

## **The Brain Awareness week report in Dschang 2022**

The brain awareness week (BAW) was celebrated in Dschang March 14<sup>th</sup> to April 13<sup>th</sup> 2022, under the theme “the impact of the stress on the brain, a specific emphasis on headache”. Brain awareness campaign was carried out under the leadership of Prof Gwladys T. Ngoupaye in Dschang and assisted by Prof Telesphore Benoit Nguelefack and the Dschang Brain Awareness team. In Dschang activities were done in the kindergarten, primary school and the University of Dschang. During that period, the students were taught about the impact of the stress in the brain, and how stress can affect our mental health. Kindergarten pupils were taught about the importance of the brain and neurons on brain function and later gathered on painting the brain lobes, painting and plotting brain’s lobes on a board, and making neurons with modelling clay.

In the primary school, oral and video presentation were done follow with questions with reward to the best.

At the University of Dschang, a mini-conference on the theme “the impact of stress on our mental health” was done under the patronage of the Dean of the Faculty of Science, represented by Pr. Peulap François. The mini-conference was followed by an open door awareness exposition where students were presenting posters on different themes, such as : Stress and the consequences on the brain, the case of addiction, stress and pain, stress and gastric ulcer, stress and memory, stress and reproduction, stress, sleep disorders, and aggressively, stress and depression. Students were also involved on workshop such as modelling neuronal network, synaptic transmission or brain structures in activities. All the students’ activities were followed by questions with rewards to the best. A family picture was taken at the ends of the activities.

We acknowledge the IBRO seed grant funding awarded by the International Brain Research Organization (IBRO), the Cameroon Association for Neuroscience (CAMANE) and the University of Dschang through the Faculty of Science, which enable us to do these activities in Dschang.





