



Mental Health Week 2023

“Living a Positive Life”

We are excited to invite you to our Mental Health Week, a time dedicated to promoting well-being and resilience. This year, our programme is putting a special focus on our male students while extending a warm welcome to our female students as well. We believe that mental health is a topic that concerns everyone, and we want to create a supportive and inclusive environment for all.

Monday, 09 October 2023

Meditation Session with Ms Suzi Seha from the Mindfulness Institute of Namibia

Time: 12:45 - 14:00 (Bring a pillow)

Venue: Student Cafeteria, NUST Main Campus

Exercise Session, Dance with African Cobra and Equipped Art School

Time: 17:30

Venue: Stage Area, Main Campus

Wednesday, 11 October 2023

Presentation and Discussions by:

Mr David Junias, Consultant, #Be Free Movement of the One Economy Foundation

Mr Ben Schernick, Conflict Facilitator and Organisational Change

Mr Ngamane Karuaihe-Upi (Uncle GEP), Gender Equality Practitioner

Time: 11:45 - 14:00

Venue: Auditorium 1, NUST Lower Campus

Tuesday, 10 October 2023

Board games/chess with NUST We Care Society

Time: 12:00

Venue: Lower Campus

Thursday, 12 October 2023

- Testimonial Evening by staff and students
- Mental Health Film and Music by Ronaldo Karon

Time: 18:00 - 20:00

Venue: Auditorium 1, NUST Lower Campus

Enquiries:

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