

WORLD MENTAL HEALTH DAY

On the occasion of World Mental Health Day, 10th October, 2021, participants invited for an essay competition conducted under National Mental Health Programme, NHM, Assam. There are two categories for the competition, **Category 1:** Class XI to Graduation and **Category 2:** Graduation and above including students from any other professional colleges. **Themes** for the competition: 1. Ignorance and stigma are the biggest challenges in managing mental health issues 2. Managing post COVID mental health challenges.

Exiting prizes: 1st prize: Rs. 5000/-, 2nd prize: Rs. 3000/- and 3rd prize: Rs. 2000/- (Certificate will be provided to the winners)

Final results will be uploaded in the NHM website.

Maximum word limit: 3000 words

Medium: English/Assamese

Mail us on or before 8th October, 2021 to nmhpasam01@gmail.com

Note: Name of the participant along with College name, place, and contact number should be mentioned in the mail.

