

UAP celebrates World Mental Health Day 2024

Center for mental health, Directorate of Students Welfare (DSW), University of Asia Pacific has celebrated “World Mental Health Day 2024” on 9th October and 15th October at UAP premises. Several mental health programs were arranged for those two days.

On 9th October ,2024 two mental health workshops were conducted. One of them was on “Time management” and another one was on “stress management”. Different kinds of psycho education were provided during the workshops. Also, students were being engaged into several psychological activities. Around 200 students and some faculty members of UAP participated the workshops. The feedback was good. They shared their positive feelings and take away at the end of the workshops.



Later on, 15 th October at UAP Plaza another mental health program took place. Pro Vice chancellor, Dr. Sultan Mahmud, Inaugurate the program. Several booths of mental health were arranged on plaza. The booths were included mental health activity booths, assessment booth, meditation corner, art therapy, self-help techniques booth and counselling booth. The program took place from 10 AM to 5 PM. Around thousands of students joined the program and participated in different booth activities. Dr. Anwar, Treasure, UAP and Dr. A.S.M Mohsin visited different mental health booths and communicated with the students who were the volunteers of the programs. Ayesha Islam , Socio counselor, UAP organized the programs on behalf of center for mental health. A organization named moner bondhu collaborated UAP to organize the programs.

