

CLASS ROOM | AQM ERP

S.No.	Date	Week	Teacher	Description	Action
1	25/02/2026	Week 1	Ms. Hira Lanjar	1.introduction to mental and health and wellbeing	Edit Delete
2	26/02/2026	Week 1	Ms. Hira Lanjar	common mental health problems	Edit Delete
3	03/03/2026	Week 2	Ms. Hira Lanjar	depressive disorder	Edit Delete
4	04/03/2026	Week 2	Ms. Hira Lanjar	Bipolar disorder	Edit Delete
5	05/03/2026	Week 2	Ms. Hira Lanjar	Anxiety disorder	Edit Delete
6	10/03/2026	Week 3	Ms. Hira Lanjar	OCD disorder	Edit Delete
7	11/03/2026	Week 3	Ms. Hira Lanjar	Schizophrenia disorder	Edit Delete
8	12/03/2026	Week 3	Ms. Hira Lanjar	Difference between mentally ill and mentally healthy person	Edit Delete
9	12/03/2026	Week 3	Ms. Hira Lanjar	mentally healthy person	Edit Delete
10	17/03/2026	Week 4	Ms. Hira Lanjar	prevention of mental health	Edit Delete
11	18/03/2026	Week 4	Ms. Hira Lanjar	promotion of mental health	Edit Delete
12	24/03/2026	Week 5	Ms. Hira Lanjar	risk factors in development of mental health illness	Edit Delete
13	25/03/2026	Week 5	Ms. Hira Lanjar	protective factors of mental health illness	Edit Delete
14	26/03/2026	Week 5	Ms. Hira Lanjar	mental health promotions	Edit Delete
15	31/03/2026	Week 6	Ms. Hira Lanjar	mental health and mental illness co-existence	Edit Delete
16	07/04/2026	Week 7	Ms. Hira Lanjar	presentations	Edit Delete
17	08/04/2026	Week 7	Ms. Hira Lanjar	presentations	Edit Delete
18	09/04/2026	Week 7	Ms. Hira Lanjar	presentations	Edit Delete
19	09/04/2026	Week 7	Ms. Hira Lanjar	presentations	Edit Delete
20	14/04/2026	Week 8	Ms. Hira Lanjar	Autism	Edit Delete
21	15/04/2026	Week 8	Ms. Hira Lanjar	effects of mental health on quality of life	Edit Delete
22	16/04/2026	Week 8	Ms. Hira Lanjar	socio-economic determinants of mental health	Edit Delete
23	16/04/2026	Week 8	Ms. Hira Lanjar	Mental health and quality of life	Edit Delete
24	21/04/2026	Week 9	Ms. Hira Lanjar	Coping with parental mental illness	Edit Delete
25	22/04/2026	Week 9	Ms. Hira Lanjar	reducing harm from addictive substances	Edit Delete
26	23/04/2026	Week 9	Ms. Hira Lanjar	effect of parental mental health and well-being on children	Edit Delete

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27	23/04/2026	Week 9	Ms. Hira Lanjar	reducing harm from addictive substances	Edit Delete
28	28/04/2026	Week 10	Ms. Hira Lanjar	Autism Awareness Session	Edit Delete
29	29/04/2026	Week 10	Ms. Hira Lanjar	management of mental health in rehabilitation centers	Edit Delete