

# Tranquil Times

Empathetic Chronicles

FIRST EVER  
COLLEGE LEVEL  
MENTAL HEALTH & WELL-BEING CLUB  
IN THE COUNTRY

1st EDITION OF  
TRANQUIL TIMES



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## PREAMBLE

The BAF Shaheen College Dhaka Mental Health and Well-being club is a student-led organization that endeavors to propagate mental health awareness and well-being among the students of the college. The club is committed to creating a supportive and inclusive community where pupils can learn about mental health, share their experiences, and find support.

The club organizes a plethora of activities and events throughout the year to promote mental health and well-being, including workshops, seminars, and awareness campaigns. These activities are designed to help students develop coping skills, manage stress and anxiety, and improve their overall mental health.

The club is run by a group of devoted students who are passionate about mental health and well-being. They work in tandem to create a safe and welcoming space where students can converge to learn, grow, and support each other.

The club's mission is to raise awareness about mental health and well-being, reduce stigma, and provide succor to those who are grappling with mental health issues. The club believes that mental health is just as vital as physical health and that everyone deserves access to quality mental health care.

If you are interested in learning more about mental health and well-being or want to get involved with the club, then don't hesitate to join. The club welcomes everyone and is committed to creating a supportive and inclusive community for all students.





## EMBRACING PROGRESS: A MODERATOR'S PERSPECTIVE

MAHJAREEN BINTA GAFFAR

Moderator

BAF Shaheen College Dhaka Mental  
Health & Well-Being Club

Greetings, esteemed readers,

Welcome to this momentous occasion as we embark on a journey of enlightenment and transformation. I am Mahajareen Binte Gaffar, your moderator for this captivating magazine article. Together, let us explore the depths of meaningful discussions and embrace the winds of change.

As a moderator, I stand as a guardian of respectful dialogue and inclusivity. It is my privilege to create an environment where diverse voices flourish and ideas intertwine. Each viewpoint we encounter adds richness to the tapestry of knowledge we weave together.

Throughout our interactions, I encourage active listening, open-mindedness, and the courage to challenge our own assumptions. Let us use this platform to expand our horizons, fostering personal growth and inspiring progressive change. Moreover, I invite you to seize the opportunity to connect with fellow readers and participants. Networking within these pages can forge bonds that transcend the boundaries of this magazine, fostering collaborations that ignite remarkable transformations.

Dear readers, I express my heartfelt gratitude for your presence and unwavering support. Together, let us embark on this extraordinary expedition, united by a shared commitment to progress. Thank you for joining me on this remarkable journey. May the pages ahead ignite your curiosity and empower you to make a lasting impact.

# A PATH TO RESILIENCE

## NURTURING MENTAL HEALTH IN CHILDREN AND ADOLESCENTS

As parents, educators, and caretakers, it is our collective responsibility to prioritize the mental well-being of our children and adolescents. The formative years of childhood and adolescence lay the foundation for future emotional resilience and overall life satisfaction.

In today's fast-paced and complex world, children face a myriad of challenges that can impact their mental health. Academic pressure, social dynamics, and the omnipresence of technology can contribute to stress, anxiety, and even depression. It is vital that we create environments that foster mental well-being and equip our young ones with the tools they need to navigate these challenges.

Promoting mental health in children and adolescents requires a multifaceted approach. We must foster open and non-judgmental communication, providing safe spaces for them to express their thoughts and emotions. Encouraging healthy lifestyle habits, such as regular physical activity, adequate sleep, and balanced nutrition, is equally crucial.



Additionally, teaching mindfulness and stress management techniques empowers young minds to cope with adversity and develop emotional resilience. Equipping children with problem-solving skills and teaching them to seek help when needed can make a significant difference in their overall mental well-being. By investing in the mental health of our children and adolescents, we invest in a brighter future.

Let us prioritize their emotional well-being, creating a supportive environment that nurtures their growth and empowers them to become resilient individuals who thrive in all aspects of life

## A TIME FOR REFLECTION & SELF-CARE

In our fast-paced and demanding world, it's easy to overlook the importance of mental health. However, Mental Health Day serves as a timely reminder to pause, reflect, and prioritize our well-being. This designated day is an opportunity for individuals across the globe to acknowledge the significance of mental health and take intentional steps towards self-care.

Mental Health Day encourages us to break free from the daily grind and engage in activities that promote our emotional well-being. It's a chance to engage in self-reflection, assess our stress levels, and identify areas in our lives that may require attention. Whether it's practicing mindfulness, indulging in a favorite hobby, or spending quality time with loved ones, the focus is on nurturing our mental health.

Moreover, Mental Health Day prompts important conversations about mental health awareness and advocacy. It serves as a catalyst for destigmatizing mental health issues and encouraging open dialogue. By sharing our experiences, seeking support, and offering understanding, we contribute to a culture of empathy and compassion.

Let us embrace Mental Health Day as an annual reminder to prioritize our mental well-being. By taking care of ourselves, we not only enhance our own lives but also foster a society that values mental health and supports the journey towards emotional wellness.

**THE Refined PURSUITS AND ARISTOCRATIC  
ENDEAVORS OF OUR ESTEEMED CLUB****A JOURNEY THROUGH  
MOTIVE AND ACTIVITIES**

The primary objective of the BAF Shaheen College Dhaka Mental Health and Well-being club is to facilitate the proliferation of mental health awareness and well-being among the college students. The club aims to create a supportive and inclusive community where pupils can learn about mental health, share their experiences, and find support.

The club's mission is to engender awareness about mental health and well-being, reduce stigma, and provide support to those who are struggling with mental health issues. The club believes that mental health is just as important as physical health and that everyone deserves access to quality mental health care.

The club endeavors to achieve its objectives by organizing a range of activities and events throughout the year, including workshops, seminars, awareness campaigns, group counseling sessions, mindfulness and meditation sessions, stress management workshops, art and music therapy sessions, physical fitness activities, peer support programs, guest speaker events, and community service projects related to mental health.

The club's activities are designed to be engaging, informative, and fun, and are open to all students who are interested in learning more about mental health and well-being. The club is committed to creating a safe and welcoming space where students can come together to learn, grow, and support each other.



**23.05.2023  
TUESDAY**

# **CLUB INAUGURATION & CEREMONY PHOTOGRAPHS**





BAF Shaheen College Dhaka Mental Health & Well-Being Club, first ever college level Mental Health & Well-Being Club in the country. The club inauguration and orientation '23 took place on 23rd May 2023. Group Captain A K M Abdur Rajjaque, GUP, psc Principal of BAF Shaheen College Dhaka was welcome warmly by the club Moderators and the Advisors.





Inaugural speech by  
**GROUP CAPTAIN A K M ABDUR RAJJAQUE, GUP, psc**  
Principal  
BAF Shaheen College Dhaka



Speech by  
**MAHJAREEN BINTA GAFFAR**  
Founding Moderator  
Baf Shaheen College Dhaka  
Mental Health & Well-Being Club



Speech by  
**ARIAN AHAMED**  
Founding President  
Baf Shaheen College Dhaka  
Mental Health & Well-Being Club



# FOUNDING PANEL



Arian Ahamed | Founding President



Mehejannat Mimta | Founding General Secretary



Nushrat Anjum | Founding Vice President



Nusrat Raima | Founding Vice President



Tasnim Rahman | Founding Organising Secretary



Jahan Tithy | Founding Organising Secretary

# FOUNDING PANEL



Rabeya Mirza | Founding Secretary of Public Relation



Reshad Mahmood | Founding Assistant Secretary of Public Relation



Subha Islam | Founding Secretary of Content Writing



Sabrina Jahan | Founding Assistant Secretary of Content Writing



Fatima Binte Tahira | Founding Secretary of Photography



Tawkir Ahsan Antu | Founding Assistant Secretary of Photography

# FOUNDING PANEL



Adnan Sani | Founding Secretary  
of IT



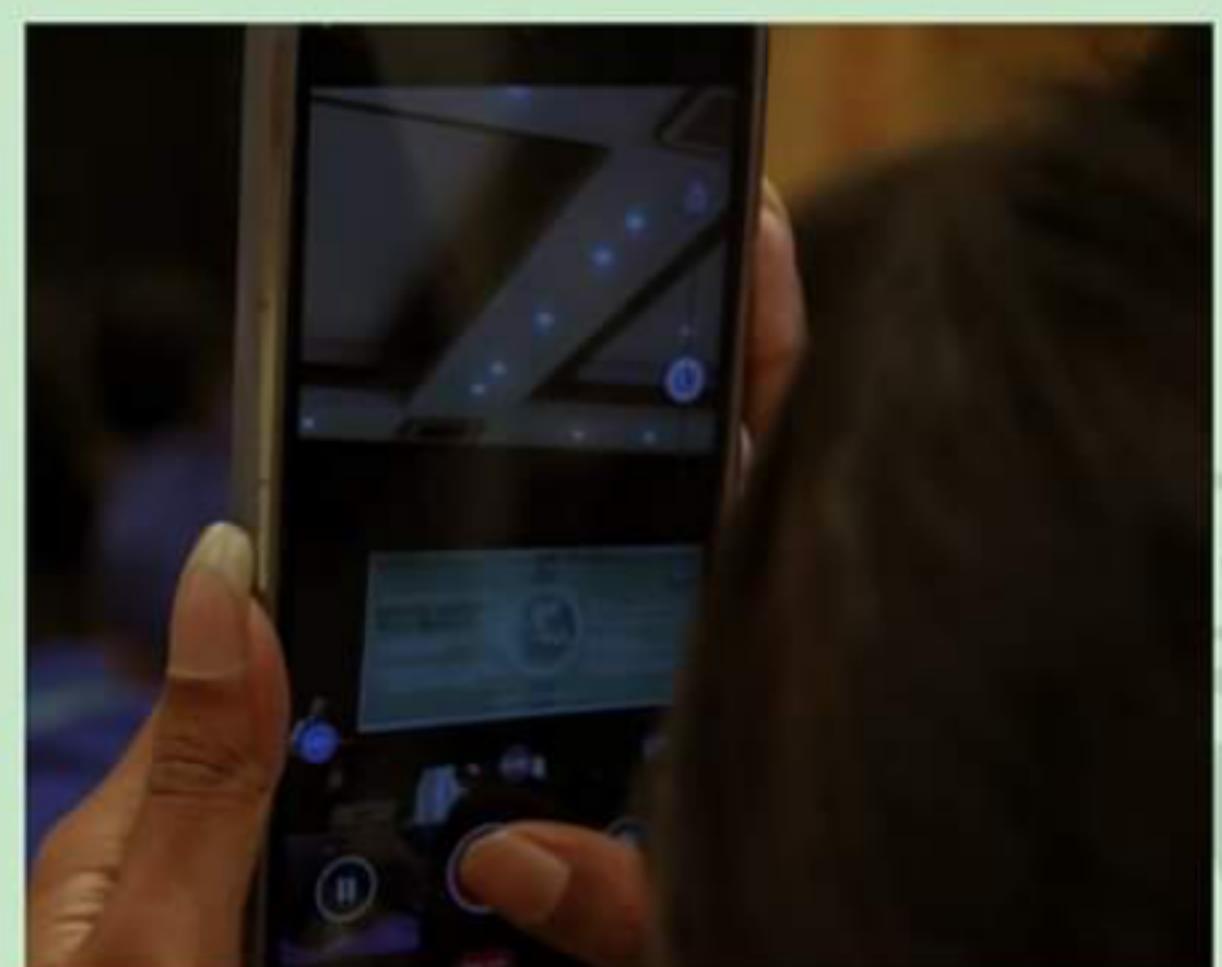
Bayezid Mohameed Emon |  
Founding Register

## SCHOOL DELEGATES

- Sumaiya Tahmid
- Faiyaz Hossain
- Mohammed Afnan



# ORIENTATION '23





We, the esteemed BAF Shaheen College Dhaka Mental Health & Well-Being Club, extend our utmost pleasure in welcoming our distinguished Founding Executive Panel.

Just as nature unfailingly adorns itself with resplendent hues upon the advent of each new season, so too does our club pulsate with heightened vibrancy as fresh minds join our ranks. Congratulations! It is our fervent hope and unwavering belief that each of you shall prosper and thrive, emboldening your aptitudes through an enduring commitment to our esteemed club. Countless wonders lie in wait, poised to unfurl before you. Moreover, we express our profound gratitude to the founding panel, whose farewell transpired on this auspicious and illustrious occasion.

# CONCLUSION

BAF Shaheen College Dhaka Mental Health and Well-being club is a new student-led organization that aims to promote mental health awareness and well-being among both school and college students. The club's mission is to reduce stigma, provide support, and create a safe and inclusive community where students can come together to learn, grow, and support each other. The club is committed to organizing a range of engaging and informative activities and events throughout the year to achieve its objectives. The club welcomes everyone and encourages students to participate in its activities to learn more about mental health and well-being.

## BULLETIN EDITORIAL COMMITTEE

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SUBHA ISLAM ASTHA | Sub-editor

SABRINA JAHAN | Sub-editor

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FATIMA BINTE TAHIRA  
AYESHA HOSSAIN BORNO

