

LAPORAN KEGIATAN KERJA SAMA

2023-2024

UNIVERSITAS BHAMADA SLAWI
dengan
RV UNIVERSITY INDIA

**BIDANG : PENDIDIKAN
INTERNATIONAL GUEST LECTURE**

PELAKSANA : UNIT HUMAS & KERJA SAMA

UNIT HUMAS DAN LAYANAN KERJA SAMA
UNIVERSITAS BHAMADA SLAWI
Gd. Rektorat Lt. 1
Jln Cut Nyak Dien No 16 Kalisapu Slawi
bhamadahumas@gmail.com



LAPORAN KEGIATAN IMPLEMENTASI KERJA SAMA ANTARA UNIVERSITAS BHAMADA SLAWI DENGAN RV UNIVERSITY INDIA

I. DATA MITRA

Nama Mitra Kerja Sama : RV University, India

Tingkat Kerja Sama : Lokal/Nasional / Internasional* (pilih salah satu)

II. DATA PELAKSANA KERJA SAMA

Pelaksana Kerja Sama : Unit Humas dan Kerja Sama

Bukti Kerja Sama : Mou Between Universitas Bhamada Slawi and RV University, India

III. DESKRIPSI KEGIATAN

Nama Kegiatan : *International Guest Lecture*

Waktu Pelaksanaan : 24 Februari 2024

Pihak yang Terlibat : Narasumber, Mahasiswa dan Dosen

Deskripsi Kegiatan :

Di era modern yang terus terhubung secara digital, kesehatan mental telah menjadi topik yang semakin mendesak untuk dibahas, terutama di kalangan Generasi Z dan generasi muda. Dalam dunia yang serba cepat dan penuh dengan informasi serta interaksi *online*, penting bagi kita untuk memahami bagaimana membangun kesehatan mental yang kuat dan berkelanjutan.

1. **Tema** : *Guest lecture on mental awareness : Strategies for managing academic pressure and mental health as a gen z student*

2. **Pembicara** : Bhanu Prakash Nunna, Ph.D

3. **Asal Institusi** : RV University, India

4. **Host** : Fiqih Kartika Murti, M.Pd

5. **Moderator** : Ita Nur Itsna, MAN

6. **Pelaksanaan Kegiatan**

a. Waktu dan Tempat

Adapun pelaksanaan kegiatan *guest lecture* akan dilakukan pada:

Hari/Tanggal : Sabtu, 24 Februari 2024

Tempat : Ruang Kelas D.21-D.22

Waktu : 08.00 WIB – Selesai

b. Peserta

Peserta terdiri dari Mahasiswa dan Dosen Universitas Bhamada Slawi yang berjumlah 66 mahasiswa dan 14 dosen. Peserta mendapatkan e-certificate.

c. Susunan Acara

| Waktu | Acara | Penanggung Jawab |
|---------------|---------------------------------|--------------------------------------|
| 08.00 – 08.05 | Pembukaan | Host (Fiqih) |
| 08.05 – 08.10 | Menyanyikan Lagu Indonesia Raya | Host (Fiqih) |
| 08.10 – 08.20 | Sambutan (Dr. Risnanto, M.Kes) | Host (Fiqih) |
| 08.20 – 09.00 | Acara Inti (Guest Lecture) | Moderator (Ita) Dr. Bhanu Prakash |
| 09.00 – 09.30 | Tanya Jawab | Moderator (Ita) |
| 09.30 – 09.45 | Penutup | Host (Fiqih) |
| 09.45 – 10.00 | Foto Bersama | Host (Fiqih) |

IV. PENUTUP

Demikian laporan implementasi kerja sama antara Universitas Bhamada Slawi dengan RV University, India. Laporan ini dibuat sebagai bukti adanya tindak lanjut kerja sama dengan mitra.

Ka. Unit Humas dan Kerja Sama



Anisa Oktiawati, M.Kep
NIPY. 1986.10.04.11.06



LAPORAN KEGIATAN IMPLEMENTASI KERJA SAMA ANTARA UNIVERSITAS BHAMADA SLAWI DENGAN RV UNIVERSITY, INDIA

V. BUKTI KEGIATAN

a. Foto Kegiatan



Foto 1. Foto bersama peserta dan narasumber



Foto 2. Mr Bhanu memberikan materi



Foto 3. Mr Bhanu memberikan materi



Foto 4. Mr Bhanu memberikan materi



Foto 5. Penyerahan Plakat pada pembicara



Foto 6. Peserta dan Narasumber Foto Bersama

b. Publikasi Kegiatan

Koran Suara Merdeka

<https://www.smpantura.news/kuliah-tamu-universitas-bhamada-slawi-hadirkan-pembicara-dari-rv-university-india/>



The screenshot shows a news article from SM Pantura. At the top, there is a navigation bar with categories: NASIONAL, KABAR JATENG, PANTURA RAYA, OLAHARGA, BISNIS, and WISATA. Below the navigation bar is a search bar. The main content features a photograph of a lecture hall where a man is speaking to a group of students. To the left of the photo is a vertical column of social media sharing icons. To the right of the photo is a sidebar titled "BERITA TERPOPULER" which lists three other news items with small thumbnail images.

Kuliah Tamu, Universitas Bhamada Slawi Hadirkan Pembicara dari RV University India

25 Februari 2024

Activate Windows
Go to Settings to activate Window.

Website Bhamada

<https://bhamada.ac.id/kuliah-tamu-universitas-bhamada-slawi-hadirkan-pembicara-dari-rv-university-india/>



The screenshot shows the homepage of the Bhamada.ac.id website. At the top, there is a green navigation bar with the university's logo and the word "BHAMADA" in large letters, along with "UNIVERSITAS BHAMADA SLAWI". Below the navigation bar, there are several menu items: Beranda (Home), Tentang Bhamada, Pendidikan (Education), Mahasiswa (Students), Penelitian & Inovasi (Research & Innovation), PMB (Prospective Students), and Kontak (Contact). The main content area displays the same news article about the guest lecture, with the date "25 Februari 2024" and the "Activate Windows" watermark.

Kuliah Tamu, Universitas Bhamada Slawi Hadirkan Pembicara dari RV University India

HOME \ POSTS



MAIN MENU

- [Beranda](#)
 - [Pendidikan](#)
 - [Mahasiswa](#)
 - [Penelitian & Inovasi](#)
 - [PMB](#)
 - [Kontak](#)
- Activate Windows
Go to Settings to activate Windows.



FOTO BERSAMA: Personel Leidenk Band PAM Sendang Kamulyan Batang Dirum Sys Mandayun yang juga gitaris (empat dari kanan) berfoto bersama sesepuh tokoh masyarakat Batang Eddy Christiant (tengah pakai jas), seusai tampil Batang Festival Musik di House of Rhapsodia. (38)

Leidenk Band Ramaikan Batang Musik Festival

BATANG - Leydenk Band Perusahaan Umum Daerah Air Minum (PAM) Sendang Kamulyan tampil memukau saat tampil pada Batang Musik Festival Sabtu (24/2) di House of Rhapsodia Jalan Kramat, Proyonangan Selatan, Batang.

Pentas yang digelar DC Entertainment itu menjadi barometer kebangkitan musik Kabupaten Batang setelah panggung dunia musik mati suri bertahun-tahun. Sebenarnya, kebangkitan itu sudah diawali November lalu saat sang pemilik House of Rhapsodia yang juga sesepuh tokoh masyarakat Batang Eddy Christiant menggelar konser Rock Kasepuhan November tahun lalu. Acara itu dihadiri rocker gaek dari berbagai penjuru kota di Indonesia.

"Tujuan utama penyelenggaraan Batang Musik Festival dalam upaya mencari talenta muda di bidang musik di Batang, Pekalongan, dan sekitarnya. Selanjutnya kami bina melalui fasilitas di DC Group," ujar Ketua Panitia Batang Musik Festival Rudy Herison.

Antusiasme Luar Biasa

Namun, ternyata antusiasme untuk mengikuti festival musik itu sangat luar biasa. Karena peserta meluas sampai wilayah Tegal Raya dan Semarang Raya.

"Alhamdulillah kebanggaan bagi kami karena animo kawula muda untuk mengikuti festival musik di Batang itu luar biasa ada 19 grup band yang tampil. Bahkan, melebar tidak hanya di Jateng sampai DIY datang ke Batang," tuturnya.

Bertindak sebagai juri rocker tahun 1980-an Anwar pentolan Power Slank dan Def Rocker Jet Liar keduanya dari Jakarta. Serta, Mada guru mata pelajaran musik dari Batang.

Pemenangnya juara I Lohjinawi Band Band, II The X Band, dan III Nawasena Band semuanya dari Semarang. Harapan I Before Tes Band (Semarang) dan II Nosca Band Yogyakarta. Serta, ada lima pemain terbaik (*best player*).

Leidenk Band binaan Dirut PAM Sendang Kamulyan Yulianto, meski belum meraih prestasi, penampilannya patut diperhitungkan. Band itu dipimpin Direktur Umum (Dirum) Sys Mandayun yang memainkan gitar 2 diperkuat Jaluk Lukman (gitar sat), Ganang pada bas, Adit penabuh dram, Iwan kibor, dan Iwan sebagai vokalis. (ar-38)

IDI Gelar 6K Fun Run

KAJEN - Dalam keseharian, aktivitas dokter dalam menjalankan pekerjaannya begitu padat. Agar kondisinya selalu prima sehingga bisa memberikan pelayanan terhadap pasiennya, dokter juga harus menjaga kesehatannya. Paling tidak saat waktu senggang, mereka dapat berolahraga.

Dalam rangka menjaga kesehatannya, tiap bulan Ikatan Dokter Indonesia (IDI) Cabang Pekalongan menggelar IDI 6K Fun Run.

Menurut Ketua IDI dokter Riyadi Heru Setiawan SpOG, anggotanya sekitar 500 dokter yang tersebar di wilayah Pekalongan. Karena itu, lokasi event digelar berpindah-pindah, kadang di Kota dan kadang di Kabupaten Pekalongan.

"Namanya *fun run*, sifatnya hanya sekadar berolahraga, bukan untuk prestasi. Dalam berlari para peserta tidak ditarget juara, yang penting senang," ujarnya seusai kegiatan IDI 6K Fun Run di kawasan gedung baru RSUD Kajen, Sabtu (24/2).

Pada kegiatan yang digelar di Kabupaten Pekalongan, jumlah pesertanya 3.000 orang. Mereka dari kalangan dokter, keluarga dokter, dan perkumpulan atau komunitas lari di Pekalongan.

Rute yang dilalui peserta, start dari kawasan RSUD Kajen, lalu menuju ke Alun-alun dan finis di tempat berangkat.

"Selain menjaga kesehatan, Fun Run ini juga untuk menjaga silaturahmi antarkeluarga dokter," paparnya.

Sementara itu, Direktur RSUD Kajen dokter Imam Prasetyo menyatakan gembira dengan penyeleenggaraan IDI 6K Ruun Fun di tempat kerjanya.

Kebetulan RSUD Kajen memiliki gedung baru berlantai empat yang belum lama ini berdiri sehingga sekaligus bisa menyosialisasikan ke masyarakat.

"Kami para dokter di RSUD Kajen, aktivitas sehari-hari memang sangat padat. Event ini sangat tepat agar kesehatan para dokter bagus dan ke depannya dapat memberikan pelayanan kesehatan prima kepada pasien," paparnya.

Peserta yang masuk ke garis finis pertama, yaitu Casbillah dari Trail Runner Pekalongan. Mantan pelari ini mengaku tidak terlalu ngoyoi saat mengikuti event ini karena sudah terbiasa berlari.

Sementara itu, usai masuk finis semua peserta mendapat medali dari panitia kegiatan. Untuk lima peserta pertama yang masuk finis, medali diserahkan Direktur RSUD Kajen lalu berfoto bersama. (H4-38)



PERLIHATKAN MEDALI: Lima peserta yang masuk finis dalam IDI 6K Fun Run memperlihatkan medali didampingi Direktur RSUD Kajen dokter Imam Prasetyo, Sabtu (24/2). (38)

KPU Berpatokan pada Rekapitulasi Manual

PEMALANG - Komisi Pemilihan Umum (KPU)

Kabupaten Pemalang menyatakan penghitungan Pemilu 2024 berpatokan pada rekap atau penghitungan manual yang berjenjang, bukan dari Sistem Informasi Rekapitulasi (Sirekap).

Sirekap hanya sebagai alat bantu, bukan sebagai hasil resmi dari penghitungan. Karena itu, masyarakat diimbau tetap sabar menunggu rekap manual. "Sebagian besar masyarakat sementara ini melihat hasil Pemilu di Info Pemilu, websitenya KPU RI atau Sirekap. Perlu diketahui dan dipahami bersama, bahwa Sirekap tersebut hanya alat bantu. Kalau mau tahu hasil yang benar saat rekap manual secara berjenjang," ujar Ketua KPU Pemalang Agus Setiyanto, Minggu (25/2).

Dia mengatakan, Sirekap hanya alat bantu agar masyarakat bisa memantau perolehan suara Pemilu. Namun dalam perkembangannya hingga sekarang data Pemilu belum selesai diunggah 100%, bahkan kadang ada data yang tidak sesuai dengan rekap manual.

Melihat hal tersebut, KPU Pemalang berpatokan pada rekap atau

penghitungan manual yang berjenjang. Proses rekap sekarang ini masih di tingkat kecamatan. Ada beberapa kecamatan sudah selesai, tetapi ada pula yang masih berproses.

Meskipun rekap di tingkat kecamatan sebagian sudah selesai, data di Sirekap belum berubah. Bahkan ada pula yang datanya belum sesuai dengan hasil rekap manual.

Bersabar

Hal tersebut menyebabkan masyarakat bingung. Karena itu, pihaknya mengimbau semua pihak untuk bersabar menunggu rekap manual selesai. Data yang digunakan berdasarkan rekap manual bukan dari data Sirekap, sebab aplikasi tersebut sifatnya sebagai alat bantu.

"Saya mengimbau pada semua pihak agar bersabar dahulu. Tunggu

rekap kecamatan dan kabupaten selesai. Nanti kami umumkan hasil resminya. Rencananya rekap di tingkat kabupaten dilaksanakan pada 29 Februari 2024 hingga selesai. Nanti masyarakat bisa melihat hasil rekapnya."

Agus Setiyanto mengatakan, berdasarkan data yang diterimanya, kecamatan sudah selesai rekap, yaitu Warungpring, Moga, Pulosari, Ulujamji, Comal, dan Randudongkal.

"Target selesai rekap pada hari Minggu, 25 Februari, yaitu Watukumpul, Bantarbolang, Ampelgading, Bodeh. Untuk kecamatan lainnya seperti Pemalang, Taman, dan Petarukan masih berproses. Sebab kecamatan jumlah tempat pemungutan suara (TPS) banyak sehingga rekapnya lebih lama." (H77-38)



TEKAN TOMBOL SIRENE: Wali Kota Pekalongan Achmad Afzan Djunaid bersama Menteri Perdagangan Zulkifli Hasan, anggota Komisi XI DPR Hendrawan Supratikno, Sekda Provinsi Jawa Tengah Sumarno, dan Direktur Prasarana Strategis Ditjen Cipta Karya Kementerian PUPR Essy Asiah menekan tombol sirene pada peletakan batu pertama pembangunan Pasar Banjarsari, 11 Oktober 2023. (38)

Tiga Tahun Wali Kota dan Wakil Wali Kota Pekalongan (1)

Merealisasikan Pembangunan Kembali Pasar Banjarsari

TIGA tahun sudah perjalanan Wali Kota Pekalongan Achmad Afzan Djunaid dan Wakil Wali Kota Pekalongan Salahuddin memimpin Kota Pekalongan sejak dilantik Gubernur Jawa Tengah, 26 Februari 2021.

Selama kepemimpinannya, keduanya telah mengambil langkah-langkah untuk menyelesaikan berbagai persoalan di Kota Pekalongan. Salah satunya merealisasikan pembangunan kembali Pasar Banjarsari yang menjadi denyut nadi perekonomian masyarakat.

Pasar Banjarsari yang terbakar pada Februari 2018, saat ini tengah dibangun. Pembangunan dimulai setelah dilakukan peletakan batu pertama oleh Menteri Perdagangan Zulkifli Hasan bersama Direktur Prasarana Strategis Ditjen Cipta Karya Kementerian Pekerjaan Umum dan Perumahan Rakyat Essy Asiah serta Wali Kota Pekalongan Achmad Afzan Djunaid pada 11

Oktobre 2023.

Pada momen itu, Essy mengatakan, sesuai dengan kontrak, pekerjaan pembangunan Pasar Banjarsari hingga September 2024. Namun, pembangunan ditargetkan selesai lebih cepat pada semester pertama 2024 agar Pasar Banjarsari bisa kembali berdiri dan dimanfaatkan para pedagang.

"Mudah-mudahan Agustus (2024) selesai karena nunggunya sudah hampir lima tahun lebih," kata Menteri Perdagangan saat itu.

Berdasarkan data Dinas Perdagangan, Koperasi dan Usaha Kecil Menengah (Dindagkop-UKM) Kota Pekalongan, hingga minggu ke-22 sampai 18 Februari 2024, progres pembangunan Pasar Banjarsari mencapai 38%.

iKmarin terkendala hujan dan perancah untuk gedung 2 belum datang. Namun Minggu atau Selasa, progresnya sudah 40-an persen," kata Kepala Dindagkop-UKM Kota Pekalongan Supriono, Minggu (25/2).

Tiga Lantai

Hingga akhir Februari nanti, progres pembangunan Pasar Banjarsari ditargetkan 43,6%. Pasar ini dibangun dengan anggaran Rp164.267 miliar di atas lahan seluas 17.330 meter persegi dengan luas bangunan 34.161 meter persegi yang terdiri atas tiga lantai.

Wali Kota Pekalongan menerangkan, Pasar Banjarsari nantinya akan difungsikan sebagai pasar tradisional yang akan menampung 3.170 pedagang, meliputi 803 kios, 2.256 los, dan 111 toko. "Dahulu, sebelum terbakar, di pasar ini ada mal, bioskop, dan supermarket. Namun, untuk pembangunan kali ini, *full* sebagai pasar tradisional," tandasnya.

Pembangunan kembali Pasar Banjarsari melalui proses yang panjang dan sejumlah kendala di lapangan. Perjuangan panjang dalam mengusahakan pembangunan kembali itu dimulai dari negosiasi dengan PT Dian Insan Sarana Cipta (DISC). Sebab, perjanjian kontrak dengan PT

DISC hingga 2032.

Menurut Wali Kota, jika dibiarkan dan tidak ada usaha lain, pasar akan terbengkalai sampai 2032. Karena itu, dia membentuk Tim Percepatan Pembangunan Pasar Banjarsari. Pemkot Pekalongan terus mengupayakan komunikasi dengan PT DISC agar tanah di lahan eks Pasar Banjarsari bisa terselesaikan.

Upaya tersebut berhasil. PT DISC bersedia menyerahkan sertifikat tanah sebagai dasar Pemkot Pekalongan untuk maju ke Kementerian PUPR dan Kementerian Perdagangan. Hingga kini Kementerian Perdagangan mengalokasikan anggaran Rp 164 miliar untuk membangun Pasar Banjarsari.

Kendala lain, proses pengumuman pemenang lelang pembangunan Pasar Banjarsari juga pernah mengalami penundaan selama 11 kali. "Mudah-mudahan pada 2024 sudah bisa digunakan," kata Wali Kota. (Isnawati-38)

Universitas Bhamada Slawi Hadirkan Dosen RV University India

SLAWI - Universitas Bhamada Slawi menggelar kegiatan kuliah tamu internasional (*international guest lecture*), Sabtu (24/2). Acara ini mengusung tema "Guest Lecture on Mental Health Awareness" (Kuliah Tamu tentang Kesadaran Kesehatan Mental).

Kuliah tamu ini membahas tentang strategi mengelola tekanan akademik dan kesehatan mental sebagai mahasiswa gen Z. Kegiatan ini dipandu Fiqih Kartika Murti MPd.

Wakil Rektor Bidang Akademik Dr Risnanto menyatakan sangat senang dan antusias dengan adanya kuliah tamu ini. Tema yang diusung pertama kali adalah "What do you think about phone addiction? Because we as Gen Z stu-

dents always do that?" tanya Farah, mahasiswa D-3 Keperawatan.

Menjawab pertanyaan itu, Bhanu Prakash Nunna menuturkan, agar meminimalkan penggunaan ponsel, setidaknya tiga hingga empat jam dalam sehari. Sebagai gantinya melakukan hal yang disukai seperti membaca buku, berolahraga, dan masih banyak lagi.

"Minimize the use of mobile phone, at least 3 - 4 hours in a day. Do what you love like reading a book, doing exercises, and many more," katanya.

Pengetahuan Baru

Kepala Humas dan Kerja Sama Univesitas Bhamada Slawi Anisa Oktawati MKep mengemukakan,

kuliah tamu internasional ini sebagai salah satu upaya Universitas Bhamada Slawi memfasilitasi mahasiswa memperoleh pengetahuan baru.

"Selain memperoleh pengetahuan baru, mahasiswa sekaligus dapat berdiskusi dengan narasumber mengenai topik yang dibahas. Sebab, topik yang dibahas menjadi hal yang sangat penting untuk dipahami," ungkap Anisa.

Diharapkan, setiap mahasiswa Universitas Bhamada Slawi yang hadir, dapat memaksimalkan momen ini dengan baik untuk meningkatkan pengetahuan dan pem-



KULIAH TAMU: Kuliah tamu internasional di Universitas Bhamada Slawi, Sabtu (24/2), mendatangkan Bhanu Prakash Nunna PhD, dosen RV University India. (38)

haman mereka soal topik yang disampaikan dosen tamu kali ini.

"Besar harapan saya tiap mahasiswa Universitas Bhamada Slawi yang hadir, dapat memaksimalkan momen ini dengan baik untuk meningkatkan pengetahuan dan pemahaman mereka soal topik dari

dosen tamu kali ini. Tentu, pengetahuan ini akan menjadi *input* yang sangat baik bagi para peserta," papar Anisa.

Kegiatan ini diakhiri penyerahan plakat oleh Kepala Humas dan Kerja Sama dan dilanjutkan berfoto bersama. (H45-38)



International Guest Lecture

BHANU PRAKASH NUNNA, Ph.D

Assistant Professor and Director, Centre for Victimological Research and Victim Assistance (CVRVA) at the School of Law, RV University.

"Guest Lecture on Mental Health Awareness : Strategies for Managing Academic Pressure and Mental Health As A Gen Z Student"

Moderator:



Host:



Sabtu, 24 Februari 2024

06.30 WIB

Kelas D2.1-D2.2



bhamada.ac.id

@humasbhamadaslawi



BHANU PRAKASH NUNNA



Personal Details

Age : 34 years
D.O.B : 11 June 1988
Contact No. : +91- 8882611761
Permanent Address : D/No. 8-6-18A, Chilakavari street, Kavali-524201, Nellore (Dt), A.P., India
Current Address : 114, Sri Pearl Park Apartment, Bengaluru-560059, Karnataka, India
E-mail : bhanuprakashn@rvu.edu.in; bhanu.n.prakash@gmail.com

Educational Qualifications

| Degree/Course | Institution | University/Board | Year of Passing | Percentage |
|--|--|------------------------------------|-----------------|------------|
| Ph.D. in Victimology | O.P. Jindal Global University | University Grants Commission (UGC) | 2022 | - |
| M.A. Psychology (Clinical & Developmental Psychology) | Faculty of Arts | Delhi University (North Campus) | 2012 | 72.5% |
| B.A (Psychology, Journalism & Communicative English) | CMR College, Banglore University | Banglore University | 2009 | 83% |
| Class XII | Sir Raman Junior College, Andhra Pradesh | Andhra Pradesh Board | 2005 | 83.5% |
| Class X | Ratnam High School, Andhra Pradesh | Andhra Pradesh Board | 2003 | 90% |

Current Positions

- Assistant Professor (Psychology and Victimology), School of Liberal Arts & Sciences, RV University, Bengaluru, Karnataka, India.
- Director, Centre for Victimological Research and Victim Assistance (CVRVA), RV University, Bengaluru, Karnataka, India.
- Guest Faculty at Department of Criminology and Police Science, Mawlana Bhashani Science and Technology University, Santosh, Tangail, Bangladesh.
- Member of the World Society of Victimology
- Co-director of the Bangladesh Postgraduate Course on Victimology, Victim Assistance and Criminal Justice
- Course Coordinator of the Asian Postgraduate Course on Victimology, Victim Assistance and Criminal Justice. Organized the 15th and 16th Asian Postgraduate Courses at O.P. Jindal Global University, Sonipat, and the City University of Hong Kong, respectively.
- Resource Faculty for the Dubrovnik Postgraduate Course on Victimology and the Asian Postgraduate Course on Victimology
- Resource Faculty for the Asian Postgraduate Course on Victimology, Victim Assistance and Criminal Justice
- Resource Faculty for the Indonesian Postgraduate Course on Victimology
- Life Member, Indian Society of Victimology
- Associate Editor for the Journal, Global Advances in Victimology and Psychological Studies

Teaching Experience

- Since 12th June 2022, Assistant Professor (Psychology and Victimology) at School of Liberal Arts & Humanities, RV University, Bengaluru, Karnataka, India.
- Since 1st June 2020, Guest Faculty at Department of Criminology and Police Sciences, Mawlana Bhashani Science and Technology University, Santosh, Tangail, Bangladesh. I have been teaching courses in Introduction to Psychology, Introduction to Victimology and Victim Psychology, Basics in Counselling, and Abnormal Psychology for both undergraduate and postgraduate students.
- Guest Faculty at LNJN National Institute of Criminology and Forensic Sciences (NICFS), New Delhi from February 2020 to May 2020. I taught a course on Psychology of Victimization to the students of PG Diploma Course in Victimology and Victim Assistance.

- Conducted lectures in Introduction to Victimology and Advanced Victimology for the undergraduate students in O.P. Jindal Global University.
- Conducted lectures in Postgraduate Courses in Victimology, Victim Assistance and Criminal Justice in Asian and European Courses to the students of various nationalities and backgrounds.
- Conducted short-term Teacher Training Programs in the Jindal Institute of Behavioural Sciences on various topics in Psychology.

Counselling Work Experience

- From 20th April 2015 – 26th May 2022, worked as a Senior Counsellor at the Centre for Wellness and Counselling Services (CWCS) of O.P. Jindal Global University. In the capacity of a Senior Counsellor, I am fulfilling the following responsibilities.
 - Conduct individual and group therapy sessions for students, faculty, and administrative staff in an environment of mutual trust, respect, empathy, and confidentiality.
 - Supervise therapy work of other counsellors in the team.
 - Establish and supervise student-run Peer Support Groups across various schools committed to aiding the university community's mental health.
 - Focal point for YourDOST's on-campus services. YourDOST is India's leading online emotional wellness platform.
 - Offer guidance to faculty mentorship programs of various schools of the university with respect to students' mental health and well-being concerns.
 - Design and conduct well-being surveys to identify potential risk factors and devise effective intervention strategies.
 - Design and organize various mental health awareness activities to destigmatize mental illnesses, counselling, and promoting help-seeking behaviours.
 - Design and deliver intervention strategies for at-risk students posing a risk for self-harm or with active suicidal ideation.
 - Play a vital role in the Disability Support Committee of the University. Conduct assessment of students that require additional academic support on the grounds of various mental health conditions.
 - Plan effective intervention strategies for students referred by the Disciplinary Committee and Sexual Harassment Committee of the university.
 - Conduct workshops, webinars, and conferences on various topics related to mental health, mental health literacy, and self-care.

- Conduct yearly orientation sessions for the incoming batches and provide additional support to help them adjust smoothly to the campus community.
 - Effective documentation and record-keeping of activities undertaken by the counselling department.
 - Liaison with the Registrar's Office, Student Welfare Dean's office, Chief Proctor's office, Medical Centre, and Chief Warden's office.
- Before joining OP Jindal Global University, I worked at Epoch Elder Care as a Dementia Facility Manager from June 2014 to 12th November 2014 for a Dementia specialized Senior Care Home in Pune. I was responsible for managing the entire facility, which included the training and management of all staff, efficient and effective day-to-day running of the facility. Also, ensure resident well-being by promoting the philosophy of privacy, dignity, independence, choice, rights, and fulfillment within a managed risk-taking policy.
- At Epoch Elder Care from November 2012 to May 2014, I worked as the Elder Care Manager- managed the team of 14 Eldercare Specialists and supervised their work. During my term, I devised care plans for over 100 elderly clients, including those who have Dementia, Depression, and other psychological disorders.
- Summer Internship at Delhi Psychiatric Centre (DPC) from 23rd May 2011 to 21st July 2011.
- Worked as a career guidance counsellor for six months at Career Mentors, Pitampura, New Delhi.
- Worked as a volunteer for six months, for **SAHAI a suicide prevention helpline** that offered to counsel over the telephone to clients with depression and suicidal tendencies.

Conference Paper Presentations and Guest Lectures

- Presented on “*Sexual and Gender-Based Violence: National One Stop Centre Programme in India*” at the International Conference on Victimology and Victims Assistance in Indonesia (ICVVAI) at Jenderal Soedirman University, Purwokerto, Indonesia, from September 18th-22nd, 2016.
- Gest lectured on “*Honour Killings in India*” at Jenderal Soedirman University, Purwokerto, Indonesia on 21st September 2016.
- Presented on “*Victims* in the Victim Assistance Programs: A Social Constructionist Perspective” at the 18th World Congress of Criminology; Session 22: Victims of Crime and Society's Response to Them, organized at OP Jindal Global University from 15-19 December 2016.
- Presented on “*Implementing 'One Stop Centre' Program: An Example from Haryana*” at the conference in Institute of Law, Nirma University, Ahmedabad, Gujarat from 23-25 February 2017.

- Guest lecture on “*One Stop Centre Program: Implementation and Challenges*” at School of Law, KIIT University, Bhubaneswar on 26th March 2017.
- Lectured at the 33rd International Post-graduate Course on Victimology, Victim Assistance and Criminal Justice at the Inter-University Centre, Dubrovnik, Croatia from 22nd May – 3rd June 2017.
- Lectured at the 15th Asian Post-graduate Course on Victimology, Victim Assistance and Criminal Justice at OP Jindal Global University, Sonipat, India from 23rd October to 4th November 2017.
- Presented on “*One Stop Center Program: Training Needs Of Victim Service Practitioners*” at the 1st Biennial Conference on Criminology and Victimology at DG Vaishnav College, Chennai, on 15th December 2017.
- Lectured at the 34th International Post-graduate Course on Victimology, Victim Assistance and Criminal Justice at the Inter-University Centre, Dubrovnik, Croatia, from 7th to 19th May 2018.
- Lectured at the 16th Asian Post-graduate Course on Victimology, Victim Assistance and Criminal Justice at the City University of Hong Kong from 4th to 14th June 2018.
- Presented on "*Training Needs of Victim Service Practitioners in the One Stop Centres in Haryana*" at the 16th WSV International Symposium on Victimology at the City University of Hong Kong from 10th to 14th June 2018.
- Lectured on “*Introduction to Theoretical Victimology*” at the 3rd Indonesian Postgraduate Course on Victimology organized by the Victimology Teachers Association of Indonesia at the Faculty of Law, University of Surabaya, Indonesia on 27th November 2018.
- Lectured on “*Psychosocial Support to Victims of Violent Crimes*” at the 3rd Indonesian Postgraduate Course on Victimology organized by the Victimology Teachers Association of Indonesia at the Faculty of Law, University of Surabaya, Indonesia on 27th November 2018.
- Invited as a Plenary Speaker at the 3rd International Conference on Victimology organized by the Faculty of Law, University of Surabaya, Indonesia from 28th to 29th November 2018. Plenary Speech on: “*From Margins to the Centre: Customer Services Approach to Victim Services.*”
- Presented on “*Secondary Victimization: Detrimental to Victim’s Recovery*” in one of the parallel sessions at the 3rd International Conference on Victimology organized by the Faculty of Law, University of Surabaya, Indonesia from 28th to 29th November 2018.
- Lectured at the 35th International Post-graduate Course on Victimology, Victim Assistance and Criminal Justice at the Inter-University Centre, Dubrovnik, Croatia from 20th May to 1st June 2019.
- Lectured at the 18th Asian Post-graduate Course on Victimology, Victim Assistance and Criminal Justice at O.P. Jindal Global University, Sonipat on 13th October 2022.

- Presented on “Sakhi One Stop Centres: Challenges and Future” at 12th Biennial Conference of the Indian Society of Victimology on Securing Justice to Victims of Crime at RGNUL, Patiala, Punjab from 3-5 November 2022.

Publications

Book chapter published:

- Nunna, B. (2016). 'Nirbhaya' Incident and One Stop Centre Program in India. In G. F. Kirchhoff, M. Palit and S. P. Sahni (Eds.), *Global Victimology: New Voices* (pp. 103-114). New Delhi. Universal Law Publishing, Lexis Nexis.
- Nunna, B. P., Kirchhoff, G. F., & Palit, M. (2022). The Criminal justice system's interventions toward crime victimization: Aims and challenges. JURNAL YUSTIKA: MEDIA HUKUM DAN KEADILAN, 25(01), 54-64.
- Nunna, B. P., Kirchhoff, G. F., & Palit, M. (2022). Improving Criminal Justice System Responses to Crime Victims with Disabilities in India. Law and Humanities Quarterly Reviews, 1(2), 67-78.
- Nunna, B. P., Kirchhoff, G. F., & Palit, M. (2022). A Critical Review of Victim Services for Gender-Based Violence Victims in India. IOSR Journal of Humanities and Social Science (IOSR-JHSS), 27(5), 41-50.

Achievements

- Recipient of the World Society of Victimology (WSV) Scholarship to attend the 16th WSV International Symposium on Victimology at the City University of Hong Kong from 10-14 June 2018.
- Topper of Bangalore University in the Bachelor's Programme in Psychology, for the batch of 2006-2009.
- Best Outgoing student in 10th Standard from Ratnam High School in the year 2003 & 1st Rank holder in the district for the same examination.

Positions Held

- Served as the Vice-President of the Student Council of Department of Psychology, the University of Delhi for the academic year 2011-12.
- Served as Organizing Secretary for various National level conferences, workshops & seminars held under the Department of Psychology, Delhi University and CMR College, Bangalore.

Workshops Attended

- Attended 3-days workshop on Acceptance and Commitment Therapy at the ‘Just Being’ Centre in Pune, Maharashtra India
- Successful completion of the Youth Empowerment and Skills workshop (YES! +).
- Attended 7-days workshop on Psychodynamic and Rogerian Psychotherapeutic approaches.
- Attended a 5-days workshop on Cognitive Behavior Therapy (CBT) at VIMHANS.

Research Undertaken During Undergraduate and Postgraduate Studies

- Done a project on “Detection of Dementia: Mild Cognitive Impairment (MCI)”
- Done a project entitled “Experience & Expression of Happiness in the Indian Context”.
- Undertaken a case study to learn the application of counselling skills and theory in the assessment of the problem of the case.
- Developed a module for students and teachers on Anti-bullying for three private schools in Mehrauli, Delhi.
- Done single case studies of children with Autism, ADHD & Dyslexia.

References

| Prof. (Dr.) Gerd Ferdinand Kirchhoff | Prof. (Dr.) Beulah Shekhar | Prof. (Dr.) George Richards |
|--|---|---|
| Professor & Senior Fellow, Jindal Institute of Behavioural Sciences, O. P. Jindal Global University, Sonipat, India <i>Address:</i> Gottingen-37085, Beethovenstrasse, Germany <i>Telephone:</i> +49 551 28169594 <i>Email:</i> gfkirchhoff@jgu.edu.in | Professor Emerita, Department of Criminology Karunya Institute of Technology & Sciences, Coimbatore- 641114, Tamil Nadu, India. <i>Telephone:</i> 91-9843058035 <i>E-mail:</i> beulahshekhar@yahoo.com | Associate Professor, Department of Criminal Justice, Anthropology, and Forensic Studies, Edinboro University of Pennsylvania <i>Address:</i> 238 Hendricks Hall, Edinboro, Pennsylvania 16444 <i>Telephone:</i> (814) 732-1626 <i>E-mail:</i> grichards@edinboro.edu |

I hereby certify that the above information is accurate and correct to the best of my knowledge.



Bhanu Prakash Nunna
23rd November 2022



Mental Health Awareness and Strategies for Managing Academic Pressure and Mental Health as Gen Z Students

Bhanu Prakash Nunna, Ph.D.

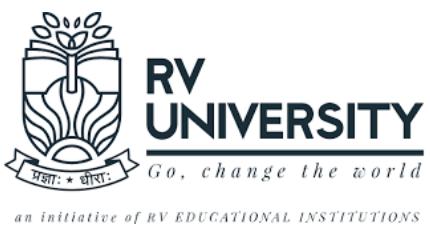
Assistant Professor (Psychology & Victimology)

Director, Centre for Victimology

School of Law, RV University, India

Email: bhanuprakashn@rvu.edu.in

Ph: +91-8882611761



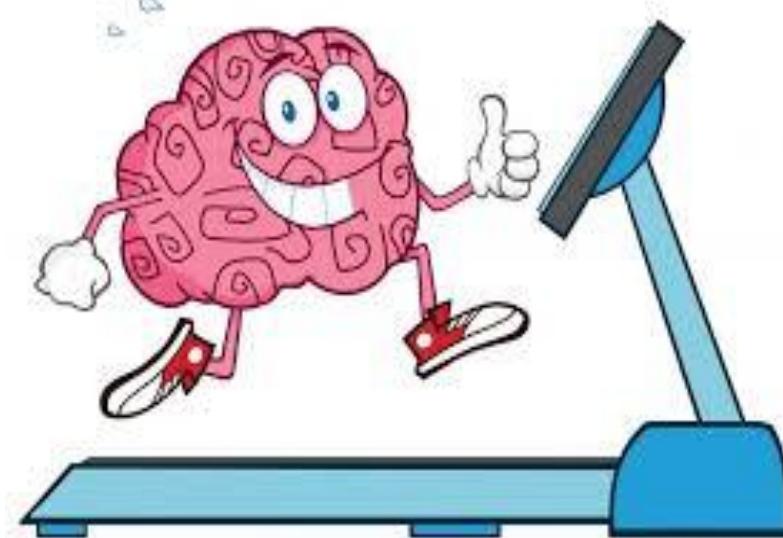
Who are Gen Z Students?

- Generation Z (also known as Gen Z; Zoomers) are today's college students, born between **1996 and 2010**, who have unique defining moments, attitudes, communication preferences, values, and aspirations than preceding generations.
- Gen Z students are true **digital natives**
- Generation Z expects to be connected to the world and able to access information at any time. This translates to education as well.
- They also crave autonomy in their education.

Mental Health Crisis Haunting Indonesia's Gen Z

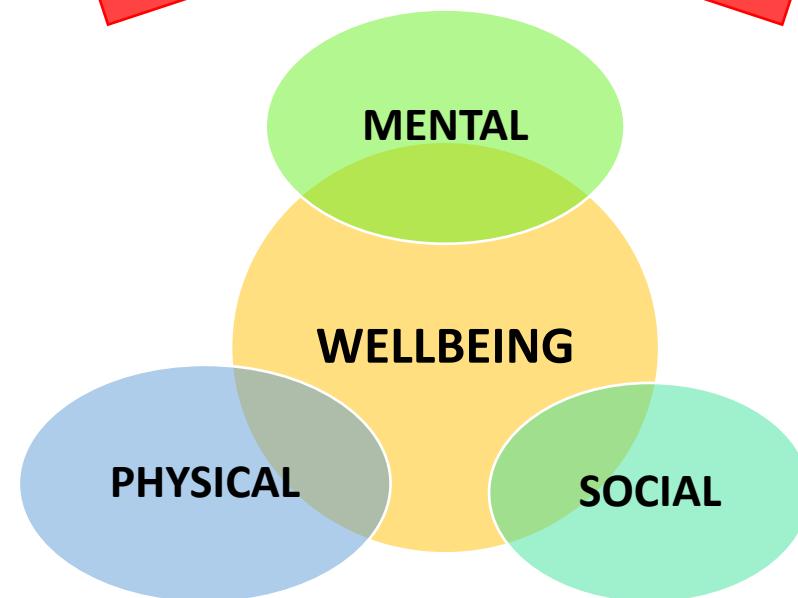
- The latest survey from I-NAMHS (Indonesia National Adolescent Mental Health Survey) in 2022 found that approximately 1 in 20 or **5.5 percent** of adolescents aged 10-17 were diagnosed with a mental disorder within the last 12 months.
- Meanwhile, about one-third or **34.9 percent** had at least one mental health problem

Mental Fitness is the technique to develop, train and keep your mind healthy



Who is a healthy person?

“One who does not have any illness”

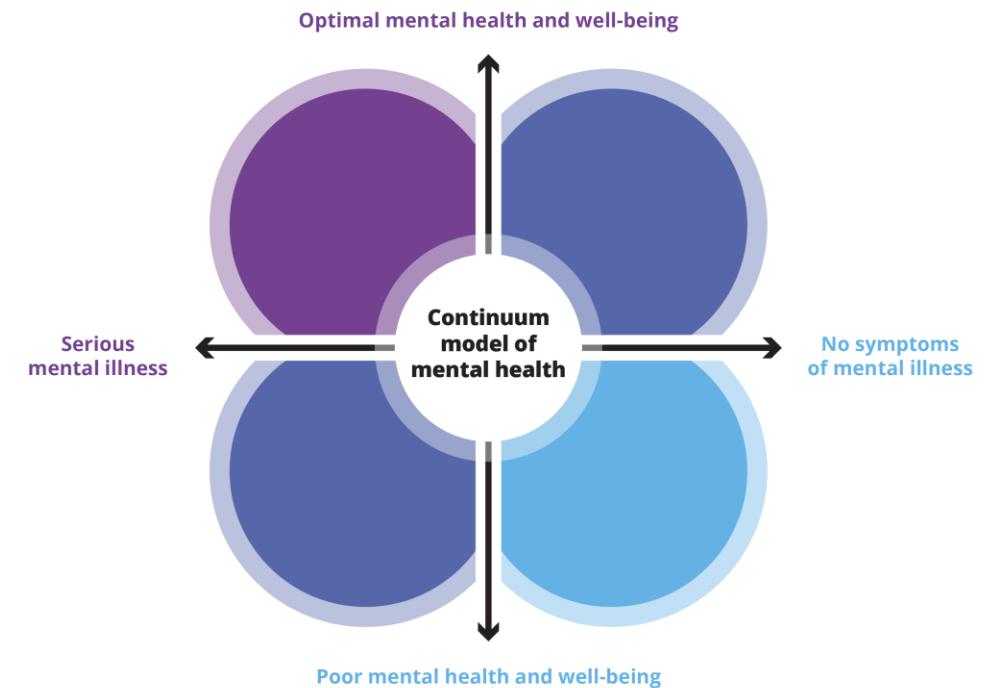


What is mental illness?

“Any internal state ~~that causes distress/dysfunction~~”

Mental health is a state of well-being in which:

- The individual realizes his or her own abilities
- Can cope with the normal stresses of life
- Can work productively and fruitfully
- Can contribute to his or her community



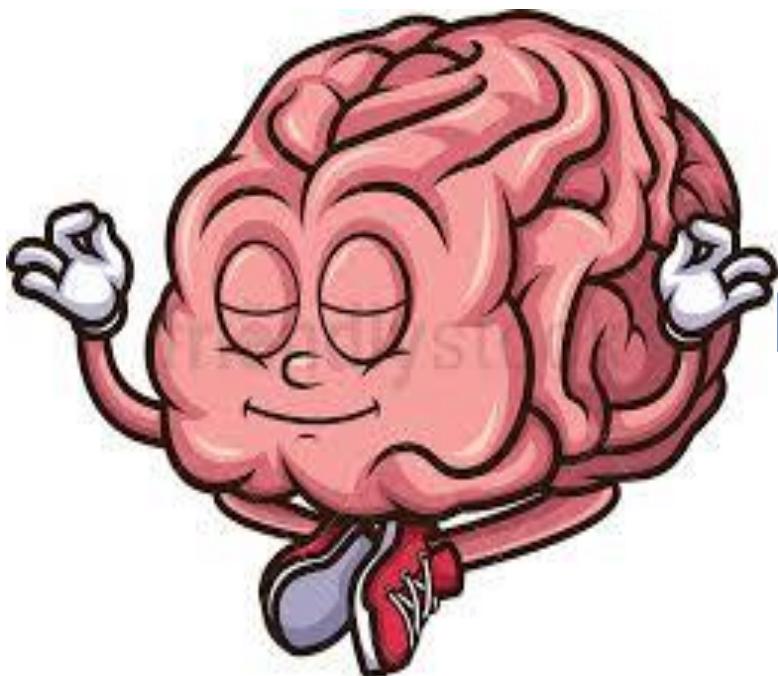
Are you Mental Health Literate?



- 1) *How to obtain and maintain positive mental health?*
- 2) *What are mental disorders and their treatments?*
- 3) *Feel comfortable in discussing about mental health problems?*
- 4) *When and how to seek help?*

What is mental wellbeing?

Well being = Happiness



Mental Abilities



FACETS of HAPPINESS



- “*The sun feels good on my skin*”
- “*I feel good that I cleared my exams*”
- “*I am an enthusiastic person*”
- “*Overall-my life is going well*”

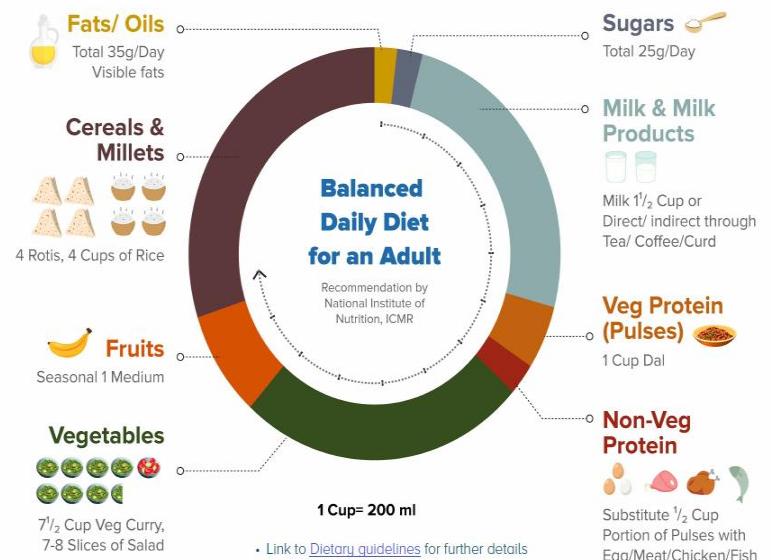
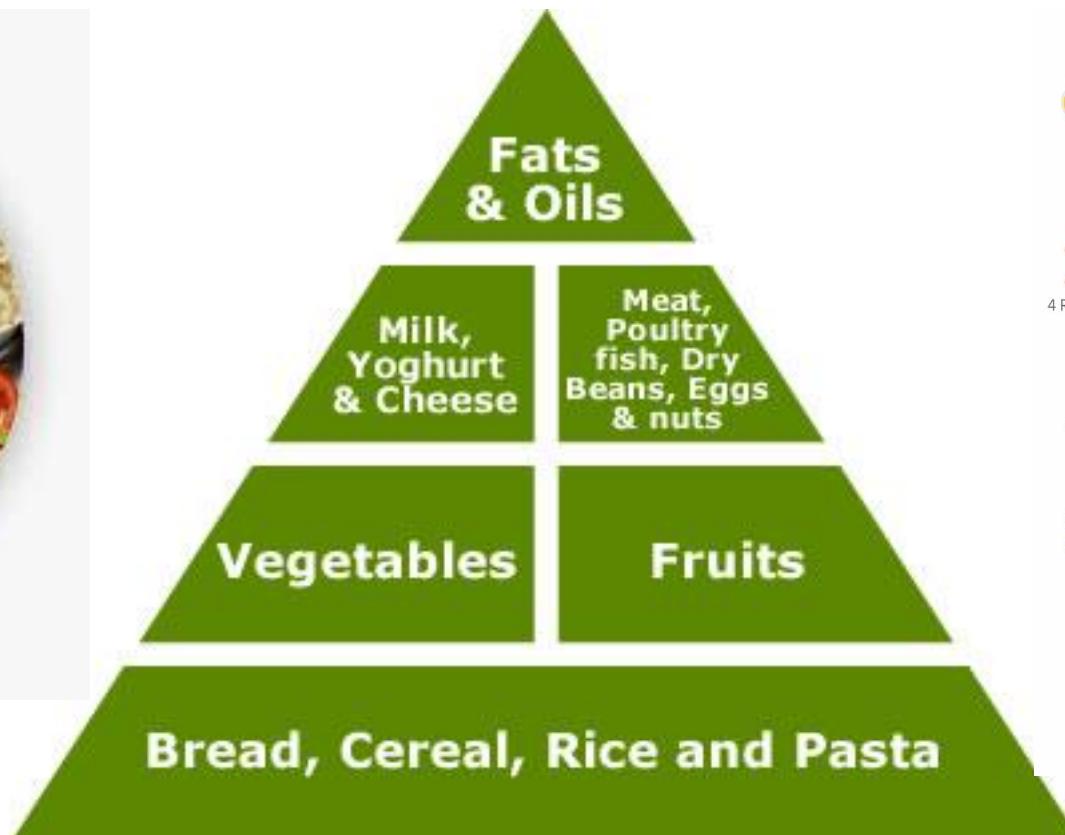


SAMATVAM YOGA UCHYATE

*yoga-sthaḥ kuru karmāṇi saṅgam tyaktvā dhanañjaya
siddhy-asiddhyoḥ samo bhūtvā samatvam yoga uchyate*



DIET



Nutritional deficiencies have shown to cause symptoms of depression, fatigue, cognitive decline, and other mental health issues.

EXERCISE



Moderate intensity aerobic physical activity: **150 mins/ week**

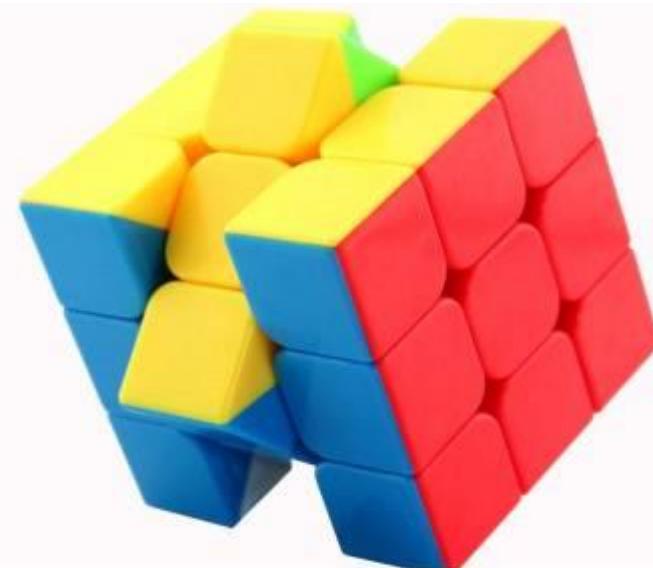
Vigorous intensity aerobic physical activity: **75 mins/ week**

EXERCISE

Be creative



Challenge your brain



Develop Hobbies



REST

Rest to Body: Sleep

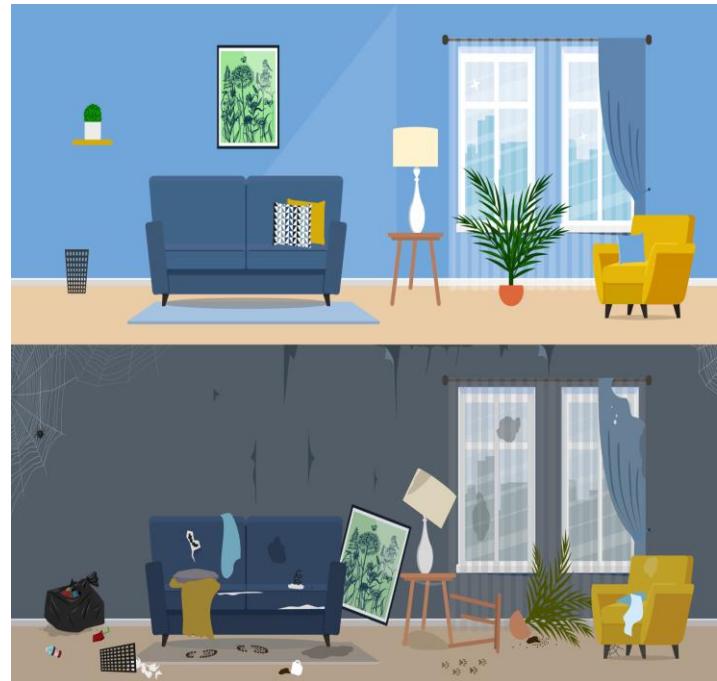


Rest to Mind: Meditate



Time Management

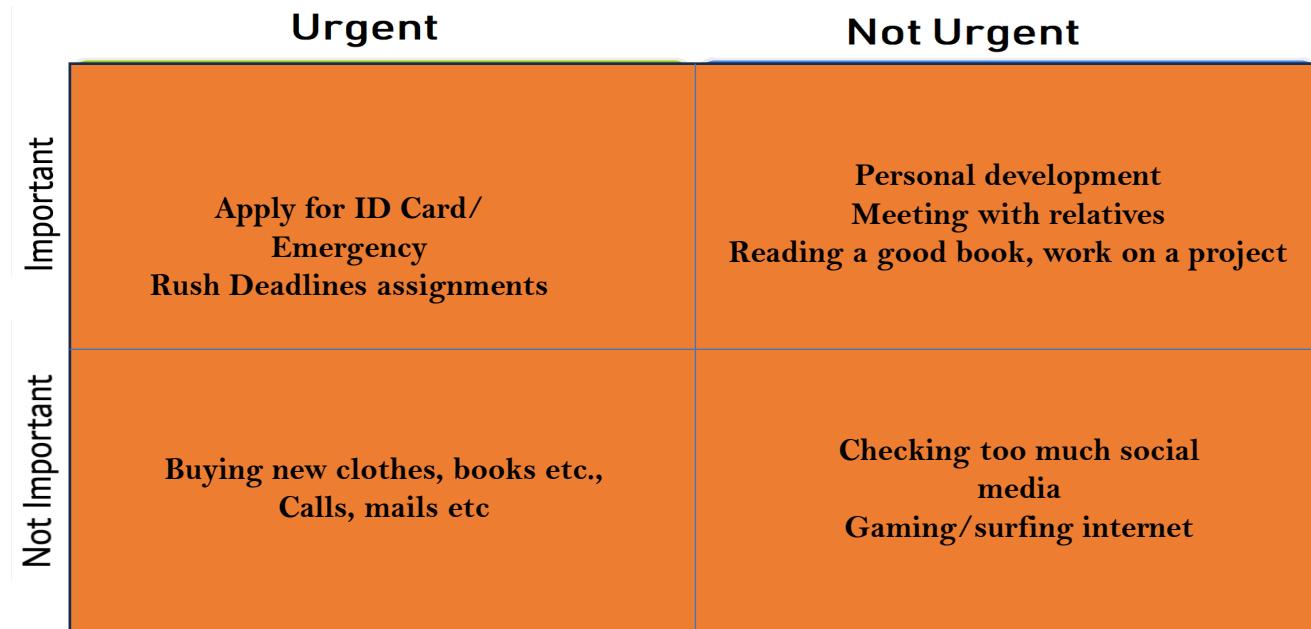
How to be Effective, Efficient & Productive?



1. Organized environment

Time Management

How to be Effective, Efficient & Productive?



You don't find
time for
important
things,
You make it....

2. Prioritize tasks

Build Meaning/Purpose of Life

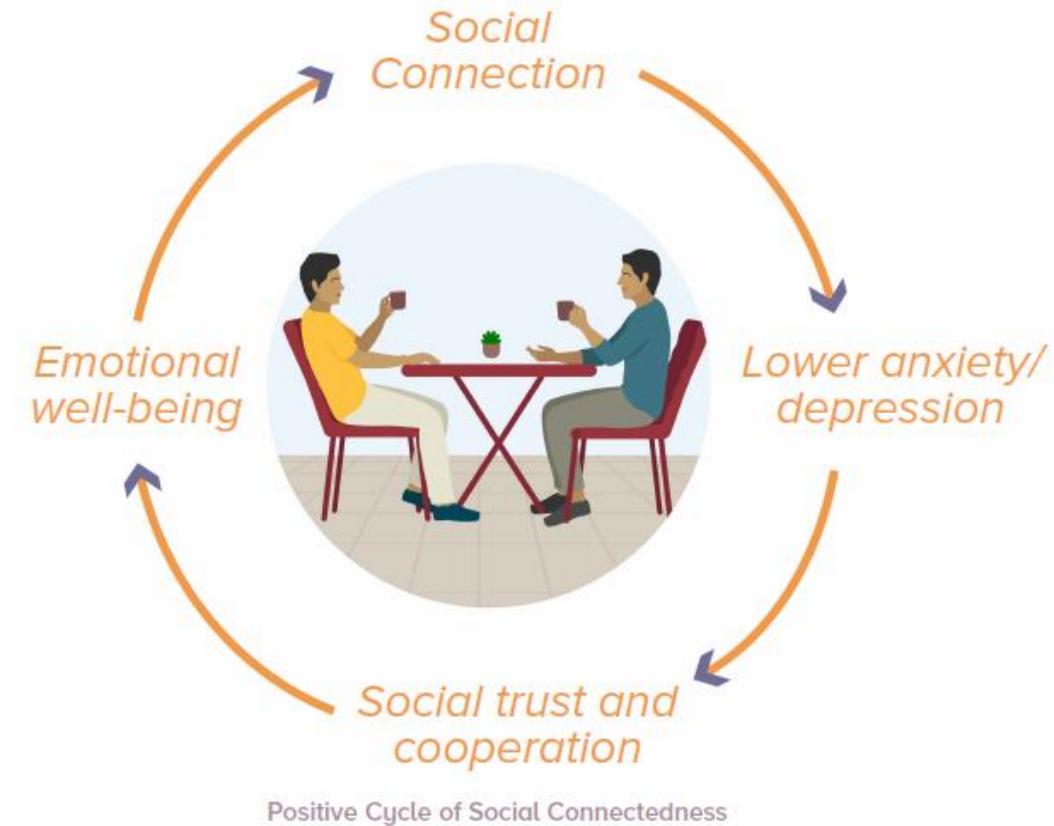
- List activities that make you happy
- List those things which makes you feel excited to get out of bed
- Ask yourself why you're special and different.
- Describe your idea of a meaningful existence
- Connect purposefully with rest of the world
- Narrow down the list & increase focus



Maslow's hierarchy of needs

SOCIAL CONNECTION

- Spend time with family and friends
- Encourage others to open-up emotions
- Be available
- Check-in regularly through phone/other means
- Discuss emotional turmoil with person who supports





Healthy you in healthy surrounding



*"You want others to be happy - PRACTICE COMPASSION
If you want to be happy - PRACTICE COMPASSION"*

-Dalai Lama

MOST IMPORTANT == BE KIND TO YOURSELF



Healthy you in healthy surrounding



The only MANTRA needed for happy life!!!

THANK YOU.

*Gratitude turns “what we have”
into “enough”*

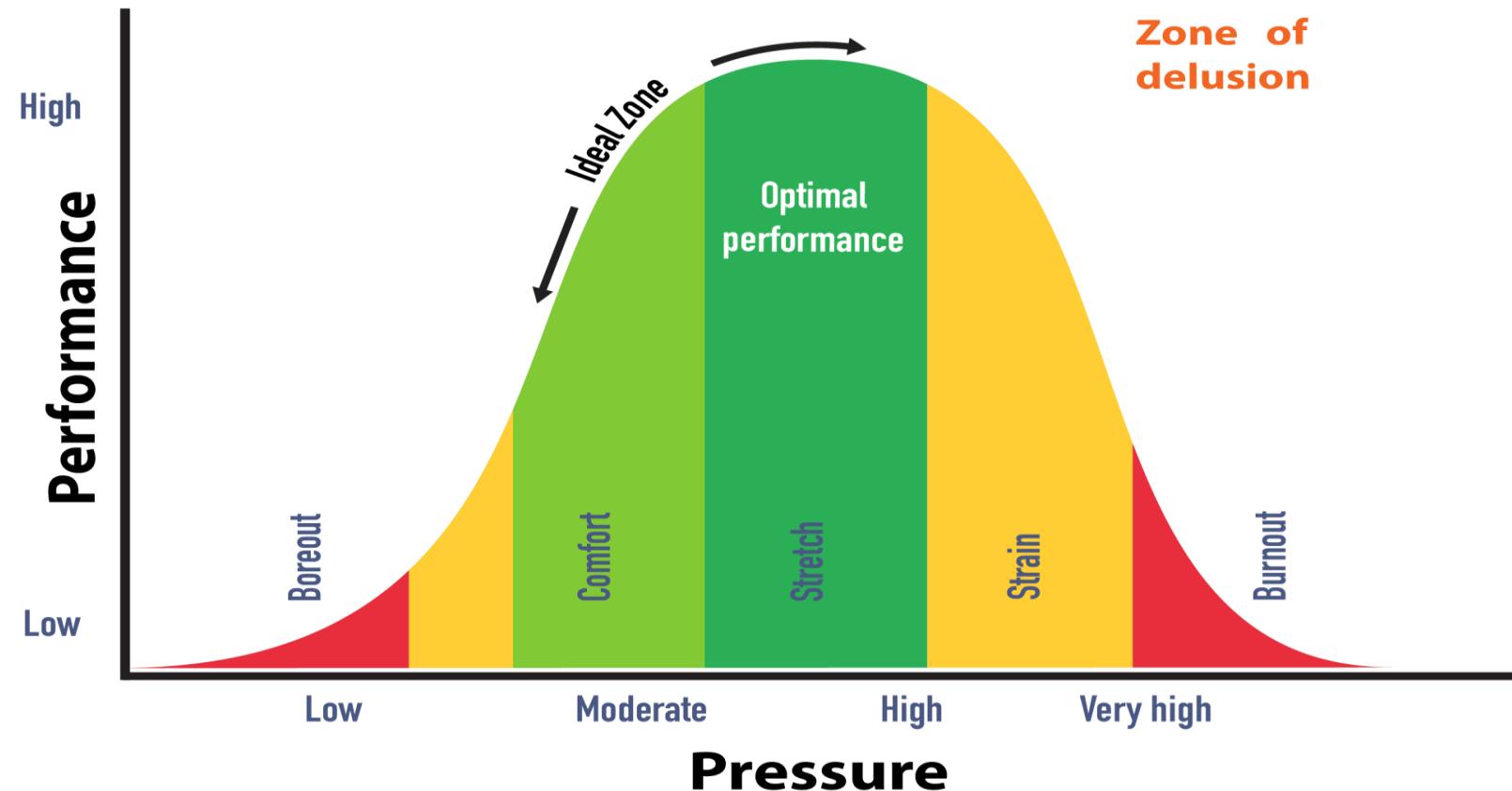
-Aesop

*“Please” AND “Thank you” can
turn the world around for you.*

- *I appreciate what you did.*
- *Thank you for thinking of me.*
- *Thank you for your time today.*
- *I value and respect your opinion.*
- *I am so thankful for what you did.*
- *I wanted to take the time to thank you.*
- *I really appreciate your help.*
- *Your kind words warmed my heart.*



Handling Negativity





Handling Negativity



HAPPINESS IS EVERYONE'S RIGHT but is a SKILL

To be angry

- With the right person
- To the right degree
- At the right time
- For the right purpose
- In the right way

GIGO: GARBAGE IN --- GARBAGE OUT



Handling Negativity



Altruism



Sublimation



Humor



Acceptance



RECOGNISE WHEN TO SEEK HELP?

Do not ignore the symptoms!

Mental health issues show up in many different ways. Learning to

These signs are an essential step towards building positive mental health.

Being Mentally Ill ≠ Being Mentally Weak



NIMHANS

WHAT TO DO ONCE IDENTIFIED?

- **LISTEN** - Listen to the person closely, with empathy, and without judging
- **INQUIRE ABOUT NEEDS AND CONCERNS** - Assess and respond to various needs and concerns—emotional, physical, social and practical (e.g. childcare)
- **VALIDATE** - Show that you understand and believe the person. Assure the person that he/she is not to blame
- **ENHANCE SAFETY** - Discuss a plan to protect the person from harm
- **SUPPORT** - Support the person by providing access to information, services and social support



Fitting Fitness Regime to you



*All of us are different in our own ways
EVERY ONE HAS DIFFERENT QUESTION IN EXAM OF LIFE
DO NOT ALWAYS COPY OR INSIST OTHERS TO COPY
we need to cultivate mental health regime that suits oneself*

Take simple steps every day to improve mental health and enhance well-being



Get Good Sleep



Exercise Regularly



Avoid Alcohol and Drugs



Practice Meditation



Connect Socially



Reduce Screen Time /Media Exposure



Learn new Skills



Eat Healthy



Connect with Nature



Terima Kasih!!

Bhanu Prakash Nunna, Ph.D.

Assistant Professor (Psychology & Victimology)

Director, Centre for Victimology

School of Law, RV University, India

Email: bhanuprakashn@rvu.edu.in

WhatsApp Ph: +91-8882611761



**BERITA ACARA PELAKSANAAN
INTERNASIONAL GUEST LECTURE**

**Strategies for Managing Academic Pressure and Mental Health
as a Gen Z Student
KERJA SAMA
UNIVERSITAS BHAMADA SLAWI
dengan
RV UNIVERSITY, INDIA**

Pada hari ini **Sabtu** tanggal **Dua Puluh Empat** bulan **Februari** tahun **Dua Ribu Dua Puluh Empat** bertempat di Ruang Kelas D.21 – D. 22 Universitas Bhamada Slawi telah dilaksanakan **INTERNATIONAL GUEST LECTURE** yang meliputi :

1. Pembicara : Bhanu Prakash Nunna, Ph.D
2. Asal Institusi : RV University, India
3. Waktu : 08.00 - Selesai
4. Jumlah Peserta yang Hadir : 80 Peserta

Demikian berita acara ini dibuat dengan sesungguhnya dan sebenar – benarnya untuk dapat dipergunakan sebagaimana mestinya.

KEYNOTE SPEAKER

Bhanu Prakash Nunna, Ph.D

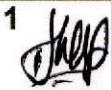
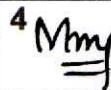
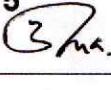
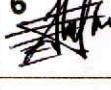
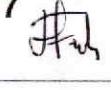
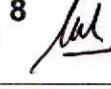
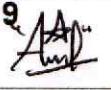
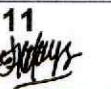
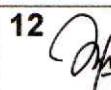
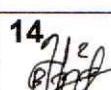
ATTENDANCE LIST INTERNASIONAL GUEST LECTURE
Strategies for Managing Academic Pressure and Mental Health
as a Gen Z Student

Day : Saturday, 24 February 2024

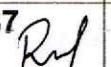
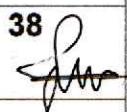
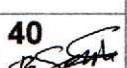
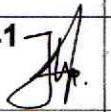
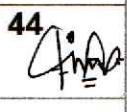
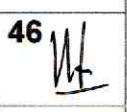
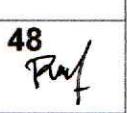
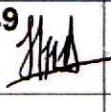
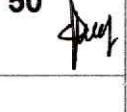
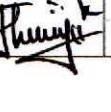
| No | Name | Institusi | Signature |
|----|---------------------------|---------------|--|
| 1 | Bhanu Prakash Nunna, Ph.D | RV University | 1  |

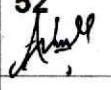
ATTENDANCE LIST INTERNASIONAL GUEST LECTURE
Strategies for Managing Academic Pressure and Mental Health
as a Gen Z Student

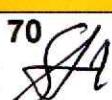
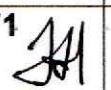
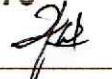
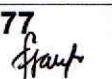
Hari : Sabtu, 24 Februari 2024

| No | Nama | Prodi | No Hp | Tanda Tangan |
|----|-----------------------|----------------|---------------|--|
| 1 | NIA AMECIA RIZQI | D-IV K3 | 082232661054 | 1  |
| 2 | Deameifta Kh | D-IV K3 | 08164228185 | 2  |
| 3 | Hanif Aini Marzi | D-IV k3 | 087842433925 | 3  |
| 4 | Maya Setyaningsih | SI Informatika | 082314518595 | 4  |
| 5 | Triana Salsabila | SI Kep | 081393206668 | 5  |
| 6 | Bela Tri Arriyani | SI Kep | 081216969525 | 6  |
| 7 | Farah Dibaj Nour Ashi | D3 Kep | 081215282715 | 7  |
| 8 | Indi Qurrotul 'Ani | D3 Kep | 088232869030 | 8  |
| 9 | Nur APNI OCTAVIA | D3 KEP | 085975250507 | 9  |
| 10 | Windi Febriani | D3 KEP | 085325850589 | 10  |
| 11 | Elys Pramesti | D3 KEP | 081809448009 | 11  |
| 12 | Novia Ramadhani | D3 KEP | 0870811604938 | 12  |
| 13 | SITI RISTANTI | SI INFORMATIKA | 085328903711 | 13  |
| 14 | BETTI BERLIANA P | SI INFORMATIKA | 0895401262371 | 14  |
| 15 | Fadilah Nurul 2 | D3 KEP | 087835139406 | 15  |

| No | Nama Peserta | Prodi | No Hp | Tanda Tangan |
|----|-----------------------|-------------------|---------------|--------------|
| 16 | Dwi Rahmawati | D3 Kep | 083844508606 | 16 |
| 17 | Kholivia Tri Yunianti | S1 Kep | 082349410768 | 17 |
| 18 | Syafiq Assyam N | S1 Bisnis Digital | 089537790284 | 18 |
| 19 | Syahrul Akbarani | S1 Bisnis Digital | 085848978777 | 19 |
| 20 | Ewanda Sastria | S1 Bisnis Digital | 088983291916 | 20 |
| 21 | Rachruni tada | S1 Bisnis Digital | 086848470619 | 21 |
| 22 | Anggela Septimintias | D4 - K3 | 081398640623 | 22 |
| 23 | Alfafa Rizka S. | S1 Farmasi | 085742102331 | 23 |
| 24 | Vitra Catua Scayoni | S1 Farmasi | 0895385221230 | 24 |
| 25 | Irena Azzellia Karin | D3 kebidanan | 081476645923 | 25 |
| 26 | Nadia Quratun Uyun | D3 kebidanan | 088225497617 | 26 |
| 27 | Ikhmam Lu'atul Isqati | D3 kebidanan | 085868346317 | 27 |
| 28 | Lia Dwi Syowati | D3 kebidanan | 085221736614 | 28 |
| 29 | Afirah Hafidah | S1 Informatika | 085880225627 | 29 |
| 30 | Amelia Dwi Cahyanii | S1 Informatika | 0895385212943 | 30 |
| 31 | Umma Arpresa San | S1 Farmasi | 087811276805 | 31 |
| 32 | Hawa Apri Nurdianah | S1 Farmasi | 085647687879 | 32 |
| 33 | Avi Liana | S1 Farmasi | 082313714818 | 33 |

| No | Nama Peserta | Prodi | No Hp | Tanda Tangan |
|----|-------------------------|-------------------|------------------|--|
| 34 | Citra Fidella A. | S1-KP | 08129998027 | 34  |
| 35 | Inggit Febriana Marella | D-IV K3 | 085156274060 | 35  |
| 36 | Savira Alwi N | D-IV K3 | 0895401109393 | 36  |
| 37 | Rafif Fadhillah K | D-IV K3 | 08213721 8201 | 37  |
| 38 | Sutan Fitmansyah Putra | D-IV K3 | 081805874490 | 38  |
| 39 | Amara Nashan Salsabila | D-IV K3 | 082320522218 | 39  |
| 40 | Satrio Dimas | D-IV K3 | 085229695302 | 40  |
| 41 | Mohammad Irfan | S1. KEP | 0895369573979 | 41  |
| 42 | ABAS SAFII | S1 KEP | 085875862547 | 42  |
| 43 | Nadia Sofarotun | S1 Bisnis digital | 081889601147 | 43  |
| 44 | Qotrun Nada | S1 Bisnis Digital | 085960223059 | 44  |
| 45 | Nabilla-fitri. Azkari | S1 farmasi | 087830496159 | 45  |
| 46 | Meni Mersi Trina | S1 Farmasi | 085293034669 | 46  |
| 47 | Naila Egi Nur Faiqoh | S1 Informatika | 082313090017 | 47  |
| 48 | Rizki Fitriani | S1 Informatika | 082322990803 | 48  |
| 49 | Wirdy Mahmudah | D3 Kep | 0858-6666-7617 | 49  |
| 50 | Bunga Kasih L.N.R. | D3 Keb | 0819-1059-8635 | 50  |
| 51 | Tomy Dwi. S. | D3 Keb | 0817220229 | 51  |

| No | Nama Peserta | Prodi | No Hp | Tanda Tangan |
|----|----------------------|----------------|--------------------|--|
| 52 | sarah pur khafidhah | SI farmasi | 0858 - 8355 - 6801 | 52  |
| 53 | Rosalia Rizqi Utami | SI Farmasi | 0877 - 9756 - 8049 | 53  |
| 54 | Hailah salma | SI FARMASI | 085725259769 | 54  |
| 55 | Sania Alifatimah | D3 Kebidanan | 085643963695 | 55  |
| 56 | ANIDA SAURAH N | D3 CEPERAWATAN | 0895 8298 83732 | 56  |
| 57 | Muhammad Ifwan Sabtu | SI INFORMATIKA | 082313492631 | 57  |
| 58 | Sofi Lilla . R. | D3 Keb | 08196790964 | 58  |
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| No | Nama Peserta | Prodi | No Hp | Tanda Tangan |
|----|------------------------|----------------|----------------|---|
| 70 | Salsabila | S1 Farmasi | 087823650096 | 70  |
| 71 | Hijrah Ayuningtyas, P. | D3 Kebidanan | 085690308761 | 71  |
| 72 | Hasna Putri Zaliyati | D3 Kebidanan | 085225305354 | 72  |
| 73 | Mohamad Farhan Hanif | S1 Farmasi | 0895343304555 | 73  |
| 74 | Daniel Relai Gunawan | S1 Farmasi | 0823 2560 9620 | 74  |
| 75 | M. Maldini Fitri A.H | S1 Informatika | 081231000000 | 75  |
| 76 | Muhammad Farur Arya | S1 Informatika | 082226498693 | 76  |
| 77 | Fernanda Nikis Syakfir | S1 Farmasi | 087816270933 | 77  |
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| 83 | | | | 83 |
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| 87 | | | | 87 |

**DAFTAR HADIR PESERTA DOSEN
INTERNATIONAL GUEST LECTURE**

Hari : Sabtu, 24 Februari 2024

| No | Nama | Prodi | Tanda Tangan |
|----|-----------------------|-------------------|--------------|
| 1 | Erna Agustina | K3 | 1 |
| 2 | Eka Diana Permatasari | S1 Keperawatan | 2 |
| 3 | Fika Rizqiyana | S1 Farmasi | 3 |
| 4 | Anisa Oktiawati | D3 Keperawatan | 4 |
| 5 | Rito Cripto | S1 Informatika | 5 |
| 6 | Ikawati | D3 Keperawatan | 6 |
| 7 | Theodora Rosaria | D3 Keperawatan | 7 |
| 8 | Uswatra Insani | " | 8 |
| 9 | Jumrotun Nimaah | " | 9 |
| 10 | Ika Esti | D3 Kependidikan | 10 |
| 11 | Nurkhayati | S1 Bisnis Digital | 11 |
| 12 | Ita Nur Itsna | D3 Keperawatan | 12 |
| 13 | Frqih Kartika Mursi | S1 Farmasi | 13 |
| 14 | Amalia Risma Amanda | Humanior | 14 |
| 15 | | | 15 |

Master of Ceremony Script

Guest Lecture on Mental Health Awareness

"Strategies for Managing Academic Pressure and Mental Health as a Gen Z Student"

Saturday, 24 February 2024

Universitas Bhamada Slawi

Opening

Assalamu'alaikum Warahmatullahi Wabarakatuh

Good morning, ladies and gentlemen,

Welcome to Universitas Bhamada Slawi. It's a pleasure to have you all here today. Today, we have the distinct honor of hosting a Guest Lecture, a special occasion where we gather to delve into "Mental Health Awareness: Strategies for Managing Academic Pressure and Mental Health as a Gen Z Student". Our esteemed speaker will be sharing his expertise and insights on this fascinating subject.

Today's event is a tangible evidence of the collaboration between Universitas Bhamada Slawi and RV University. It demonstrates our commitment to working together to advance knowledge and foster academic excellence.

Singing the Indonesian National Anthem

Before we proceed further, May I kindly request everyone to please rise for the singing of our national anthem, "Indonesia Raya". Let us stand together in unity and reverence.

[Play the instrumental version of "Indonesia Raya" and lead the audience in singing the national anthem.]

Thank you, please be seated.

Welcome Address by the Vice Rector

Next, I have the honor of inviting Vice Rector Bpk Dr. Risnanto to deliver the welcome address.

Guest Lecture Event

Ladies and Gentlemen,

Following the Vice Rector's address, it's time to begin our main event, the Guest Lecture on Mental Health Awareness. I'll now invite our Moderator to lead this session. Our moderator is the head of Diploma III of Nursing. Ibu Ita Nur Itsna, MAN., the floor is yours.

Seating for the Guest Lecture

[Speaker delivers their speech/presentation]

Giving Plaque

Ladies and gentlemen,

Please allow me to invite the head of Public Relation and Partnership Universitas Bhamada Slawi to the stage to present an award plaque and certificate to our esteemed speaker. Ibu Anisa and Mr. Bhanu, please come to the stage.

[Vice Rector gives an award plaque to the speaker]

Group Photo

Now, let's capture this moment with a group photo. I'll guide you for the photo session.

[Arrange for the group photo to be taken]

Closing

Ladies and Gentlemen

As the curtains fall on our event's stage,

We bid farewell with hearts full of sage.

Let's carry on, with minds bright and keen,

Until we meet again, in this academic scene.

Thank you to all who attended today. We hope this Guest Lecture has provided valuable insights and inspiration to all of us.

Once again, I, Fiqih, on behalf of Universitas Bhamada Slawi, extend our heartfelt appreciation for your participation.

Wishing you all a pleasant day ahead. Until we meet again!

Wassalamu'alaikum Warahmatullahi Wabarakatuh



MEMORANDUM OF UNDERSTANDING BETWEEN UNIVERSITAS BHAMADA SLAWI, INDONESIA AND RV UNIVERSITY, INDIA

This Memorandum of Understanding (MoU) is made on 11 March 2023 by and between the two institutions, namely:

- I. **Universitas Bhamada Slawi, having its legal address at Jl. Cut Nyak Dien No. 16 Kalisapu Slawi. TEL: +6282251705756**
- II. **RV University, India, having its legal address at Classroom Complex, RV Vidyanikethan Post 8th Mile, Mysore Rd, RV Vidyaniketan, Mailasandra, Bengaluru, Karnataka 560059, India**

The MoU encompasses the following areas of collaboration:

1. The primary purpose of this MoU is to establish and develop scientific collaboration in the fields of education, research, and community services between the two institutions.
2. The areas of potential online and offline programs and activities of collaboration may include:
 - Exchange of students,
 - Joint international conferences, seminars, workshops, research and publications,
 - Exchange of faculty members, teaching personnel, and researchers for research, lectures, and academic discussions,
 - Exchange of information, including exchanging of library facilities, academic materials, and research information,
 - Summer programs
 - Joint e-Learning

Nota Kesepahaman ini dibuat pada 11 Maret 2023 oleh dan diantara kedua institusi, yaitu:

- I. **Universitas Bhamada Slawi, yang beralamat resmi di Jl. Cut Nyak Dien No. 16 Kalisapu Slawi. TEL: +6282251705756**
- II. **RV University, India yang beralamat resmi di Classroom Complex, RV Vidyanikethan Post 8th Mile, Mysore Rd, RV Vidyaniketan, Mailasandra, Bengaluru, Karnataka 560059, India**

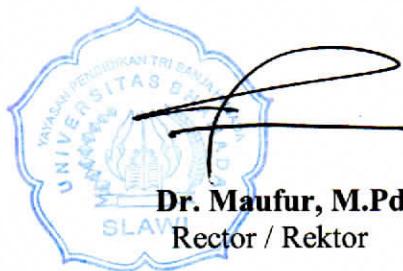
Nota Kesepahaman ini meliputi bidang kerja sama sebagai berikut:

1. Tujuan utama dari Nota Kesepahaman ini adalah untuk meningkatkan dan mengembangkan kolaborasi ilmiah dalam lingkup pendidikan, penelitian dan pengabdian pada masyarakat diantara kedua institusi.
2. Lingkup potensial untuk program daring dan luring serta kegiatan kerja sama dapat termasuk pada:
 - Pertukaran mahasiswa,
 - Konferensi internasional bersama, seminar, workshop, penelitian dan publikasi,
 - Pertukaran anggota fakultas, tim pengajar, dan peneliti untuk penelitian, dosen, dan diskusi akademik,
 - Pertukaran informasi, termasuk pertukaran informasi perpustakaan, materi perkuliahan dan informasi penelitian,
 - Program jangka pendek,
 - E-Learning bersama

This Memorandum of Understanding (MoU) may be amended at any time by mutual consent and shall be effective for a period of five (5) years commencing from the date of the signature. The MoU shall automatically be extended for another five (5) years unless one of the institutions seeks to terminate it by submitting written notification to the other institution at least one year prior to the expiry date of the MoU. This Memorandum of Understanding is signed on **11 March 2023**.

Nota Kesepahaman ini dapat dirubah kapan pun dengan persetujuan dan berlaku efektif untuk jangka waktu lima (5) tahun terhitung sejak tanggal penandatangan. Nota Kesepahaman ini diperpanjang otomatis untuk jangka waktu lima (5) tahun berikutnya kecuali salah satu institusi berniat untuk mengakhiri Nota Kesepahaman ini dengan menyampaikan pemberitahuan secara tertulis selambatnya satu tahun sebelum jangka waktu Nota Kesepahaman ini berakhir. Nota Kesepahaman ini ditandatangani pada **11 Maret 2023**.

On behalf of / Atas nama
Universitas Bhamada Slawi, Indonesia



Dr. Maufur, M.Pd
Rector / Rektor

On behalf of / Atas nama
RV University, India



Professor (Dr.) Y.S.R. Murthy
Vice-Chancellor / Rektor

*Maufur
11/3/23*