

DCT'S
DHEMPE COLLEGE OF ARTS AND SCIENCE
MIRAMAR PANAJI GOA
2023-2024



DEPARTMENT OF PSYCHOLOGY AND COUNSELLING CELL

MENTAL HEALTH WEEK

DAY 2: POSTER COMPETITION

The second day of Mental Health Week featured a creative outlet for students - a poster competition. This event aimed to encourage students to express their thoughts and feelings on mental health through artistic means, fostering creativity and engagement.

Objectives:

To provide students with an avenue for creative self-expression on the subject of mental health. To raise awareness about the importance of mental well-being through visual art. To engage the college community in meaningful discussions about mental health. The event took place on 10th October 2023 from 2 pm onwards.

Participants' Profile:

A total of 8 students participated in the poster competition, showcasing the breadth of their expertise and interests.

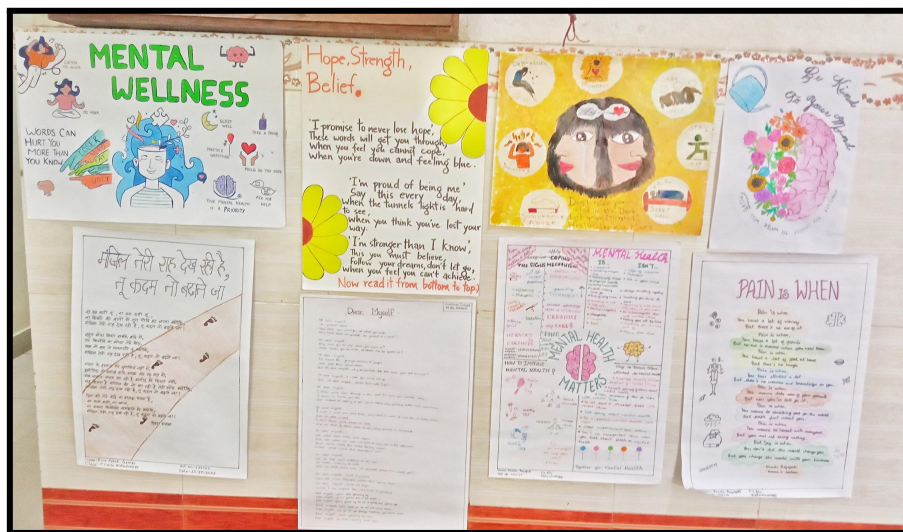
Proceedings:

The college organised a poster competition, where students were invited to showcase their creative expressions. It was an exciting and interactive event, offering students a creative platform to express their thoughts and emotions regarding mental health. The participants channelled their feelings and ideas onto canvases, creating visually compelling depictions of their experiences and perspectives on mental well-being. The posters included a variety of eye-catching artwork and thought-provoking messages, all contributing to an atmosphere of creativity and self-expression. A team of judges carefully assessed the entries, considering elements like originality, message clarity, and alignment with the theme. This competition not only promoted artistic expression but also sparked important conversations about mental health, aligning with our goal of fostering empathy, understanding, and support within the

college community. The event highlighted the influential role of visual art in promoting awareness of mental health and reducing the stigma associated with mental health challenges.

Outcomes:

The poster competition provided students with a creative platform to express their thoughts and feelings about mental health. The visually appealing posters raised awareness about the importance of mental well-being among the college community. The competition engaged students and faculty in discussions about mental health, fostering an empathetic and understanding atmosphere.



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