



सत्यमेव जयते  
GOVERNMENT OF ASSAM



National Health Mission, Assam

On the occasion of

# WORLD MENTAL HEALTH DAY

10th October, 2021

THE NATIONAL HEALTH MISSION, ASSAM

Invites participants for an

## ESSAY WRITING COMPETITION



**Category 1:** Class XI to Graduation

**Category 2:** Graduation and above including students from any other professional colleges

### Themes:

1. Ignorance and stigma are the biggest challenges in managing mental health issues
2. Managing post COVID mental health challenges

Maximum word limit: 3000 words | Medium: English/Assamese

Mail us your essay, latest by **8th October 2021**

to **[nmhpasam01@gmail.com](mailto:nmhpasam01@gmail.com)**

For details, visit **[nhm.assam.gov.in](http://nhm.assam.gov.in)**