

# 'World Mental Health Day Commemoration'



Theme: "Make Mental Health & Well-Being for  
All a Global Priority", (2022)

सु मन: ~ Towards a peaceful and healthy mind

Organized by

Department of Allied Health Sciences (FLAHS)

&

School of Social Sciences

## Students Competitions

Quote framing

Pencil Sketch

Floor Art

Poetry

Puzzle

Pick and Speak

Reel Makin'

Fashion Show

Date: October 12 & 13, 2022

Time: 9:30am onwards

Venue: FLAHS Building, 2nd floor

Students Co-ordinator:

Jyoti-8721036042

Vismaya-8095444295

MHA 2021



# Quote framing

Theme of the event:

*Mental Health*

## Guidelines:

- It should not be more than 15 words
- It should not be taken from any journal article or internet
- Avoid using disrespectful words
- Participants should make their own quote based on the theme
- The quote should be unique and original work of the participant
- The participants will be given 5 mins to think about the theme and 15 mins to write the quote
- Participants should bring their own material like pencil, pen, Color's and A4 sheet

**Date : 13/10/22**

**Time: 1:00pm**

**Venue: Seminar hall, FLAHS building**

**[https://docs.google.com/forms/d/e/1FAIpQLScHli46l00HDqiImR7pu-eFWXFFAjBqN0aYAlpdyV7fWG7jIQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScHli46l00HDqiImR7pu-eFWXFFAjBqN0aYAlpdyV7fWG7jIQ/viewform?usp=sf_link)**

*Wishing each and every one of you the best  
and may the creative minds unravel  
Good luck!*

**Hosted by: Vismaya**

**Contact- 8095444295**

# Pencil Sketch

Theme of the event:

*Sunshine on my mind*

Topic:

*Mental Health Awareness*

Guidelines:

- The participants should bring pencil and rubber for the competition
- A4 sheets for drawing will be provided during competition
- The drawings should give an interpretation and clarity of title to the viewer
- Creativity and originality of the title should be depicted
- Color pencils, crayons, paintings and sketch pens are not allowed

**Date : 12/10/22**

**Time: 4:30pm**

**Venue: Seminar hall,FLAHS building**

**[https://docs.google.com/forms/d/e/1FAIpQLScHli46l00HDqiImR7pu-eFWXFFAjBqN0aYAlpdyV7fWG7jIQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScHli46l00HDqiImR7pu-eFWXFFAjBqN0aYAlpdyV7fWG7jIQ/viewform?usp=sf_link)**

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**Hosted by: Varsha**

**Contact- 72042 73884**

# Puzzle

Theme of the event:

*Psychological and Psychiatric disorders,  
Mental Health*

Topic:

*Max your mind*

Guidelines:

- Fill in the boxes with the help of the clues provided
- Study missing letters carefully to find potential options
- Spelling mistakes will be considered as wrong answers
- Winner is selected based on speed & accuracy and with most right answers in least time

**Date :12/10/22**

**Time- 3:45pm**

**Duration: 15mins**

**Venue: 2nd floor,FLAHS building**

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**Hosted by: Noureen**

**Contact- 80782 62906**

# Floor Art

Theme of the event:

*Positive mind colorful life*

## Guidelines:

- Rangoli art should be of 3 ft x 3 ft.
- There will be only one round of competition.
- Teams will be responsible for arrangement of the material required to prepare Rangoli.
- Usage of environment freindly Materials eg: flowers,leaves etc for decorating is allowed
- The participants will not be allowed to refer to any printed material etc. for preparing Rangoli.
  
- A group may have not more than two participants.
- Multiple entries by one person are not allowed.

**Date : 13/10/22**

**Time-9:30am**

**Duration: 2hrs**

**Venue: 2nd floor ,FLAHS building**

**[https://docs.google.com/forms/d/e/1FAIpQLScHli46l00HDqiImR7pu-eFWXFFAjBqNOaYAlpdyV7fWG7jIQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScHli46l00HDqiImR7pu-eFWXFFAjBqNOaYAlpdyV7fWG7jIQ/viewform?usp=sf_link)**

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**Hosted by: Sahana**

**Contact- 6366 158 182**

# Pick and speak

Theme of the event:

*Silent no more.. Giving voice to  
mental health*

Guidelines:

- The participants should restrict to the time limit
- No slangs to be used
- Each participant will be given 3mins time to speak on their particular topic

**Date : 13/10/22**

**Time- 12:00pm**

**Duration: 30mins**

**Venue: 2nd floor, FLAHS building**

**[https://docs.google.com/forms/d/e/1FAIpQLSchli46l00HDqilmR7pu-eFWXFFAjBqNOaYAlpdyV7fWG7jIQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSchli46l00HDqilmR7pu-eFWXFFAjBqNOaYAlpdyV7fWG7jIQ/viewform?usp=sf_link)**

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**Hosted by: Madhulika**

**Contact- 9739383626**

# Reel Makin'

Theme of the event:

*It's okay to not be okay*

## Guidelines:

- **The video should not exceed the specified time limit**
- **Any video less than 15s and more than 30s will be disqualified**
- **It should be relative to the topic**
- **The dress should be appropriate**
- **The resolution of reel videos should be 1080 pixels X 1920 pixels.**
- **The caption provided by the participants should be less than 140 characters.**

**Date : 13/10/22**

**Duration: 15-30s**

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**Hosted by: Jyoti Ryntathieng  
Vismaya P**

**Contact-  
8095444295, 9077172037**

# Poetry

Theme of the event:

*Make mental health and well being for  
all a global priority*

Topic:

*Resilience*

Guidelines:

- All poems must have a title and must not exceed 40 lines in length ( excluding title)
- Poem must be in English
- It should be entrance's original work
- Should get their own materials
- Entries must not have been published, self published on any website or make public on social media
- All entries are judged anonymously and the poet's name must not appear in the poem itself

**Date : 12/10/22**

**Time- 3:00pm**

**Duration: 30mins**

**Venue: 2nd floor, FLAHS building**

**[https://docs.google.com/forms/d/e/1FAIpQLScHli46l00HDqilmR7pu-eFWXFFAjBqN0aYAlpdyV7fWG7jIQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScHli46l00HDqilmR7pu-eFWXFFAjBqN0aYAlpdyV7fWG7jIQ/viewform?usp=sf_link)**

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**Hosted by: Jyoti Ryntathieng  
Vismaya P**

**Contact-  
9077172036, 8095444295**



# Fashion Show

Theme of the event:

*Breakfree: Embracing the link between  
fashion and self expression*

Guidelines:

- **\*\*Material used should be sustainable and better if it is best out of waste\*\***
- **It is a team event, a team can have 4-10 members including the co ordinator, participants, choreographer**
- **Time limit for every team will be 10mins including set up and performance**
- **Should carry their tracks in pendrive**
- **Teams will be judged on costumes, theme, walking stance and attitude**
- **Use of cigarettes, alcohol and any unfair means is strongly prohibited**
- **Any forms of obsinity is prohibited**

**Date : 13/10/22**

**Time: 10:30am**

**Venue: Seminar hall,FLAHS building**

**[https://docs.google.com/forms/d/e/1FAIpQLScHli46l0OHDqiImR7pu-eFWXFEAjBqN0aYAlpdyV7fWG7jIQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScHli46l0OHDqiImR7pu-eFWXFEAjBqN0aYAlpdyV7fWG7jIQ/viewform?usp=sf_link)**

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**Hosted by:Jyoti Ryntathiang  
Vismaya P**

**Contact-  
9077172036, 8095444295**

# Skit

Theme of the event:

*We are in this together*

## Guidelines:

- The team participating in the skit should have a minimum of 4 members and a maximum of 10 members.
- The teams will be allowed a maximum of 10 minutes to perform.
- The Props will be arranged by the teams themselves (General furniture like table/chairs will be made available at event venue).
- The teams will be free to select the story/script but should adhere to concepts relevant to mental health. However, the script will have to be discussed with the event coordinator before the event. Theme should not hurt any community's feelings.
- No use of slangs and unparliamentary language in the skit.
- The Competition will be judged on the basis of the script, facial expressions, and creative use of props, stage mannerism, co-ordination, voice modulation and overall performance.
- Final ratings shall be decided by aggregating points awarded by a panel of judges.
- Judging criteria:
  - Creativity 30%
  - Entertainment 15%
  - Acting 25%
  - Conflict 15%
  - Props & costumes 15%

**Date : 13/10/22**

**Time: 2:00pm**

**Venue: Seminar hall, FLAHS building**

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**Contact- 9739383626**