start: Locate the word "Start" on the upper-left side of the brain image.

Find the Finish: Locate the word "Finish" at the bottom-center of the image.

Trace the Path: Using a pencil, begin tracing a continuous line from the "Start" entrance.

Solve the Maze: Follow the open pathways, avoiding the dead ends, to find the single continuous route to the "Finish" exit.



Result

MINDFUL ACTIVITIES

SOMATIC GROUNDING: FIVE-FINGER BREATHING

Theme: Stress Reduction

MANAGE YOUR BREATH
with your hand

Cognitive Focus:

Mindfulness & Nervous System Regulation

The Challenge:

A physical and breathing exercise combined to instantly lower stress levels.

How to Play:

Hold up one hand, spreading your fingers wide.

Place the index finger of your other hand at the base of your thumb.

Breathe In: Slide your finger up the side of your thumb.

Breathe Out: Slide your finger down the other side.

Repeat this "Up = In, Down = Out" motion across all five fingers.

The Psychology Link:

This is a multisensory grounding technique. It combines tactile sensation (touch) with rhythmic breathing. This signals the parasympathetic nervous system to activate, moving the body out of "fight or flight" mode and into "rest and digest."



KiddyCharts

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Khadija Ejaz
Activities Facilitator

MENTAL HEALTH & TIPS



Author

Fatima Ayyaz
Deputy Secretary
General



PRACTICE SELF-CARE DAILY

Do one tiny thing that recharges you – tea, music, bath, journal



GET ENOUGH SLEEP

7–9 hrs = better mood, brain, immunity.



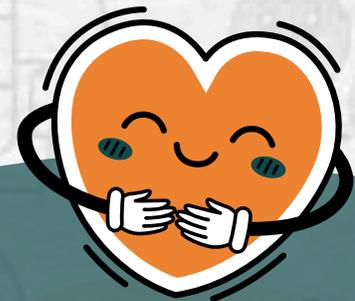
EXERCISE REGULARLY

Move 20–60 min/day – walk, dance, gym, yoga.



PRACTICE MINDFULNESS

Breathe 3x, notice your feet on the floor, pause before reacting



BE KIND TO YOURSELF

Talk to yourself like you'd talk to your best friend.

TESTIMONIAL

Head Counseling & Outreach

MARYAM NAEEM



“

"Joining the Society for Mental Welfare has been a meaningful journey. The opportunities here at SMW have broadened my perspective and supported the importance of small actions that really matter in creating a meaningful change. For me, SMW is just like a catalyst both for personal and professional growth. The connections I have built and the experiences I have gained have strengthened my sense of purpose. I am proud to be the part of the Society for Mental welfare and looking forward to grow alongside this incredible society."

”



UPCOMING ACTIVITIES

Upcoming activities:

- World Braille Day – January 4
- National Compliment Day – January 24
- Inspire Your Heart With Art Day – January 31

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HIGHLIGHTS

HIGHLIGHTS DECEMBER

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STAY TUNED FOR THE NEXT MONTHLY BULLETIN!