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**Report on MoU Signing with NutureLife NGO and Guest Lecture Organized by  
Department of Biosciences & Department of Bioengineering, Integral University**

1 message

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**A REPORT ON****MoU Signing with NutureLife NGO and Guest Lecture****Organized by****Department of Biosciences & Department of Bioengineering, Integral University, Lucknow**

On August 7, 2024, a significant step towards collaboration and partnership was taken when Integral University and NutureLife formally signed a Memorandum of Understanding (MoU) at a ceremony held at Hall 1, Central Auditorium. The MoU aims to foster cooperation in the field of mental health, thereby creating a framework for both organizations to share resources and expertise. The event was attended by representatives from both organizations, including Prof. Alvina Farooqui (Head, Dept. of Bioengineering), Prof. Snober S. Mir (Head, Dept. of Biosciences), Dr. Mohammad Atif Siddiqui (Head, Dept. of Electrical Engineering & Chairperson, MoU Coordination Committee), and Ms. Farah Sarosh (CEO & Founder, NutureLife NGO), highlighting the importance of this partnership within the community.

During the ceremony, Ms. Farah Sarosh, CEO & Founder of NutureLife reiterated the collaborative spirit of the MoU, expressing excitement about the potential projects that will arise from this alliance. Both organizations are poised to engage in joint initiatives and leverage combined strengths to address challenges. She emphasized upon the mutual benefits of the agreement, stating, "This MoU represents our commitment to promote the importance of mental well being among students. We believe that by working together, we can achieve greater impact and promote social awareness to eradicate and overcome this social stigma."

The MoU signing ceremony was attended by the faculty and first year students of the Departments of Biosciences & Bioengineering.

Following MoU signing, Ms. Farah Sarosh, CEO & Founder, NutureLife NGO delivered a guest lecture on the topic "**Rise and Shine-Nuture Your Mind and Embrace New Beginnings**" as part of **SIP-DEEKSHARAMBH**. She highlighted the activities of NutureLife and the importance of overcoming rigid and tough situations because mental health problems often relate to various complex issues. In our conservative society where people feel very uncomfortable in realizing and sharing their mental health problems with others, her organization, NutureLife, uses various tools of social awareness to eradicate and overcome this social stigma. NutureLife is actively engaged in spreading awareness about various psychological issues that ultimately lead to major health problems. The organization sensitizes people towards these mental health issues as they are often unaware about them, and creates an atmosphere of trust and motivates people to consult their inner problems. She then emphasised that with proper communication tools, her organization identifies and develops various methods to address the problems by providing interactive sessions developed by a panel of professionally qualified team. The session was attended by more than 300 participants.

### Glimpses of the MoU signing Event



### Highlights of the Guest Lecture by Ms. Farah Sarosh, Founder & CEO, NurtureLife

Best Regards,

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