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# 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.