



Bangladesh University of Business and Technology (BUBT)

Committed to Academic Excellence

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R U OK! Week at BUBT

(for all the students, faculty members, officers and staff)

Bangladesh University of Business and Technology (BUBT) will observe "R U OK!" from August 3 to August 7, 2025, as a dedicated social awareness initiative focusing on mental health and emotional well-being. The primary goal of this observance is to promote mental health awareness and foster a supportive and caring environment within the university community.

Throughout the week, students, faculty members, officials, and staff at BUBT will be encouraged to connect with one another in a sincere and compassionate manner-checking in on each other's well-being, engaging in meaningful conversations, and offering a listening ear. This initiative aims to create a culture where no one feels alone, and where individuals feel safe to speak up if they are struggling emotionally or mentally.

By strengthening interpersonal bonds and encouraging open communication, this week-long observance seeks to reduce feelings of isolation, relieve emotional burdens, and combat the growing issues of stress, anxiety, and depression. In doing so, it also contributes to the prevention of more severe outcomes such as suicidal tendencies.

While R U OK! Week is marked for just a few days, its impact is intended to last throughout the year. It serves as a reminder that simple acts of kindness, empathy, and genuine concern can go a long way in creating a mentally healthy and emotionally resilient university community.

Dr. Md. Harun-or-Rashid
30.07.2025

(Dr. Md. Harun-or-Rashid)

Registrar

Distribution for necessary action/information to (not based on seniority):

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|--------------------------------|-----------------------------|
| 1. P.S. to Vice Chancellor | 11. All Students |
| 2. P.A. to Advisor | 12. Notice Boards |
| 3. Treasurer | 13. BUBT Website |
| 4. Deans of all Faculties | 14. BUBT Social Media Pages |
| 5. All Directors | 15. Office Copy |
| 6. Chairmen of all Departments | |
| 7. All Office Heads | |
| 8. All Faculty Members | |
| 9. All Officers and Staff | |
| 10. Psychologist | |