**Biosciences Student Council,**

**Department of Biosciences,**

**Integral University, Lucknow**

**Organized**

**'Open Mic Competition'**

**to celebrate**

**'World Mental Health Day'**

**on**

**October 10, 2023**

**A Brief Report on 'Open Mic Competition' to celebrate 'World Mental Health Day'**

The Biosciences Student Council, Department of Biosciences, Integral University, Lucknow, organized an '**Open Mic Competition**' to celebrate '**World Mental Health Day**' on **10th October, 2023** at **Biosciences Departmental Library**. The event aimed to convey a message and to nurture the young minds about mental health.

The event commenced with welcoming event Judge and Guest Speaker **Ms. Pooja Vimal** by floral bouquet followed by welcome address by the students. The event Judge and Guest Speaker **Ms. Pooja Vimal** is well known RJ and Doordarshan Anchor**.** This year, the theme for World Mental Health Day is '**Mental Health is a universal human right**'. This day allows people to celebrate mental wellbeing and aware people about mental health problems and solutions. This event was organized to give students an opportunity to showcase their talents and stories. The students presented their views in the form of inspirational poems, speeches, songs and stories.  **Ms. Pooja Vimal** also encouraged and briefed the students about mental health awareness. The Open Mic event evidenced enthusiastic participation by the students not only from the Biosciences Department but also from other Department like the Department of Paramedical Sciences.

**Students participated in the Open Mic on the themes:**

1. 'Happiness'

2. 'It's ok not to be ok'

3. 'Mental health is a universal human right'

4. 'Hope and happiness'

5. 'Our minds our rights'

6. 'Young people and mental health'

The winners of the competition were awarded certificates by the event Judge and Guest Speaker, **Ms. Pooja Vimal** and **Prof. Snober S. Mir**, **Head**, Department of Biosciences, The event was successfully anchored by **Dania Ahmad**, student of B. Sc. Biotechnology, I Year of the Department of Biosciences. The Faculty Coordinators for the event were **Dr. Swati Sharma**, **Dr. Arshi Siddiqui** and **Dr. Mohsin Vahid Khan.** The Student Coordinators were **Yash Nigam**, **Pushpanjali Maurya**, **Fiza Jahangir**, **Wazeeha Zubair Ansari**and **Abhishek Mishra**from B.Sc. ZBC III Year.

Winners of the Open Mic Competition are:

**1st**Position - **Ms. Amrita**, a student of **B.Sc. ZBC III Year**

**2nd** Position - **Ms. Khushi**, a student of **M.Sc. Microbiology I Year**

**3rd** Position - **Ms. Khushi Ali**, a student of **B.Sc. ZBC III Year**and **Mr. Ishan Shah**, a student of **B.Sc. Biochemistry III Year.**

**Here are the few glimpses from the event:**













