

# ACTIVITY REPORT



# 2022

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# Introduction

Mindlifeline is a organization created in the second part of 2022 having two main purposes in mind. The first one is about providing therapeutic interventions for the Ukrainian Population. The second is about the education provided to future professional in psychology, neuroscience, neuropsychology, neurobiology, medicine and research.

Mindlifeline is a non-governmental organization (NGO) dedicated to improving individuals' lives through education and support programs related to neuroscience, neuropsychology, neurobiology, and data science. The NGO believes that education is a powerful tool for empowering individuals, particularly those who may have been marginalized or underserved.

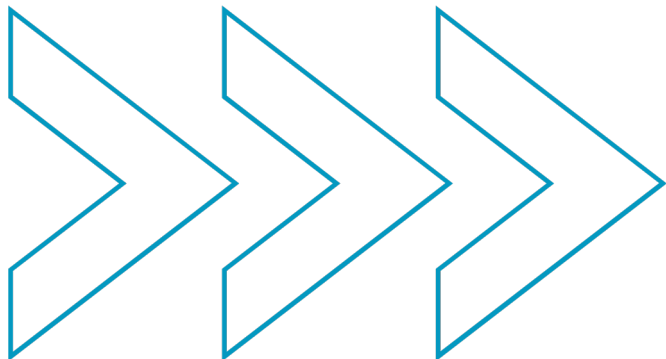
One of Mindlifeline's key initiatives is its education program for students. The NGO recognizes the importance of equipping students with knowledge and skills in neuroscience, neuropsychology, neurobiology, and data science. The NGO's education program aims to provide students with access to high-quality educational resources, mentorship, and hands-on learning opportunities. Mindlifeline hopes to inspire and prepare the next generation of scientists and researchers who will contribute to advances in these fields through these efforts.

In addition to its education program for students, Mindlifeline is also committed to supporting refugees. The NGO recognizes that refugees face numerous challenges, including limited access to education and healthcare services. Mindlifeline's refugee support program aims to provide refugees access to essential resources and services to help them rebuild their lives. The NGO offers a range of support services, including language classes, job training, and mental health counseling.

# Our vision for the future

## Our main focus in 2022

- Multicultural Team.
- University Collaboration.
- Students associations collaboration.
- Developing and testing the programs.



Mindlifecycle.com

One of our primary focuses is organizing therapy programs specifically tailored to address the unique needs of refugees and their children. We recognize the importance of providing culturally sensitive and trauma-informed therapy that takes into account the experiences and backgrounds of individuals who have been forced to leave their homes. Through these programs, we strive to offer a safe and supportive environment where individuals can heal, develop coping mechanisms, and regain a sense of stability and hope for the future.

In addition to our therapeutic initiatives, Mindlifecycle NGO is committed to promoting education and professional development in the fields of neuroscience, neuropsychology, neurobiology, and data science. We firmly believe that advancing knowledge in these areas can greatly contribute to understanding the complexities of the human brain and developing innovative approaches to mental health care. Our educational programs are designed to provide professionals in these fields with the latest research, training, and resources, enabling them to make significant contributions to the well-being of refugees and marginalized communities.

Through our comprehensive approach, Mindlifecycle NGO aims to create a lasting impact on the lives of refugees and their children. By providing targeted therapy programs and fostering education and research in relevant fields, we strive to empower individuals and professionals alike to build resilient communities and promote mental health and well-being for all.

# Our Programs

## Priority programs

Through our comprehensive approach, Mindlifeline NGO aims to create a lasting impact on the lives our society. By providing targeted therapy programs and fostering education and research in relevant fields, we strive to empower individuals and professionals alike to build resilient communities and promote mental health and well-being for all.

Together, we can work towards a future where the effects of displacement are mitigated, and individuals are given the opportunity to lead fulfilling lives, regardless of their past circumstances.



### Therapy for Ukraine

The program is in our core. Mindlifeline birth is strictly related to the need to provide a good program for the refugees, scientifically proven to work, designed with procedures that are designed with the newest scientific progress in mind.



### Neurocon

Neurocon is in the center of our endeavor. Developing a program that will inform about the newest scientific research psychologist students, therapists, and medics. One of the most important aim is to make Neurocon available to the most important universities and students from all over Europe.



### Healthy Aging

Knowing how to avoid the burden of age is one of the most important information that everybody must transform it into competence. Organizing a scientific communication class, with the aim of transforming people habits, is our aim.

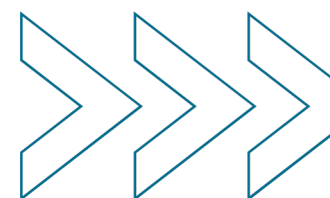


### Mentorship Program

Students at their beginning of their academic life, needs guidance and information, in order to perform better, to program their effort, to achieve better results, to arrive at their desired goals easier. We intend to provide all those with the help of successful students from our organization.

Mindlifeline.com

# Results



## How do we assess our activity

Through our work, we not only impact the lives of individuals directly benefiting from our programs but also contribute to the larger agenda of promoting good health and well-being for all. Our commitment to generating relevant and comparable data allows us to track our progress and communicate our impact effectively to our stakeholders, fostering transparency and accountability in our efforts

Key Indicator	Activity / Project	Data / Outcome
Assembling a multicultural, academic group of volunteers	For Neurocon, Therapy for Ukraine, Mentorship	<ul style="list-style-type: none"><li>• 12 highly trained volunteers, with M.Sc. or Ph.D.</li><li>• From all over the world.</li></ul>
Developing and recruitment of resources for Therapy for Ukraine	Identifying the right people that can participate in the program from a large disciplinary area	<ul style="list-style-type: none"><li>• 21 therapists ready to start the program</li><li>• Collaboration with state institutions</li></ul>
Running the first conference across European Universities	identifying, recruiting, and running the first conference	<ul style="list-style-type: none"><li>• Successfully organizing the conference in the first 6 months of activity</li></ul>

# 2022 Goals

For 2022 , since we had less than 6 months of activity, we decided to obtained the following goals:

- Assembling a team of motivated Volunteers.
- Organizing the first conference at least for the Romanian public.
- Develop at least 2 programs, with at least one tested for implementation.
- Develop partnerships with similar bodies from Europe

## What we achieved

### Neurocon Conference



- 1347**  
People present in 2 days conference from all over Europe
- 16**  
International speakers from all over the world
- 4**  
Topics of discussions: Neuroscience, Neuropsychology, Neurobiology, Data Science
- 2**  
Discussion panels

## Therapy for Ukraine



Since the start of the Mindlifelife NGO, we started to assemble a lot of working hours in identifying the right partners and the institutions that we need to cover for the start of the program.

What we achieved:

Full collaboration for the refugee's needs in case of need from the state institutions (Police, Intelligence services, etc.)

Full collaboration of other Romanian NGO's to support our program in terms of advertising to UA citizens

Support from Research consultants working at top Universities.

Volunteers are ready to be enrolled in the program.

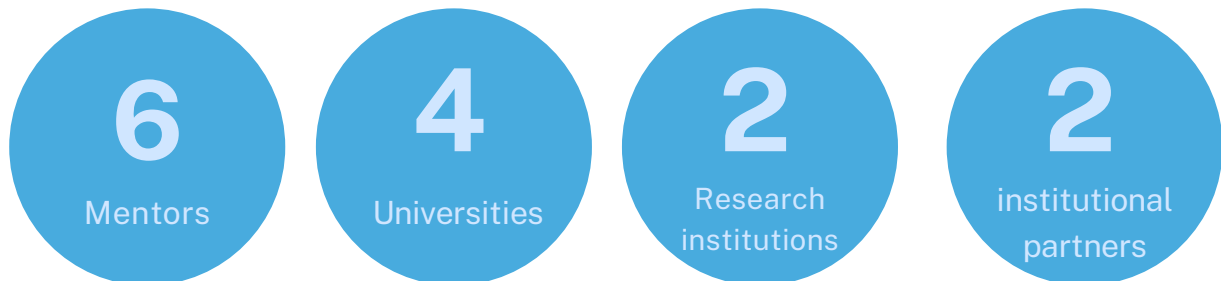
At this moment the program is ready to be deployed once the financial support is provided.

## Mentorship program

Our program supports Romanian psychology, neuropsychology, clinical psychology, and neurobiology students at the start of their bachelor's or master's journey. We offer comprehensive assistance, leveraging our expertise, network, and mentors who have excelled in post-doctoral studies and secured research grants abroad. Together, we empower students to achieve their goals, fostering growth in the academic community beyond Romania



## MENTORSHIP PROGRAM SNAPSHOT



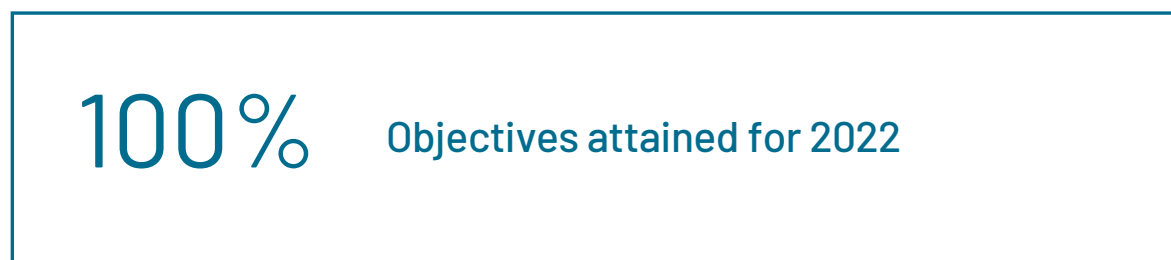
### Healthy Aging

"Empowering Aging Individuals: Managing the Effects of Aging on Mind and Body"

In this program, our objective is to educate individuals who are at an age where they can effectively manage the effects of aging on their bodies. We aim to inspire behavioral changes that enable easier management of the physical and mental aspects of aging.

After completing this program, participants will gain a general understanding of the effects of aging on the brain. They will be equipped with the knowledge necessary to take measures that can delay the effects of aging or enhance cognitive and cerebral resource management.

Program is 100% operational and will be started in the first quarter 2023



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# Future Directions

## Where to in 2023

Our efforts in 2023 will be



### 01 Increase the base of Volunteers

A campaign to increase the number of our volunteers, in universities, will be done in 2023.



### 02 Conferences

Extend our scientific communication program to other areas of Neuroscience, for a larger public, in the presence and online.



### 03 New Programs

Develop specific programs tailored to the need of the general population. Those programs should be oriented to health and new discoveries in preventing neuropsychological disorders.

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# Acknowledgements

**We are grateful to our volunteers,**

Below, list down the names of those committed to these projects, such as:

The responsible for concept and coordination: Florin S Piscociu

Our group of residents: Lea Chibany, Luana Aldea, Bianca Wiersema,

The volunteers: Victoria Nanau, Raluca Ghiță, Firuze Oguz, Munteanu Roxana, Binca Nițescu, Nazlihan Ockuer, Cristiana Dimulescu.

Our colleagues from Local and Partner Organizations: Cognosis, SSMB, Asociatia Studenților Biologi

Our sponsors: Clinca Emerald

We thank you for your continued support in our efforts to contribute to the growth of our community.

## Contact

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