

2024



**GangLion**

The student organization of  
Neuroscience

# Action Plan

# About Us

GangLion is the official student organization representing the Neuroscience Master's Program at the University of Helsinki. Established on the principles of collaboration, innovation, and academic excellence, GangLion is dedicated to creating a cohesive and supportive community for our students.



Our organization serves as a central hub, fostering an environment conducive to academic success, professional development, and community engagement.



# Our Vision

GangLion aims to be the driving force in the Neuroscience Master's Program, recognized for inspiring both academic and personal development. We envision a community where every member feels valued, connected, and well-prepared for success in the dynamic field of science.



## Our Mission

1

### **Community Engagement**

At the core of GangLion's mission is the establishment of a robust community where Neuroscience students can connect, share experiences, and forge lasting connections.

2

### **Academic Excellence**

Our goal is to foster productive interactions and discussions that go beyond the classroom, providing valuable insights and promoting collaborative learning.

3

### **Holistic Development**

GangLion is dedicated to the holistic development of our members. We facilitate not only academic but also personal and professional growth.

# Our Rules

*Ganglion* adheres to the principles of creating a safer environment established by its faculty organization, *Biosfääri*.

These principles emphasize treating everyone with the respect and consideration we would expect for ourselves, fostering an environment where all individuals feel heard and understood. The organization urges members to embrace an open-minded attitude. There is a strict zero-tolerance policy for intolerance, violence, or discrimination. Respect for personal boundaries is paramount, ensuring the right to decline unwanted contact.

Furthermore, we are dedicated to supporting those who are unwell, and we will promptly intervene in instances of harassment, fostering a culture of safety and inclusivity. Members are reminded that organizers are always available to offer assistance in any troubling situation.



# Our Board

Our board comprises of talented individuals committed to elevating the experience for neuroscience students at the University of Helsinki. This year, we proudly announce an expanded board, featuring a diverse group of dedicated members



**Aarti Venkatesan**  
Chairperson



**Kato Herman**  
Vice chairperson



**Rithani Adhi S.**  
Vice chairperson



**Umamaheswari U.**  
Secretary



**Kristina G. A. Bergoth**  
Treasurer



**Gautam L. Shreshta**  
Festivities officer



**Saila M. Medina**  
Communications head



**Ai Takehana**  
Work life officer



**Paulina Saviaro**  
Environmental/  
Sustainability officer

# Yearly events.

GANGLION ACTION PLAN 2024

Academic Events

Theme Based Events

Informal Events

*\*collaboration with MNeuro*

<p>January</p> <p>Coffee session*</p>	<p>February</p> <p>Natural History Museum Coffee session* Trivia night Bowling</p>	<p>March</p> <p>Game night <i>collaboration with Impactus</i> NeuroForum* Weekly futsal</p>
<p>April</p> <p>Easter celebration Movie night Weekly futsal Coffee session*</p>	<p>May</p> <p>Vappu Sport event Picnic* Coffee session*</p>	<p>June</p> <p><i>HAPPY holidays</i></p>
<p>July</p> <p><i>HAPPY holidays</i></p>	<p>August</p> <p>Fresher's orientation</p>	<p>September</p> <p>Laser tag NeuroForum*</p>
<p>October</p> <p>Halloween party Coffee session* Game night</p>	<p>November</p> <p>Coffee session*</p>	<p>December</p> <p>Christmas dinner NeuroForum*</p>



# Collaboration

Collaboration among various associations, such as *Erasmus Student Network Uni Helsinki* and *Impactus Ry*, not only benefits all parties involved but also enhances the overall experience for student communities. By pooling resources and organizing events collectively, students can enjoy higher-quality facilities and refreshments. Moreover, this collaborative approach helps distribute costs and encourages a spirit of inclusivity, making it a win-win situation.

Students will be able to broaden their personal and professional networks, fostering valuable connections with individuals they might not have encountered otherwise.

In addition, collaboration among associations also creates opportunities for students to engage in diverse extracurricular activities. With a wider range of events and programs, students can explore different interests and hobbies beyond their academic pursuits. This not only helps them develop new skills and talents but also promotes a healthy work-life balance.



# NeuroForum

The Neuroforum initiative, spearheaded by GangLion, the student organization of the neuroscience program in collaboration with MNEURO faculty, aims to foster a collaborative academic environment. This initiative will host a series of events featuring speakers including professors, PIs, PhD students, and postdocs, who will share insights into their research and career journeys in a low threshold environment. These gatherings provide a platform for students and faculty to engage in fruitful discussions, exchange ideas, and foster mentorship opportunities. Through the Neuroforum, we aspire to cultivate a supportive community where knowledge sharing and collaboration thrive, ultimately enriching the academic experience for all involved.



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# Communications

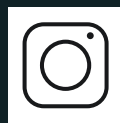
All communication will be in English to promote the integration of international students and accommodate local Finnish- or Swedish-speaking students who are proficient in English. We believe that English as a main communication language is vital for fostering connectivity, accessing opportunities in academia and the professional world, promoting cross-cultural understanding, and staying informed about advancements in various fields.

However, we also aim to make future events more inclusive by, for example, incorporating Finnish and/or Swedish translations into feedback forms and posters.

## SOCIAL MEDIA

Social media presence for student associations is paramount in today's interconnected world. It serves as a platform to inform members about events, initiatives, and updates.

Moreover, it facilitates visibility and outreach beyond campus borders, attracting potential members and collaborators. A strong online presence also bolsters Ganglion's credibility, showcasing its activities and impact. Ganglion is actively building its online presence and maintains dedicated pages on LinkedIn, Facebook, and Instagram, all conveniently accessible through Linktree.



ganglion\_helsinki



Student Organisation GangLion



GangLionHelsinki

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