

**NOTICE BOARD**

# NSU observes World Mental Health Day 2025

North South University's (NSU) Department of History and Philosophy (DHP) observed World Mental Health Day 2025 on October 14 with a Stress Management and Healthy Living programme.

The session chair of the programme was Prof. Abdur Rob Khan, Treasurer and Pro-Vice Chancellor (IC), NSU; Engr Pranjit Lal Shil, Organiser, Quantum Foundation; Dr Moniruzzaman, Coordinator, Quantum Hear Club; and Dr Md Rizwanul Islam, Professor of Law & Dean, School of Humanities and Social Sciences, NSU, attended the programme. Dr Mahbubur Rahman, Professor and Chair, Department of History & Philosophy, NSU, was the moderator.

Dr Rahman said, "Through breathing techniques, nutrition, and resting, we can beat stress and allow our productivity to flourish. A stress-free life



is not a distant idea, but a practical goal that can be achieved through a series of healthy habits and routines."

Engr Lal Shil discussed the various techniques that are used in stress management. He said, "Stress can either break you or make you, which one it

does is your choice. It is important that you face the stress instead of avoiding it. You will be able to win against it, and we are all with you in your journey."

Dr Moniruzzaman presented the importance of healthy eating, nutrition, and a balanced diet. He said, "We should

live according to what science tells us to lead a healthy and active life. Our food can either be our medicine or the reason for our disease. We should formulate a balanced diet so that our food becomes medicine."

Prof. Khan said, "Stress is not a character flaw; it is a psychological reaction to pressure. The choices we make about handling stress determine our quality of life. Through stress management practices, we can transform mental well-being from simply a slogan into an achievable goal."

In the vote of thanks, Dr Islam said, "Today's programme was beneficial and informative. It is important to have more of these discussions concerning World Mental Health Day."

A Question-and-Answer session was held following the presentations. The event concluded with a meditation session conducted by Engr Lal Shil.

## Int'l professional development expert Katherine Rick conducts interactive sessions at IUB

Katherine Rick, Director of Professional Development at the British Management University, Uzbekistan, conducted two interactive sessions with faculty, students, and the management staff of Independent University, Bangladesh (IUB) on October 16 at the university's DMK Lecture Gallery.

The first session, titled "Ignite Your Mind: Where Curiosity Becomes Drive", explored how curiosity influences creativity, confidence, and purposeful learning. It was organised by the Outreach, Extension, and Continuing Education (OECE) unit of the Office of the Pro-Vice Chancellor of IUB. Through engaging stories and interactive reflections, students were encouraged to embrace curiosity as a powerful tool for growth and discovery.

Prof. Dr Raisul Awal Mahmood, Dean of IUB's School of Business and Entrepreneurship; Asif Parvez, Registrar; and officials from the Office of Pro-Vice Chancellor and the Media and Public Relations Department attended the session.

In the second session, titled "Symphony of Minds: A New Era of Human-AI Artistic Storytelling" and jointly organised by OECE and the Department of Media and Communication, Rick demonstrated how human creativity and artificial intelligence (AI) can merge to produce innovative knowledge-based content. She presented live technical examples and discussed applications of AI tools in creative publishing.

This session was attended by Dr Imran Firdaus, Assistant Professor and Head (In-Charge) of the Department of Media and Communication, along with other faculty members, officials, and students.

Through both sessions, participants gained insights into curiosity-driven learning and the evolving intersection of human creativity and AI innovation.



## Department of English brings together 22 universities for Lit-Carnival 2025



The Department of English, East West University (EWU), organised a day-long literary event titled "Foodi Presents EWU Lit- Carnival 2025" on October 16. Amidst much excitement and enthusiasm of participants, attendees, and guests from all across Bangladesh, the event showcased the biggest celebration of literature and arts of the year.

More than 200 students and literary enthusiasts from 22 public and private universities competed in various segments, from spot poetry and recitation to cosplay, poster presentations, drama, and masquerade. The carnival allowed participants to exhibit their creativity and present their ideas to a wider audience.

The festival also included interactive stalls such as literature-themed food court and exchange of secondhand books. Prof. Dr Mohammed Farashuddin, the Chairperson of the Board of Trustees (BoT) of EWU, and Prof. Shams Rahman,

the Vice-Chancellor of EWU, were present at the opening and concluding ceremony, respectively. Luva Nahid Choudhury, the Director General of Bengal Foundation, inaugurated the programme as the Chief Guest. Munize Manzur, a member of the EWU BoT, was invited as one of the esteemed judges. Renowned academics and cultural figures, including Dr Fakrul Alam, Dr Ahmed Ahsanuzzaman, Tahmina Ahmed, and Mashrur Shahid Hossain, also graced the event with their presence.

Universities such as North South University, Gopalganj University of Science and Technology, Eastern University, Shanto-Mariam University of Creative Technology, and Presidency University earned recognition across categories, while EWU students excelled in every category.

Assistant Prof. Israt Jahan and senior lecturer Shahnaz Ameer were the conveners of the Lit-Carnival.