

Enhancing Mental Health and Well-being for Harmony Haven Girls **A Session by Dr. Naheed Rouf**



Date: September 22, 2023
Time: 4:00 PM (Bangladesh Time)
Venue: Zoom Virtual Session
Presented by: Dr. Naheed Rouf, Ph.D.
Professor of Psychology
College of DuPage, USA

On the auspicious afternoon of September 22, 2023, Dr. Naheed Rouf, a distinguished and esteemed Ph.D. Professor of Psychology hailing from the College of DuPage in the United States, hosted a transformative and insightful Zoom session for the young girls of Harmony Haven. The primary objective of this session was to address and foster the development of their mental health and physiological well-being, thereby providing them with invaluable tools and strategies to navigate life's challenges effectively.

Session Highlights:

Engagement and Expertise: Dr. Naheed Rouf, renowned for her expertise in the field of psychology, captivated the audience with her profound knowledge and engaging teaching style. Her extensive academic background and practical experience in psychology added a unique depth to the session.

Personal Commitment: During the session, Dr. Rouf made a remarkable commitment to the girls of Harmony Haven. She pledged her dedicated time and attention to individually assist and guide them every Friday. This personalized approach aims to address the unique needs and concerns of each girl, nurturing their emotional and psychological well-being.



Empowering Discussions: The session was marked by enlightening discussions on a range of topics, including future dreams, stress management, self-esteem, and coping mechanisms. Dr. Rouf's ability to simplify complex psychological concepts ensured that the girls could relate and implement these principles in their daily lives.

Interactive Learning: To enhance the engagement of the participants, Dr. Rouf incorporated interactive activities and open dialogues. This encouraged the girls to actively participate, share their thoughts, and seek guidance on various issues they face.

RTI's Gratitude: Rise To Independence (RTI), the organization facilitating this noble initiative, expressed heartfelt gratitude to Dr. Naheed Rouf for her unwavering commitment and dedication to the cause. Her contributions are invaluable in nurturing the well-being of the young girls of Harmony Haven.

In conclusion, Dr. Naheed Rouf's enlightening session on September 22, 2023, stands as a beacon of hope and empowerment for the girls of Harmony Haven. Her commitment to their mental health and well-being, coupled with her profound knowledge and interactive teaching style, promises a brighter future for these young individuals. Rise To Independence (RTI) extends its deepest appreciation to Dr. Rouf for her remarkable contribution to this noble endeavor.

The journey toward enhanced mental health and emotional resilience for the girls of Harmony Haven has taken a significant step forward, thanks to Dr. Naheed Rouf's invaluable guidance and support. As she continues to invest her time and expertise in their development, a promising path to independence and well-being emerges on the horizon.