



Psycure: Making mental healthcare more affordable and accessible



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MAISHA ISLAM MONAMEE

Founded by Murad Ansary, Psycure is a one-stop digital platform working towards destigmatising mental healthcare and providing holistic services for mental health and well-being. The platform began its journey as a university club in February 2019. Being a student of Clinical Psychology, Ansary was deeply concerned about the lack of mental healthcare support among the youth and started giving out free online counselling sessions. This initiative received an overwhelming response from the masses and paved the way for the formation of a youth-led start-up. Due to his contributions to the field, Ansary received the Diana Award earlier this year. Ansary completed his graduation from Rajshahi University and is presently pursuing his masters at the same institution. “Before confirming my admission, I thought I would study Criminal Psychology. When the classes began, it came as a surprise that Clinical Psychology was not even close to what I had imagined,” he recalled. “While it seemed boring to begin with, my interest kept growing over the years. It was also intriguing that I was studying a subject that was

associated with such a big taboo in our country.” On his journey to making Psycure, Ansary discovered that only 2 percent of students end up becoming clinical psychologists. The career opportunities were limited, thereby presenting a good scope for new ideas. “I wanted to train these students, and share opportunities with them,” explained Ansary. Additionally, there were only 50-60 clinical psychologists, while 30 percent of the population suffered from mental health problems. “Mental healthcare is extremely centralised and expensive, which is not at all student-friendly.” Psycure began its Campus Ambassador programme in September 2019, which brought together 100 students from more than 60 campuses. The numbers kept increasing during the pandemic. Till date, the organisation has organised over 100 workshops, and provided free mental healthcare to around 1500 people. Psycure also received the



Joy Bangla Youth Award in 2020, for its relentless efforts towards making mental healthcare services more affordable and accessible. Its other achievements include the Young Global Changemakers Award, 2021, Bangabandhu Innovation Award, 2021, and the SIMcubator Research Grant. After almost two years of social service, Psycure decided to pivot towards becoming a start-up in 2021. As a start-up, Psycure's main activities encompass awareness building, education and mental health services. Under its awareness programme, Psycure organises several campaigns—including its signature events, Unwind Mind, Spreading Mental Health Awareness and National Mother's Campaign. They also provided training and workshop facilities to 11,000 people. These covered topics on how to deal with anxiety, depression, stress, postpartum depression, and suicide prevention. Currently,

the team has 11 professional psychologists, with over 5 years of experience. Psycure also provides counselling and employee motivation for large corporate organisations. The price range for their sessions falls between BDT 1,000 to BDT 2,500—depending on the experience of the psychologists. For students, the rate is adjusted according to their budget. Their employee assistance programme is currently active in two organisations. They have further collaborated with a law firm, where they provide assistance to clients dealing with separation and domestic violence. What makes Psycure unique is the fact that it is a one stop digital platform for mental health care. “We offer a smooth and easy process for our clients and can immediately customise a solution as we have lots of clinical psychologists on board,” he added. In the near future, Psycure intends to launch an app, eventually aiming to make it services available on a global level. The author is a student of IBA, DU and a freelance journalist who likes reading, scribbling, and blogging. Email: mislammonamee@gmail.com.

Bangladesh wins bronze at International Mathematics Olympiad

MAISHA ISLAM MONAMEE

The International Mathematics Olympiad (IMO) is a global mathematics competition for high school students across the world. The problems posed to participants are based on basic concepts of algebra, combinatorics, geometry, and number theory. The IMO is a two-day long contest, with participants asked to solve three problems each day. Each participant gets four hours to solve three problems a day. The challenging aspect of the competition lies in the fact that students



have to use their creativity and logical thinking, in addition to mathematical knowledge, to solve the questions. This year, the 63rd edition of the IMO was hosted by Oslo, Norway, with team Bangladesh winning a bronze medal and five honourable mentions. The Bangladesh team ranked 57th out of 104 countries, scoring 115 marks in the process, which is second highest score by Bangladesh at this international event. Tahjib Hossain Khan of Ananda Mohan College, Mymensingh, won a bronze medal, scoring 23 marks. Tahmid Hameem Chowdhury and Md Ashrafur Islam Fahim from Notre Dame College, Md Fuad Al Alam, from Dhaka Residential Model College, S M A Nahian, from Shamsul Hoque Khan School and College, and Nujhat Ahmed Disha, from Viqarunnisa School and College received honourable mentions. Owing to the global pandemic, the IMO had been organised virtually for the past two years. This year, Norway organised the event with prizes being distributed to winners at a closing ceremony at the City Hall in Oslo.

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Four productivity tools for university students

Technology has greatly improved our lives in the last decade or two. There's a tool or app for almost everything you could ever need, sometimes with multiple options to choose from.

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Whether you're a student or a working professional, productivity tools that can help organise your studies or general workflow can be a lifesaver. So, for those of you who are tired of forgetting your university assignments, shopping lists, class notes, work reports and so on, here are a list of productivity tools/apps that can help you get your life together. **Notion** Notion is an app unlike any other. As described by the company itself, “Notion is a workspace that adapts to your needs”, and that statement is quite true. You can use Notion via the app or through the web browser, and in essence the whole point of Notion is to organise your information—whether for a report, a project, your daily expenses and what not. Many people prefer to use Notion to focus on individual/team projects,



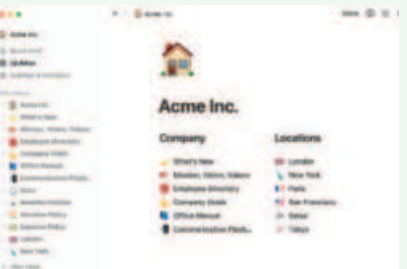
thereby keeping better track of a large amount of information in one spot. The best part about Notion, is that you can download an infinite number of templates to fit your needs, that too for free. **Xmind** The idea of mind mapping has become extremely popular in the last couple of years. As we move towards more digital workspaces and tools, we seem to also have grown somewhat nostalgic for old traditions. Similar to how you would take notes about a topic, mind mapping allows you to let



your thoughts flow freely, while also ensuring it has some level of structure. Xmind is an application that lets you do just that. The app provides a blank space, where users can note down and connect thoughts in a non-linear manner. Xmind is quite intuitive, with its minimal user-interface being the perfect canvas to spark creativity. **Todoist** Everyone needs a to-do list, and Todoist is probably the best to-do list app on the market. Allowing you to note down reminders or tasks



with just the press of a button or via its widget, Todoist helps you keep track of everything that you need to constantly remember throughout the day. Simultaneously, Todoist also enables you to separate tasks based on different projects and tags, thereby letting you track your daily to-do list even better. **Pocket** Have you ever worked on a project or report that required you to look through a million links and then shortlist dozens of them? Maybe you



needed to do so for a research paper, thesis, or even for an article you're writing for a newspaper. Well, if you've been searching for something like this, then Pocket will change your life. Most commonly available as a browser extension, you can click on the Pocket extension from any web page and the link for that page will be immediately saved. You can then choose whether to add a tag to saved link for better organisation. On phones, you can download the Pocket app, and whenever you share a link, you will be given the option to save to Pocket instead of just sharing it.