



MENTAL HEALTH AND WELL-BEING SUMMIT (MHWBS-2023): MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT

PROGRAM

INAUGURAL SESSION		
08:30am – 09:25am	Registration	
09:30am – 09:40am	Recitation from the Holy Quran	Mr. Waqar Ali Intern PMDCP Institute of Clinical Psychology University of Karachi
09:41am – 09:50am	Naat-e-Rasool	Mr. Syed Muhammad Mehdi Naqvi Intern M.Phil-II Institute of Clinical Psychology University of Karachi
09:51am – 09:55am	National Anthem	---
09:56am – 10:05am	Ceremonial Welcome	Prof. Dr. Uzma Ali Director, Institute of Clinical Psychology University of Karachi
10:06am – 10:15am	ICP Introduction	Prof. Dr. Sobia Aftab Institute of Clinical Psychology
10:16am – 10:25am	Thematic Talk	Dr. Syeda Hoor-Ul-Ain Director, Office of Research, Innovation, and Commercialization (ORIC) University of Karachi
10:26am – 10:35am	Address by Dean, Faculty of Arts & Social Sciences University of Karachi	Prof. Dr. Shaista Tabassum
10:36am – 10:45am	Address by Honorable Vice Chancellor University of Karachi	Prof. Dr. Khalid M. Iraqi
KEYNOTE SESSION-I [Session Moderator: Prof. Dr. Sobia Aftab] [10:46am – 11:25am]		
TIME	TOPIC	GUEST SPEAKER
10:46am – 11:05am	Food and Mental Health	Prof. Dr. Farhat Batool Chairperson Department of Biochemistry University of Karachi
11:06am – 11:25am	Mental Health and Legislation	Senator Dr. Karim Ahmed Khawaja Chairman Sindh Mental Health Authority





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PLENARY SESSION – I Mental Health in the Light of Liberight [Session Moderators: Prof. Dr. Salman Shahzad & Dr. Rabia Mushtaq] [10:46am – 01:20pm]		
TIME	TOPIC	GUEST SPEAKER
11:26am – 11:40am	Our Minds, Our Rights: Promoting Positive Mental Health	Prof. Dr. Zainab Zadeh Head of Division Child and Adolescents Mental Health Pakistan Institute of Living and Learning
11:41m – 11:55am	Dignity in Mental Health is a Fundamental Human Right: A Religious Perspective	Dr. Imran Y. Muhammad (SI) Chairman Transformation International Society
11:56am – 12:10pm	Building Psychological Capitals in Youth	Prof. Dr. Riaz Ahmad Institute of Clinical Psychology University of Karachi
12:11pm – 12:25pm	Role of Media in Promoting Mental Health Awareness	Prof. Dr. Qudsia Tariq Former Chairperson Department of Psychology University of Karachi
12:26pm – 12:40pm	The Role of Higher Educational Institutions in Supporting Well-Being of Students	Prof. Dr. Zainab Bhutto Dean & Director Institute of Professional Psychology Bahria University, Karachi
12:41pm – 12:55pm	E-Mental Healthcare: Challenges and Opportunities	Dr. Taha Sabri Co-Founder and Chief Operating Officer Taskeen Health Initiative
12:56pm – 01:10pm	The Social Determinants of Health Disparities and Health Equity: A Judicial Lens	Ms. Khushbakht Shah Jillani Litigator and Corporate Consultant Founder & CEO Adal Aur Sehat
QA and Discussion [01:10pm – 01:20pm]		
LUNCH & PRAYER BREAK [01:21pm – 02:10pm]		
KEYNOTE SESSION-II [Session Moderator: Associate Prof. Dr. Hina Imran] [02:11pm – 02:30pm]		
TIME	TOPIC	GUEST SPEAKER
02:11pm – 02:30pm	Harassment: Legislation, Regulations and Policies	Mr. Zia Ahmed Awan Advocate Supreme Court of Pakistan President: Lawyers for Human Rights and Legal Aid Founder: Madadgar National Helpline



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PLENARY SESSION – II Harassment & Mental Health [Session Moderator: Associate Prof. Dr. Hina Imran & Dr. Sanober Khanam] [02:31pm – 03:10pm]		
TIME	TOPIC	GUEST SPEAKER
02:31pm – 02:45pm	Harassment: Mental Health and Well-being in Higher Education Institutions	Prof. Dr. Nargis Asad Chairperson Department of Psychiatry The Agha Khan University Hospital, Karachi
02:46pm – 03:00pm	Curbing Harassment in Higher Education Institutions: Polices & Practice	Prof. Dr. Anila Amber Malik Chair Department of Psychology University of Karachi
QA and Discussion [03:01pm – 03:10pm]		
KEYNOTE SESSSION-III [03:11pm – 03:30pm] [Session Moderator: Associate Prof. Dr. Nasreen Bano]		
TIME	TOPIC	GUEST SPEAKER
03:11pm – 03:30pm	Substance Use Awareness and Prevention	Meritorious & DNP Prof. Dr. Iqbal Afridi Former Dean JPMC, CPSP & JSMU, Karachi
PLENARY SESSION – III SUBSTANCE USE AWARENESS AND PREVENTION [Session Moderator: Prof. Dr. Sobia Aftab & Dr. Nasreen Bano] [03:31pm – 04:15pm]		
TIME	TOPIC	GUEST SPEAKER
03:31pm – 03:45pm	Understanding and Preventing Substance Use in Youth: Challenges and Way Forward	Prof. Dr. Salman Shahzad Institute of Clinical Psychology University of Karachi
03:46pm – 04:00pm	Breaking Down the Stigma of Addiction	Dr. Chooni Lal Head of the Department Department of Psychiatry and Behavioral Sciences Jinnah Postgraduate Medical Centre, Karachi
04:01pm – 04:15pm	Reducing Inequality and Building a Resilient Tomorrow	Ms. Rashda S. Niazi Clinical Psychologist Training Coordination Officer United Nations Office on Drugs and Crime
QA and Discussion [04:16pm – 04:25pm]		





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CLOSING CEREMONY

[Moderator: Prof. Dr. Sobia Aftab & Dr. Nasreen Bano]

[04:25pm – 05:30pm]

Guest of Honors

To be announced soon!

&

To be announced soon!

Chief Guest

To be announced soon!

04:25pm – 04:35pm	Address by Guest of Honor	To be announced soon!
04:36pm – 04:45pm	Address by Honorable Chief Guest	To be announced soon!
04:46pm – 05:00pm	Concluding Remarks & Vote of Thanks	Prof. Dr. Kausar Ansari Institute of Clinical Psychology University of Karachi
05:01pm – 05:30pm	Shield Distribution by the Vice Chancellor	---

