

# Medicine combines education for students' mental health

By Mao Xinhui

May 25 every year is the National Day for College Students Mental Health in the country. Shanghai University of Sport has recently kicked off the 14th Mental Health Education Month.

On the opening ceremony, Shanghai University of Sport and Yangpu District Psychological Health Center signed the cooperation on combining medicine and education. As ruled, the two parties will reinforce efforts for students' mental health education, explore new measures for mental health education in universities in the new situation, enhance the cooperation between mental health service institution of the school and professional psychological institutions, and jointly promote students' healthy growth.

On the same day, "Dancing Mind" Workshop gave the first open class. More than 10 students used body language to express emotions and release pressure under the guidance of the professional dancing therapist.

The dancing therapy team in Shanghai University of Sport is a social organization for commonweal, aiming to intervene with ordinary and special groups of people and facilitate rehabilitation treatment. According to Magulan Danmu who is in charge of the workshop, dancing therapy as a branch of mental therapy, balances

people's body, heart, mind and social functions by combining body language and mental treatment. It is an emerging rehabilitation and health discipline. "Dancing treatment suits widely. For ordinary people, it is a good way to keep healthy, promote physical and mental integrity and develop self potential. It helps individuals and families enhance self confidence and intimacy. It also helps enterprises to boost employees' creativity and team spirit," she said. Furthermore, dancing therapy is also suitable for clinic treatment, i.e., children autism and adult Alzheimer disease, etc.

The theme of the mental health month is "Creative Expression; Free Your Mind", aiming to fully inspire student's self exploration, expression and creativity with various forms of art and games to promote mental health. The mental health center of the university, mental tutors in each of the departments and schools and the social organizations have designed about 20 activities focusing on the theme, including lectures, films, photo exhibitions, hand painted newspaper design competition, storytelling and campus drama, etc.

Led by Yangpu District Health and Family Planning Commission, Yangpu District Psychological Health Center has carried out cooperation with a number of universities and schools and launched "Yangpu District Pilot



Program on College Students Mental Health Service Combining Medicine & Education" last year. The center and nine universities including Fudan, Tongji, Shanghai University of Finance & Economics and the Second Military Medical University have carried out mutual construction and explored the working mechanism including the setup of intervention alarm and opening green passages. By integrating the

universities and combining medicine and education, the universities and hospitals will enhance communication and interaction.

Yangpu District Health and Family Planning Commission has set up a team made up of psychological physicians, mental therapists and nurses from Yangpu District Psychological Health Center to provide services to the universities regularly. In

2015, the team provided mental consulting and evaluation services for more than 120 people, outpatient services for 50 people and hospitalized two people. The team also invited experts and organized various kinds of activities including "Mental Health Law Propaganda", Mental Problems and Treatment for College Students, psychical analysis application, and case supervision in these universities.

## Siping Community opens Youth Center

By Mao Xinhui

On May 13, in UDG Wework, an event on "Enterprising & Enjoying Youth--Circle Tongji Youth & Masters Forum" was held. The cafe as the hosting venue was converted from a swimming pool. The makerspace will become a venue for young people to carry out cul-

tural, recreational, networking and commonweal activities from now on.

On the same day, Siping Youth Center was unveiled here. It is also another innovative measure for the Youth League to attract all resources in the region to the platform.

Bo Xi, Chairman of Shanghai United Design Group, and Liu Qiang,

professor from the School of Economics and Management of Tongji University, gave keynote speeches on the Internet respectively that day. More than 10 representatives of successful entrepreneurs around Tongji University were invited as well to talk to young entrepreneurs from local community, industrial parks and Wework.

## Yangpu launches innovation & enterprising contest

By Mao Xinhui

"Enterprising in Shanghai" 2016 Shanghai Innovation & Enterprising Contest has been recently kicked off in Knowledge & Innovation Community (KIC).

Xinlonghang, organizer of the contest, announced the rules of the contest, training before the contest and services at the opening ceremony. The contest combines competition and services. For enterprises participating in the contest, Yangpu District will provide basic policy support and one-on-one tutor

services for projects supported by the innovation fund so that the enterprises will make clear their development direction and timely adjust their strategic position. Meanwhile, enterprises can be connected with social capital and meet their financing demand when they communicate with tutors.

Yangpu District trusted Xinlonghang to provide consulting services by more than 100 famous investors to people who are starting up a business before and after the contest. www.yppjrg.com, the technological financing platform of

Yangpu District, will provide one-stop services for innovative enterprises. During the training session before the contest, there is basic training such as how to persuade the investors in eight minutes and how to write a qualified business plan. All the top-level investors were invited from the following seven industries, including IT, Internet & mobile Internet, bio-pharmacy, advanced manufacturing, new materials, new energy & energy-saving and environmental protection, and technological services.

## Yangpu puts "life-saving boxes" in public venues

By Zong He

As learned from Yangpu District Red Cross, the district has distributed 15 automated external defibrillators (AEDs) for saving patients from heart attack in public venues. AED as the emergency device is portable and very easy to operate, effective for early defibrillation and resuming heart beating of patients of heart cardiac arrest.

Heart cardiac arrest is the most serious case of heart emergency. Heart ejection suddenly stops, causing ischemia and lack of oxygen in vital organs. Without timely intervention, life will be lost. The medical term calls it sudden death.

Researches show that there are as many as 540,000 sudden deaths of heart attack every year in China, ranking the top of the world. Heart cardiac arrest may happen at time anywhere. Most of the patients will miss the best time window for life saving. As learned, the first four minutes is the best rescue time for patients of heart cardiac arrest, which is also called the "Golden 4 minutes". Irreversible damage will be made to the brain if the time window is lost.

The first 15 AEDs have been placed at public venues with most concentrate population, including Wanda Square at Wujiaochang, Baoland Plaza, community cultural activity centers of the neighborhood

communities or towns and libraries. Yangpu will distribute as many as 60 AEDs in the district within this year.

In the lobby of Building C of Baoland Plaza, the reporter saw the "life-saving box" which is 20 centimeters \* 20 centimeters. The square box, though not so eye-catching, has automatic heart beat analysis system and electric shock consulting system. It is only suitable for patients of ventricular fibrillation or ventricular tachycardia without reaction, breath, circulation signs or pulse. As the machine can automatically analyze whether defibrillation is needed and clear voice instructions are available, the operation is not complicated. Users only need to turn on the power, put the two electrodes to the right place, warn the bystanders, prepare for defibrillation and defibrillation is done.

"Most of people can catch the 'golden 4 minutes' at key moments for patients after passing 15-30 minutes of emergency rescue training," so said related sources. Yangpu has completed staff training at venues where the AEDs are placed so far. Four to five people at each of the public venues have been trained. Later more than 20 people will be trained at each of the venues. Moreover, in the mass rescue training program of Yangpu District to benefits the public, AED training will be included.