



WORLD MENTAL HEALTH DAY 2020

10th OCTOBER 2020

The world is facing a difficult situation due to COVID-19. There is a renewed focus on physical health along with mental health.

Mental health is not something very context specific.

We need to be sensitive towards it in seemingly normal situations. It is important to talk about mental health and not to consider this a stigma. Come out of your fear of stigma and share your concerns.

Get educated about mental health and educate others.

AN ONLINE AUDIO-VISUAL PRESENTATION COMPETITION

ORGANISED BY

THE DEPARTMENT OF PSYCHOLOGY
PATNA WOMEN'S COLLEGE (AUTONOMOUS)
PATNA UNIVERSITY

Theme: MENTAL HEALTH: EDUCATE ONE AND ALL

Submission in the form of short video (maximum 2 minutes), audio-visual effects in presentation can be inserted. Submit here:

<https://forms.gle/22A1Mog4SU7SquLe6>

Last date of submission: 17th October 2020

E-certificate will be provided to all the participants. Winners will be given Certificate of Appreciation.

Contact:

Coordinator: Dr. Nupur Sinha

E-mail id: events.psychology.pwc@gmail.com