## INTEGRAL UNIVERSITY

Jahanarah Khatoon <jahanarah@iul.ac.in>

#### Report on World Mental Health Awareness Day organized by Department of Biosciences on 20th September 2022 1 message

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Communication Cell IUL <communications@iul.ac.in> Bcc: iu@iul.ac.in

Sat. Oct 8, 2022 at 9:47 AM

### Report on World Mental Health Awareness Day organized by Department of Biosciences on 20<sup>th</sup> September 2022

An awareness and sensitization program on positive mental health and well being to commemorate world suicide prevention day was conducted by Department of Biosciences, Integral University, Lucknow in association with NurtureLife, a non-profit organization (NGO) on 20th September 2022 in Central Auditorium, Integral University. The theme for this program was 'Creating hope through action'. The aim was to discuss and provide solutions to mental health issues by stimulating simple interventions within the community. Mental wellness is a global priority and is included in the Sustainable Development Goals (SDG-3).

Ms. Farah Sarosh, Founder of NurtureLife and Dr. Azhar Mahmood Farooqui, Associate Professor, Department of Psychiatry, IIMSR Integral University were the key resource persons in the programme.

The program commenced with a welcome note and an overview of the genesis of this initiative by Dr. Snober S. Mir, Head ,Department of Biosciences. She emphasized upon the importance of starting a conversation around mental health and promoting actions through interactions and stopping the stigma associated with mental health issues.

The key speaker Ms. Sarosh apprised the faculty and students of the importance of mental well being. Her opening statement which started with an apt couplet "Mustaqil bolta hi rahta hun, kitna khamosh hun main andar se" was to raise awareness about conversations vis-a-vis positive mental health. She laid emphasis on initiation of talks and making efforts to bring this topic from closed doors to open platforms. She claimed her job is to bridge the gap between patients and doctors. Her mantra for positivity was to cultivate happiness through changes in lifestyle and attitude by taming our thoughts, having a gratitude journal and being thankful is also very helpful in building mental resilience.

The next eminent speaker was Dr. Azhar Mahmood Farooqui who highlighted the importance of mental health by talking about celebrities who have depression and ways of coping with mental health issues. He stated that "Health is a state of complete physical, mental, social and spiritual well-being". He gave a detailed lecture on mental disorders such as general anxiety disorder, panic attacks, social anxiety disorders, OCD and stress-related disorders. He requested everyone facing any kind of issue regarding their mental health seek counseling and therapy when they needs it rather than being in denial mode.

Ms. Sarosh and Dr. Farooqui gave solutions and answered the questions asked by the students in a survey conducted by the Department of Biosciences.

A wonderful message on mental health awareness was given through a Nukkad natak performed by the

An Art for Wellness competition based on the theme "Art for Mental Well-being" was organized by the event Coordinators, Dr. Swati Sharma and Dr. Shahida Hamid in the hallway of Department of Biosciences. Brilliant and artistic messages were projected through this competition. Judges of the event were

- Dr. Zeba Nisar, Dean, Faculty of Architecture
- 2. Dr. Alvina Farooqui, Head, Department of Bioengineering
- Dr. Snober S Mir, Head, Department of Biosciences

The list of Winners are mentioned below.

1st prize, Ms. Sanjana Maurya (B.Sc. ZBC IIIrd year)

2<sup>nd</sup> prize, Zehra Asif Hussain (B.Sc. BT Ist year)

3<sup>rd</sup> prize, was a tie between, Sanaya (B.Tech. Bioengineering IIIrd year) and Anshul Verma (B.Sc. LS IIIrd year)

Special Mention, Marya Parveen (B.Sc. ZBC IInd year)

Ms. Sarosh was felicitated with a university memento. The program was concluded with vote of than delivered by the event coordinator, Dr. Jahanarah Khatoon, Assistant Professor and anchor for the program was Ms. Swati Saxena, Research Scholar, Department of Biosciences. The initiative was a tremendo success and witnessed an overwhelming response, as total participants were 200+ including students a faculty.

## Some glimpses of the program are:









# DEPARTMENT OF BIOSCIENCES

IN COLLABORATION WITH **NURTURE LIFE** 

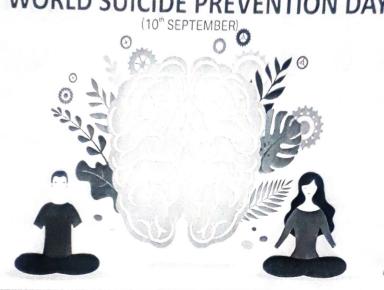
(TOGETHER WE CAN)

#### ORGANISES

AN AWARENESS & SENSITIZATION PROGRAM POSITIVE MENTAL HEALTH & WELL BEING

O COMMEMORATE

## WORLD SUICIDE PREVENTION DAY



THEME: CREATING HOPE THROUGH ACTION



Tuesday, 20th September 2022 2:00 PM (IST)

Hall No.- 1, Central Auditorium, Integral University, Lucknow

KEYNOTE SPEAKERS



Dr. Farah Sarosh CEO, Nurture Life Lucknow, Uttar Pradesh, India



Dr. Azhar Mahmood Farooqui M.B.B.S., M.D. (Psychiatry) KGMU, Lucknow Associate Professor of Psychiatry, IIMS&R, Lacknow



Reduce Mortality From Non-Communicable Diseases And Promote Mental Health



OFF CAMPUS PARTICIPANTS MAY JOIN THE EVENT USING THE GIVEN

OR CODE



### INTEGRAL UNIVERSITY

Awareness and Sensitization programme on Positive Mental Health and Well Being on 20th September, 2022, organised by Department of Biosciences

2 messages

Communication Cell IUL <communications@iul.ac.in> Bcc: iu@iul.ac.in

Thu, Sep 15, 2022 at 1:50 AM

#### **Mental Health Matters**

The Department of Biosciences, Integral University, Lucknow in collaboration with NurtureLife, a non-profit organization (NGO) established with the aim of providing solutions to mental health issues is going to organize an Awareness and Sensitization programme on Positive Mental Health and Well Being on 20th September, 2022 in Hall-1, Central Auditorium Building at 2.00 pm.

The mental health awareness programme is being organized with the aim of starting a discussion on mental health issues, of combating stigma and stimulating simple and practical interventions within the community. Mental wellness is a global priority and is included in the Sustainable Development Goals (SDG-3). Mental well-being is an integral part of our overall health and socio-economic development. Positive mental health helps determine how we build relationships, manage stress, make decisions and shape the world we live in. Promoting actions that foster positive mental health will help build individual and collective mental resilience and equip us with tools to cope with adversity and bounce back. Utilising these coping mechanisms will go a long way in addressing the theme of World Suicide Prevention Day 2022 "Creating hope through action" by creating a movement of preventative action to drive positive behavioural change and empower people with the confidence to engage in complex issues.

In this regard, we have invited Ms. Farah Sarosh, Founder of NurtureLife and Dr. Azhar Mahmood Farooqui, Associate Professor, Department of Psychiatry, IIMSR Integral University, Lucknow to be the key resource persons in the programme.

#### List of Events includes:

- 1. Talk and Counselling Session Ms. Farah Sarosh
- Dr. Azhar Mahmood Farooqui
- 3. Art for Wellness (Artistic event)
- 4. Nukkad Natak

We warmly invite you to be a part of this event to make it completely successful.

For any query, please contact:

Coordinators: Dr. Jahanarah Khatoon, Assistant Professor (9336829319)

Dr. Amita Dubey, Assistant Professor,

Department of Biosciences, Integral University, Lucknow

#### Best Regards,

Dr. Snober S. Mir,
Associate Professor and Head, Department of Biosciences,
(A DST-FIST sponsored Department),
Integral University,
Dasauli, Kursi Road,
Lucknow-226026.
Mob:9198990380
https://scholar.google.co.in/citations?user=iQh2DpoAAAAJ&hl=en

Sanober Mir <smir@iul.ac.in>

To: bsfc@iul.ac.in, nehamq@iul.ac.in

Cc: sangeeta3.singh@gmail.com, taiba@iul.ac

[Quoted text hidden]

Snober S. Mir; Ph.D

Associate Professor and Head, Department of Biosciences,

Assistant Director, Integral Information and Research center (IIRC)

Integral University, Lucknow, India

Tel: +91-9198990380

E-mail: smir@iul.ac.in

https://scholar.google.co.in/citations?user=iQh2DpoAAAAJ&hl=en

Fri, Sep 16, 2022 at 12:31 AM





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# **Department of Biosciences**

# **Organizes**

An Awareness and sensitization program

On

Positive mental health and well being To commemorate world suicide prevention day, 10th September

> Theme: Art of Mental Well Being Venue: Central Auditorium Event Date: 20th September, 2022

Resource Person -Hs. Farab Sarosb Dr. Azher Mahmond Farongin

S. No.	Name	Department	Gender	Designation	Signature
1.	Ayush Saxena	Bioscience	М	Research Scholor	Ayush
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3.	Shefeli Singh	Biosciences	F	Research Schol	an Supelis
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25	Prashant Mishra	Msc. Biotech	M	Msc.	tractant-
26	Amin Mehdi	MSC-Biotech	M	Msc.	Anirmelia
27	Mohd Anas Khan	MSC. Bistech	M	MSc.	Md. Mas Kum
20	Shivangi dubey	MSc. Bistech	F	MSC	Shi-
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45	Smita Pandey	M. Sc biochemist	o F	M'SC	Smita Pander
46	Ratan Miehra	B.Sc ZBC	M	B-5C	Ratan
47	N'ABEEL AHMAD	B.S. TBU	M	B.Se	Cohmes
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## **Department of Biosciences**

### Organizes

# An Awareness and sensitization program On

# Positive mental health and well being To commemorate world suicide prevention day, 10<sup>th</sup> September

Event: Poster Making Competition Theme: Art of Mental Well Being Venue: Seminar Hall

Event Date: 20th September, 2022

#### Attendance List:

S.No	Student Name	Course /Progra m	Year	Department	Email-ID	Contact No.	Sign
1/	Adeeba Meraj	BSC ZBC≹	2	Bioscience	radeeba@student.iul.ac.in	9721552441	Adella
2.	Amrita Bharti	BSC ZBC <b>/</b> ≮	2	Bioscience	amritaaa@student.iul.ac.in	1024220298	Amri
3	Anshika Yadav	BSC ZBC <b>★</b>	2	Bioscience	ansyadav@student.iul.ac.in	7275355200	Anslika
4/	Arisha Siddiqui	BSC BT	2	Bioscience	arishak@student.iul.ac.in	7238934938	Airsha
5.	Anshul Verma	BSC Life Science <b>≪</b>	3	Bioscience	anshulv@student.iul.ac.in	7800700819	Anshe
6	Aqsa Mirza	BSC BT	2.	Bioscience	magsa@student.iul.ac.in		
2	Alisha Khan	BSC Life Science	2	Bioscience	khalisha@student.iul.ac.in -	8303340 200	History
<u>&amp;</u>	Yusra Parveen	BSC BT	2	Bioscience	yusraper@student.iul.ac.in		
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10.	Sadia Salam	BSC BT	2	Bioscience	sadiyasal@student.iul.ac.in	970555627	Seding
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34.	Akhand Pratap Singh	BSC ZBC	2	Bioscience	akpsingh@student.iul.ac.in		

### Judges Name:

- 1.Dr. Snober S Mir (HOD, Faculty of Biosciences)
- 2.Dr. Alvina Farroqui(Faculty of Bio-Engeenering)

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3.Dr. Zeba Nisar (Faculty of Archietecture)

## **Event Co-Ordinator:**

- 1. Dr. Swati Sharma (ssharma@iul.ac.in)
- 2.Dr. Shahida Hamid (shahidah@iul.ac.in)
- 3.Dr. Jahanarah Khatoon (jahanarah@ iul.ac.in)

# Student Co-Ordinator:

- 1. Abhishek Mishra (BSC ZBC 2<sup>nd</sup> Year)
- 2.Meghna Chopa(BSC LS 2<sup>nd</sup> Year)
- 3. Fiza Jahangir (BSC ZBC 2<sup>nd</sup> Year)
- 4. Wareesha Farooqui (BSC ZBC 3<sup>nd</sup> Year)

## INTEGRAL UNIVERSITY

# Information about event on Promotion of women entrepreneurship

Communication Cell IUL <communications@iul.ac.in> Bcc: iu@iul.ac.in

Mon, Aug 29, 2022 at 5:15 AM

Dear All,

We are extremely glad to inform you that the Department of Bioengineering, Biosciences & Integral Institute of Agricultural Sciences & Technology (IIAST), Integral University, Lucknow is under the aegis of Women Study Centre is organizing an event on the promotion of Women Entrepreneurship to commemorate Women's Equality Day on Tuesday, 30th August 2022 at 10:30 am.

"Women are a symbol of power, God's finest and most beautiful creation without whom no creation is possible. Womens Equality Day marks a turning point in the history of the struggle for equal treatment of women and women's rights. Womens Equality Day celebrates the achievements of womens rights activists and reminds us of the unique daily struggles that women face. To make sure women are not oppressed by anyone we need to empower them with education and also create awareness about opportunities therein.

Hence, in this context, an informative lecture by two eminent speakers, Dr. Roli Budhwar, COO & Co-Founder of Bionivid Technology (P) Ltd, Bengaluru and Dr. Neelima Garg, Director (Acting) Central Institute for Subtropical Horticulture (CISH) has been organized on 30th August, 2022.

The details of the program are given below:

Tuesday, 30th August 2022 10:30 am in Hall No.1, Central Auditorium, Integral University, Lucknow

Google meet link for lecture:

https://meet.google.com/ups-fxxz-wtu

