

## **Report on Poster making competition**

### **#VIKSIT BHARAT**

Date – 22.02.2024

Description – The Psychology Department held an invigorating poster-making competition on the theme "The Importance of Psychological Well-being #Viksit Bharat," spotlighting the pivotal role of mental health in the envisioned developed India. This event served as a vibrant platform for students to amalgamate creativity with psychological insights, emphasizing holistic wellbeing as an important aspect for the nation's progress. Participants, through their artistic narratives, portrayed the multifaceted aspects of psychological health, including stress management, emotional resilience, and the significance of mental health awareness in eradicating stigmas and fostering a supportive community. The posters vividly illustrated how psychological wellbeing is integral to realizing the potential of Viksit Bharat, encouraging ongoing dialogue and action towards nurturing a mentally healthy and empowered society. This competition not only highlighted the creative talents within the department but also reinforced the critical message that mental health is fundamental to the overall development and prosperity of India.

After the completion of the poster, a prize distribution ceremony was held in which all the students were given a prize for their participation and the best 3 posters got the first, second and third prize.

positions were secured by the following students-

I- Shradha

II- Gargi, khushhali, Japneet

III- Megha



