



AMITY UNIVERSITY

MADHYA PRADESH

(Established by Ritmand Balved Education Foundation)

MEDIA REPORT

“Poster Making Competition”

Date: 10th October 2023 (Tuesday)

Time: 12:30pm to 02:00pm

Objective:

1. To grant students an opportunity to explore and understand the necessity of mental health and its awareness in today's world.
2. An activity based expressive art approach towards developing understanding importance of mental health.

Outcome of the activity: The competition focused on making the student think about mental health status of self and others and make them aware about the aspects and the depth of mental health on Holistic wellness in person. This would further help the students to delve deeper in aspects of mental health of oneself.

Mode: Offline

Venue: Third Floor Foyer, Block C, Amity University, Madhya Pradesh

Number of Participants: Thirty-six Students participated in the competition, Ten Faculty members & many students who contributed as volunteers.

Resource Personage: Ar. Sudheer Sikarwar, Ar. Rajeev Parashar, Dr. Rajendra Kumar Sharma, Dr. Uday Prakash Verma (For Judgement), Positive Mental Health and Psychological First Aid Centre, Amity Institute of Behavioral and Allied Science, Amity University Madhya Pradesh.

Summary of the Session:

Positive Mental Health & Psychological First Aid Centre, Amity Institute of Behavioral and Allied Sciences, Amity University, Madhya Pradesh organized a student from all courses at Amity University showcased their artistic prowess and thoughtful insights into mental health issues during a poster-making competition held at the campus on the occasion of World Mental Health Day 2023.

This year, the university chose two pertinent themes for the competition: "Mental health is a universal human right" and "Positive psychology applications." The themes resonated deeply, given the increased emphasis on mental health and well-being in contemporary society.

From vivid illustrations to powerful slogans, the posters presented a harmonious blend of artistry and awareness. Many artworks depicted the significance of understanding, empathy, and community support, emphasizing that mental health is indeed a right, not a privilege. Others delved deep into the science and application of positive psychology, highlighting tools and techniques that can be employed to foster resilience and happiness.

The event was a resounding success, drawing participants and spectators in large numbers. The judges, comprised of faculty members from ASAP and AIBAS department and HOD Clinical psychology, were left both moved and impressed by the quality and depth of the work.

The winners were announced amidst applause and appreciation. The details of winners are as follows:

- The First prize went to Ms. Ananya Shakya (B.Sc. semester I)
- The Second prize goes to Ms. Khushi Yadav (M.A. Clinical Psychology semester III)
- The Third prize is bagged by Saurav Berwal (B.Pharm. semester V)

To foster a broader impact, the top one poster was also selected from all Undergraduate and Post graduate courses. The details of selected students for their best performance are as follows:

- From Under Graduates- Ms. Alaya (B.Sc. Semester I)
- From Post Graduates- Ms. Akshara Yeluri (M.A.Cli. Psy. Semester III)

The university administration deserves credit for organizing an event of this magnitude and relevance. As institutions of higher learning increasingly recognize the importance of mental well-being, initiatives like this not only spread awareness but also help in destigmatizing mental health issues.



Students actively participating in Poster Making Competition at Foyer Block C Third Floor. AUMP.



Prof (Dr). NovRattan Sharma, Director AIBAS, prof (Dr). Anil Vashisht Pro Vice Chancellor, officiating Vice Chancellor AUMP, Faculty members AIBAS

HOLISTIC MENTAL HEALTH AND WELLNESS
PROMOTION MONTH

ON THE OCCASION OF WORLD MENTAL HEALTH

OCTOBER 10

BRING'S

"POSTER MAKING COMPETITION"

THEME ~

- “ 1. POSITIVE PSYCHOLOGY APPLICATION
2. MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT ”

DON'T LET THEM SUFFER
ALONE IN SILENCE.

WORLD MENTAL HEALTH DAY
OCTOBER 10TH



VENUE: C-BLOCK FOYER (THIRD FLOOR)

TIME: 12:30PM TO 02:00PM

ORGANIZED BY:

**POSITIVE MENTALHEALTH & PSYCHOLOGICAL
FIRST AID CENTER**

**Amity Institute of behavioral & allied
sciences, AUMP, Gwalior.**

The images of Five best selected posters in different categories –

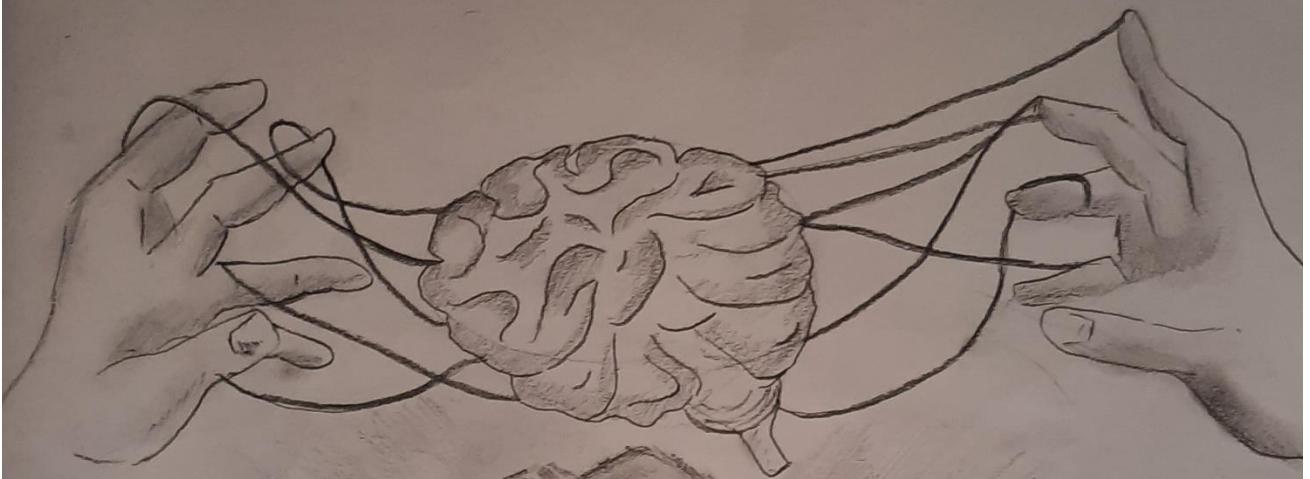




Mental Health *Awareness*

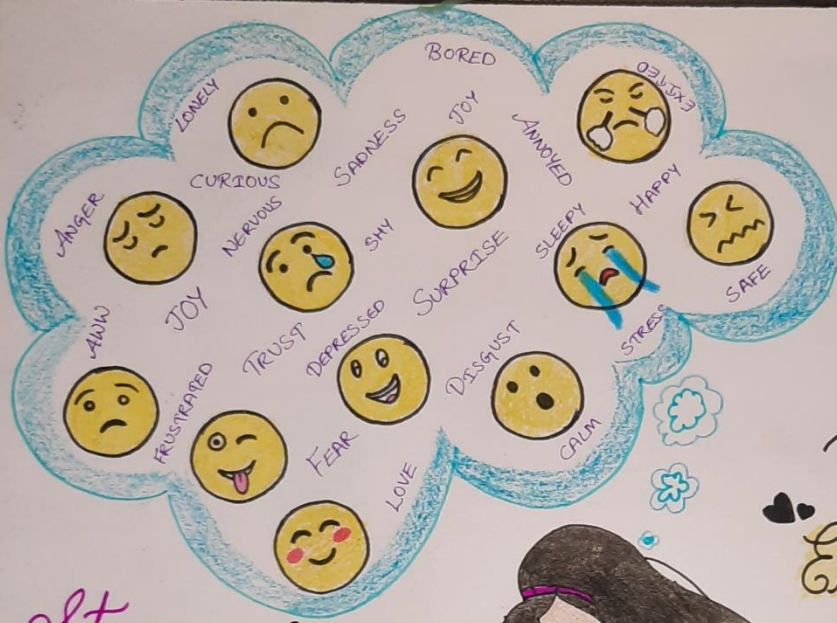


“Healing takes time, and asking for help is a courageous step.”



mental health
is a
universal
human right

"WORLD MENTAL HEALTH DAY"



Stay Positive

Stay Happy



Every child, every adult, everyone you know, including you... has a right to mental health!!!



WORLD MENTAL HEALTH DAY - 10 oct



