



**Bangladesh University of Engineering and Technology**  
**Department of Civil Engineering**

## **Information Session on Mental Health Awareness and Well-Being**

Mental health awareness is the key to well-being of any individual. Considering current ongoing pandemic situation, it is particularly important for the students to be aware of the mental wellbeing. **Department of Civil Engineering, BUET**, is organizing information sessions on mental health awareness and well-being for the students of the Department. **Dr. Sayedul Ashraf Kushal**, Managing Director, LifeSpring will lead these sessions title “**Building Resilience Among University Students**”. These sessions would help the students to develop awareness towards mental well-being.

### **Schedule**

**Level-4, Term-II: 3:30 PM, Monday, 24 January 2022**  
**Level-3, Term-II: 3:30 PM, Tuesday, 25 January 2022**  
**Level-2, Term-II: 3:30 PM, Monday, 31 January 2022**  
**Level-2, Term-I: 3:30 PM, Tuesday, 01 February 2022**

### **Venue**

Online using Zoom meeting platform  
Meeting ID: **685 6811 6396**; Password: **435706**  
Meeting Link:  
<https://cutt.ly/cementalhealth>

## **Building Resilience Among University Students**

*by*

**Dr. Sayedul Ashraf Kushal**

### **Speaker:**

**Dr. Sayedul Ashraf Kushal**  
MBBS ( DMC), MD ( Psychiatry)  
JSPN Fellow (Japan)  
Lead Psychiatrist and Managing Director  
Lifespring  
Chairman, Hope autism School.

