

## **Program on 17.10.2022 to celebrate World Mental Health Month**

Mental health problems affect society as a whole and are considered to be a major challenge to global development. WHO celebrates World Mental Health Day on 10th October every year to hoist public awareness about mental health issues worldwide. This day (month) is celebrated with an aim to globally educate about mental health, to aware, sensitize and advocate against social stigma.

To commemorate the occasion, under the banner of “**Centre for Positive Health**” the Department of Psychology is organizing “**Poster Making Competition, On the Spot Slogan Writing Competition and Letter Writing competition**” with the theme “**Make Mental Health for all a Global Priority**” on 17<sup>th</sup> October, 2022.

The program would consist of **three** activities which are open for all bonafide students of M.D. University. The subthemes of poster making competition and on the spot slogan writing competition are as under keeping in mind the above theme:

1. Rewiring your Thoughts
2. Care, Share and Dare
3. Peel off the Stigma
4. Mental Health: A Priority
5. Positivity and Mental Health
6. Stress Auditing

### **1. Poster Making Competition**

- The size of the poster should not be less than A4.
- Language may be English or Hindi.
- Any surface (plain paper, chart paper) and any medium (crayon, poster colour, paint, print etc.) may be used.
- The poster should be original and not copied.
- There would three prizes for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> positions.
- All participants will get a Certificate of Participation.
- Each poster should be accompanied with name, class, roll no & department name.

**Note:** Posters are to be submitted at 9.30 a.m. (sharp) on 17.10.2022 in the office of the department.

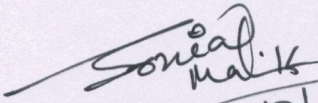
2. **On the spot Slogan writing Competition**

- The size of the paper should not be less than A4.
- Language may be English or Hindi.
- The slogan should be original and not copied.
- There would three prizes for 1st, 2nd & 3rd positions.
- All participants will get a Certificate of Participation.
- Each slogan should be accompanied with name, class, roll no & department name.

3. **Letter Writing Competition**

Letter Writing Competition would involve a hand written letter to be addressed to a friend describing about the significance of mental health and well- being. The letter should be around 750 to 1500 words. The topic of letter is '**Making Mental Health a Priority**'. The last date for the submission of letter to a friend is **15th October, 2022**. There would be three prizes for 1st, 2nd & 3rd positions. All participants will get a Certificate of Participation. Each letter should be accompanied with name, class, roll no & department name.

**Note: The students can participate in all the activities. There would be no registration fee for participation. For any kind of enquiries please contact 9416267960 or 9896409559.**

  
HOD (Psychology) | 10/10/2022