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

2 messages

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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 need 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 students.

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

1. Dr. Zeba Nisar, Dean, Faculty of Architecture
2. Dr. Alvina Farooqui, Head, Department of Bioengineering
3. 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)

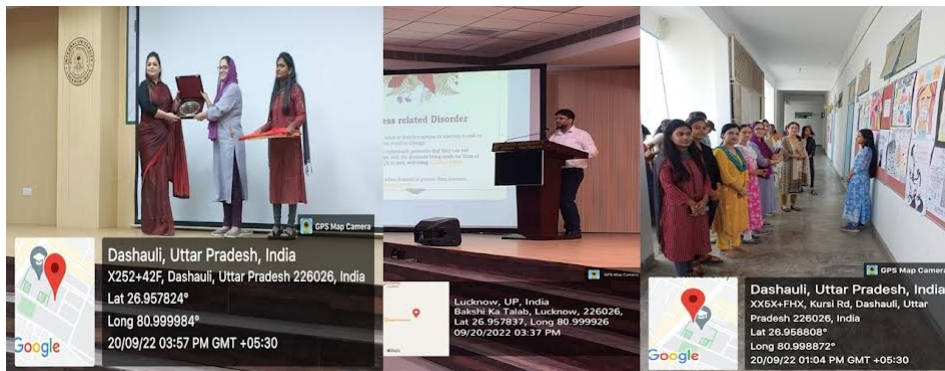
2nd prize, **Zehra Asif Hussain** (B.Sc. BT Ist year)

3rd 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 thanks delivered by the event coordinator, Dr. Jahanarah Khatoun, Assistant Professor and anchor for the program was Ms. Swati Saxena, Research Scholar, Department of Biosciences. The initiative was a tremendous success and witnessed an overwhelming response, as total participants were 200+ including students and faculty.

Some glimpses of the program are:







Best Regards
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