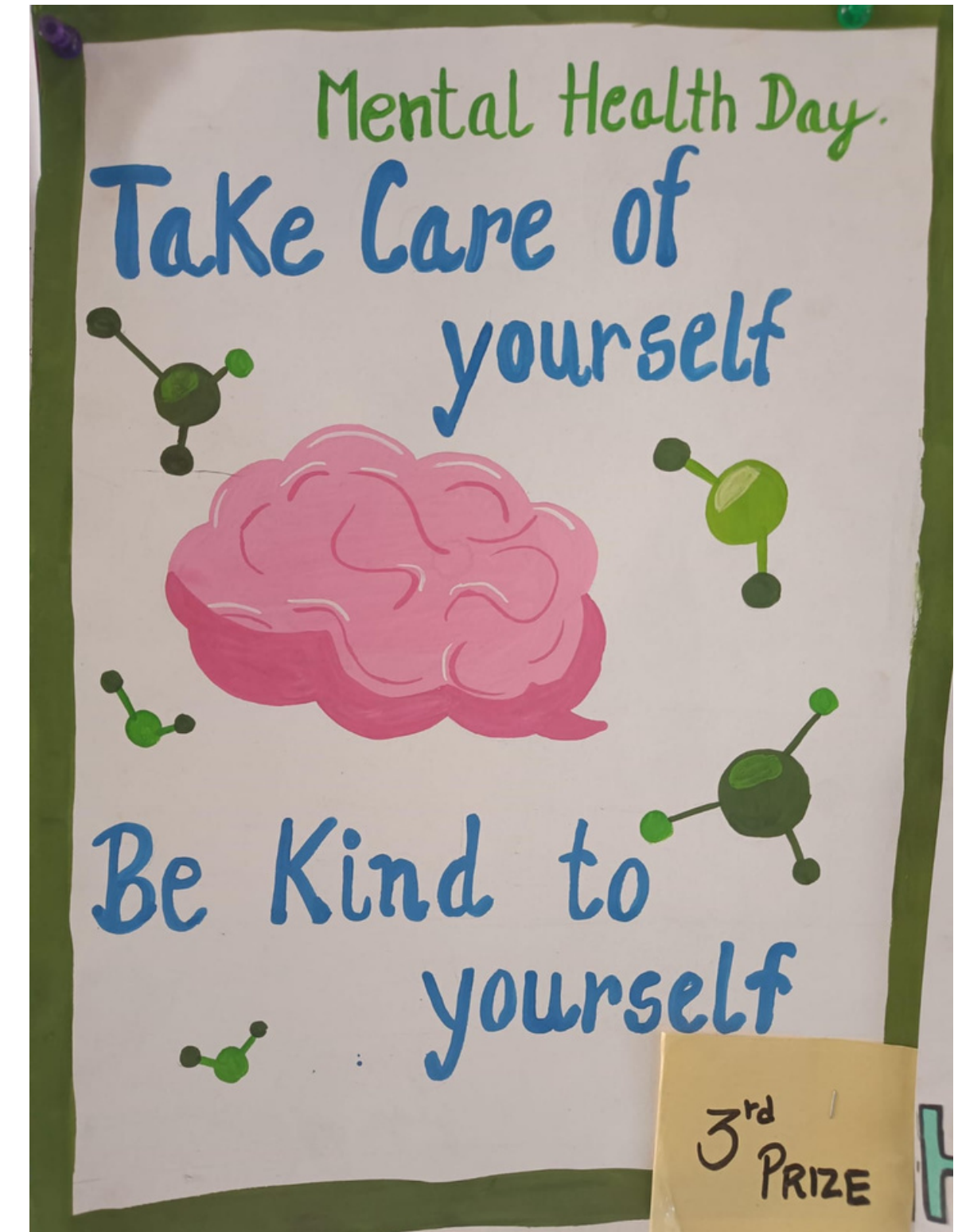


POSTER MAKING COMPETITION

The college organized a Poster Making Competition on Mental Health Awareness as part of the Mental Health Day celebration. The event aimed to engage students creatively in spreading awareness about mental health issues, reducing stigma, and fostering a supportive community. The competition provided a platform for students to express their thoughts, emotions, and insights on mental health through visual art.





POSTER MAKING COMPETITION

Event Highlights:

- 1. Participation:** The event witnessed enthusiastic participation from students across various disciplines. Participants showcased their artistic skills while addressing the theme of mental health with creativity and sensitivity.
- 2. Diverse Perspectives:** The posters exhibited a range of perspectives on mental health, covering topics such as stress management, the importance of self-care, breaking stigma, and promoting empathy and understanding.
- 3. Interactive Sessions:** In addition to the poster competition, the event featured interactive sessions on mental health awareness, providing students with information, resources, and a platform for open discussions.

Key Benefits for Students:

- 1. Expression of Emotions:** The competition allowed students to express their thoughts and emotions related to mental health in a creative and constructive manner. Artistic expression can serve as a therapeutic outlet for individuals dealing with their own mental health challenges.
 - 2. Educational Insights:** Through the interactive sessions, students gained valuable insights into mental health issues, learning about coping strategies, available resources, and the importance of seeking help when needed.
 - 3. Reducing Stigma:** By addressing mental health through art and open discussions, the competition contributed to reducing stigma associated with mental health challenges. It encouraged a more compassionate and understanding campus culture.
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