

Name of the program- World Mental Health Day 2021

Organized by – Professor Mahmuda Khanum Counseling and Guidance Center
& Department of Psychology, IUBAT

Participants- Open for all

Date- 10th & 11th October, 2021

Venue- Open Auditorium

Time	Program	Designated Person
Inaugural session Venue: open auditorium		
10.00 am -10.02 am	National anthem	
10.03 am -10.05 am	Welcome speech	Professor Nargis Jahan
10.05 am-10.15 am	Introduction to World Mental Health Day 2021 theme. "Mental health in an Unequal World."	Pro-Vice Chancellor Professor Dr Hamida Akthar Begum.
10.15am -10.25 am	Speech by Chief Guest	Vice Chancellor Professor Dr Abdur Rab
10.25am – 10.30 am	Vote of thanks	Mita Mondol
Psychological Assessment Venue: open auditorium		
10.30 am - 1.00 pm	Spot Assessment on Depression, Anxiety, OCD, Life satisfaction, General health, social avoidance and distress, love obsession, Personality.	Mita Mondol, Clinical Psychologist

Webinar

Zoom link: <https://eu01web.zoom.us/j/62430418141?pwd=Umh2T2FkQXFtbVp3OGtpZG85OFNGZz09>

Inaugural session

7.00 pm-7.05	Welcome & Introduction of the speaker	Professor Nargis Jahan
7.06pm-7.15pm	Speech by Chief guest.	Vice Chancellor Professor Dr Abdur Rab
7.15pm-8.00pm	“Living with the COVID-19 Pandemic: Stress, Anxiety and Depression among Bangladeshi Adults”	Azharul Islam, PhD; Counselling Psychologist and Assistant Professor, Department of Educational and Counselling Psychology, University of Dhaka
8.00 pm – 8.20 pm	Question and answer session	Azharul Islam, PhD
8.20 pm -8.30 pm	Vote of thanks	Pro-Vice Chancellor Professor Dr Hamida Akthar Begum.