







#### **News Letter**

#### Issued in September 2023



2019 Ministry of Education, Culture, Sports, Science and Technology (MEXT) Funds for the development of human resources in science and technology, Initiative for the implementation of the diversity research environment (Driving Type)

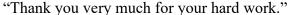
"What is your favorite food?" "Meat!" - NUT President chats with elementary school children attending on-campus temporary daycare!

This summer, Nagaoka University of Technology implemented "on-campus temporary daycare" for the first time. It was open for four days, during August 7–10. A total of nearly 50 elementary school children participated. Under the banner, "Provide children with exciting and thrilling experiences!" faculty and staff from various departments with different responsibilities collaborated as a unified team.

It was a great success that we offered the experience of "Visiting the President's Room." President Dr. Kamado listened earnestly to the children's questions and provided answers carefully to encourage children to stretch themselves a bit, blending easily understandable words with expert knowledge and jargon. Particularly, the scene of President Kamado asking elementary school children, "What is your favorite food, students?" and the children striving to be the first to answer the question was a moment that made us

Any list of the key players in this project would have to include foremost the NUT students who cooperated

as volunteers. The time the students spent with children seems to encompass many memories that cannot be recounted without tears. This is no exaggeration. We express our gratitude to those students once again on this occasion with words of our sincere appreciation:





# Management Tool for Menstrual Periods "LunaLuna" is Coming! A Symposium Will be Held



For application and details, scan the QR code here.



At 13:00 on November 29 (Wed.), a symposium will be held in a hybrid format, both online and in person, addressing the theme of "Innovation and Potential Led by Big Data: How our daily lives are changed using Fem tech, promoted by the Ministry of Economy, Trade and Industry."

Fem tech is a coined term combining Female and Technology, referring to products and services aimed at addressing female health issues through the use of technology. We invite

Ms. Maaya Hine, an executive officer at MTI Ltd., which develops and operates the Management Tool for Menstrual Periods "LunaLuna," as a speaker. She will deliver a lecture on the undisclosed story behind application development using big data and the economic effects of Fem tech. This symposium will provide an opportunity to think about how organizations address "health issues" from the perspectives of the utilization and management of human resources. Please join us.

Daddy's Childcare

### Nagaoka University of Technology Staff member Mr. Z (fictitious name)

The reason for my consideration to take childcare leave is that I anticipated an increase in my wife's burdens of childcare and housework after giving birth. I wanted to reduce her burdens, if even only to a small extent. After discussing with my wife how to manage our family life, I decided to apply for childcare leave.

When I consulted with my boss about taking childcare leave, it was willingly approved because my boss' son had also taken childcare leave before. Furthermore, my boss negotiated with the responsible department about how to cover my work and, according to my wishes, established a system to ensure that my six-month absence for childcare leave would not cause any trouble.

During the first few weeks of my childcare leave, I was busy attending to the needs of my daughter, who regressed and behaved like a baby again, and my infant son. However, I rarely found it hard. I shared moments of smiles while dealing with the challenges of taking care of them, such as diaper changes and bath time.

At the end of my childcare leave, I felt our family bond had deepened even more because my wife and daughter wanted me to spend more time together for a longer period. Although my childcare leave has ended, I want to continue observing my children's growth while cherishing time with my family, keeping this experience in mind.

## **Upcoming Event Schedule**

In the process of scheduling	Doctoral Program Advancement Seminar (tentative) Venue: Nagaoka University of Technology (planned)
Nov.23 (holiday)	Waffle Camp Hometown in Nagaoka Programming Course for Female Junior High and High School Students Venue: Miraie Nagaoka
Nov.25(Sat.)- Dec.10 (Sun.)	Orange Day The international day adopted by the United Nations to eliminate violence against women
November 29(Wed.)	Diversity Symposium Innovation and Potential Led by Big Data: How our daily lives change using Fem tech, promoted by the Ministry of Economy, Trade and Industry Venue: Nagaoka University of Technology & Online
	The Fifth Meeting for Diversity Partner Institutions and Cooperative Organizations and The Second General Assembly of the Preparatory Committee for the Echigo Manufacturing Industry Consortium for Diversity

# Column from the WLB Counseling Room

## [ A Supple Mind ]

Now is the era of balancing work with parenting, caregiving, or health treatment. Furthermore, in a society affected by the COVID-19 pandemic, the ability to nurture a supple mind, cope with stress, and restore mental well-being is crucially important. When facing difficulties, let's overcome them with a flexible mindset. To do so, it is important to release negative emotions during the day. Methods for mental relaxation include exercises and breathing techniques, listening to music, and putting emotions into words. Having someone listen to you is also effective. The WLB Counseling Room is not only for those who want to have a consultation, but also for those who want their stories to be heard. Please feel free to consult with us.

#### **WLB Consultation Appointment**

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Technology & Online

Nagaoka

Venue:

University

of

Editor Note: In early August, at the peak of summer, NUT implemented its first attempt, a temporary daycare, while enduring the sweltering heat. The scorching sunlight beat down on our skin. The elementary school children were full of energy. I moved around the campus a lot, running while perspiring. Unfortunately, my weight did not decrease. Despite not achieving weight loss, I had four enjoyable days! (September 2023)