



HOLY CROSS COLLEGE

ACCREDITED BY NAAC WITH 'A+' GRADE (CYCLE:2)

Tripura University Reg. Code: 17

Jubatara, P.O. Lembucherra, Tripura West Pin-799210

Phone: 0381-2915930, +91 9402315672

email- principalhccagt@gmail.com

Web: www.holycrosscollege.in

"Educating hearts and minds"

Report on Inter-Departmental Speech Competition for World Mental Health Day organised by Department of Psychology in collaboration with Department of BSW and Centre for Counselling .

Date: October 9, 2023

Location: F1-8 Holy Cross College, Agartala

On October 9, 2023, in celebration of World Mental Health Day, an inter-departmental speech competition brought together 11 enthusiastic participants to shine a spotlight on the crucial topic of mental health. The event served as a platform to inspire, inform, and engage the audience in meaningful dialogue about mental well-being.

Key Themes

Participants delved into powerful theme of "mental health an universal human right" and talked about the stigma surrounding mental health, the importance of community support, and effective coping strategies. Their speeches resonated with the audience, sparking discussions about how we can collectively foster a more supportive environment for mental wellness. The event buzzed with energy as students and faculty engaged enthusiastically with the presentations. Many expressed gratitude for the participants' openness in addressing such a vital issue. A lively Q&A session followed, encouraging deeper conversations and promoting a sense of community around mental health awareness.

Participants and Winners

The competition showcased remarkable talents, with Watkletshuh Biam, Department of psychology taking home first place for an eloquent speech that passionately called for greater mental health awareness. Koushikee Bhattacharjee, Department of psychology earned second place, sharing heartfelt insights into the pressures students face and advocating for supportive environments. Ramidas Nongrum, Department of Psychology securing third place, captivated the audience with an analysis of social media's complex impact on mental health.

Conclusion

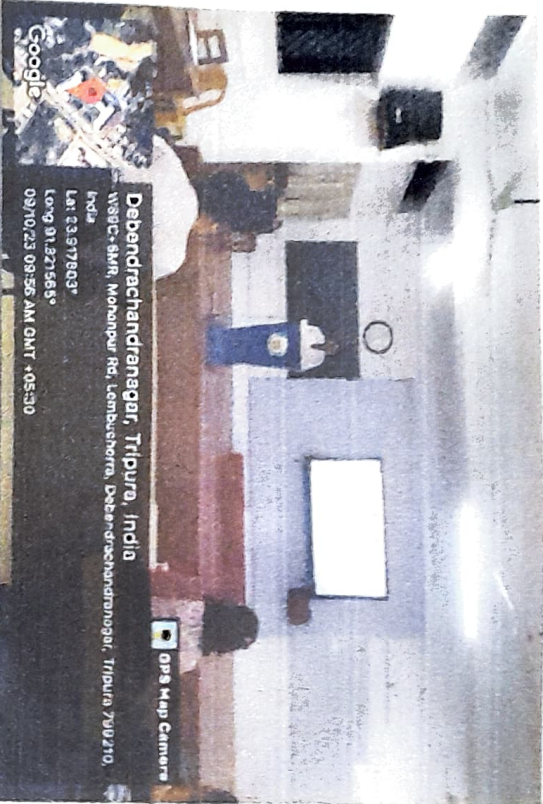
The speech competition proved to be a resounding success, highlighting the urgent need for ongoing dialogue about mental health in our society. It not only celebrated the talents of the participants but also reinforced the importance of understanding and supporting one another in our mental health journeys.



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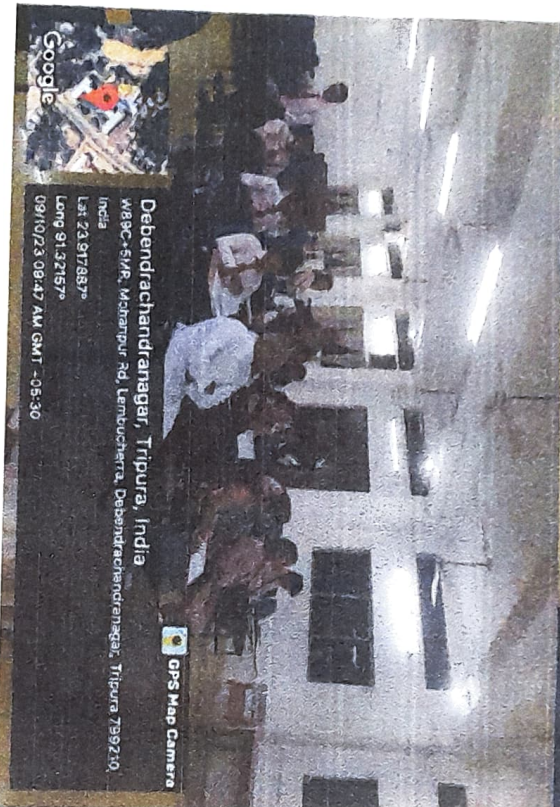
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Debandrachandranagar, Tripura, India
WSQC-8MR, Monampur Rd, Lembucherra, Debandrachandranagar, Tripura 799210,
India
Lat: 23.97803°
Long: 91.32156°
09/10/23 08:56 AM GMT +05:30

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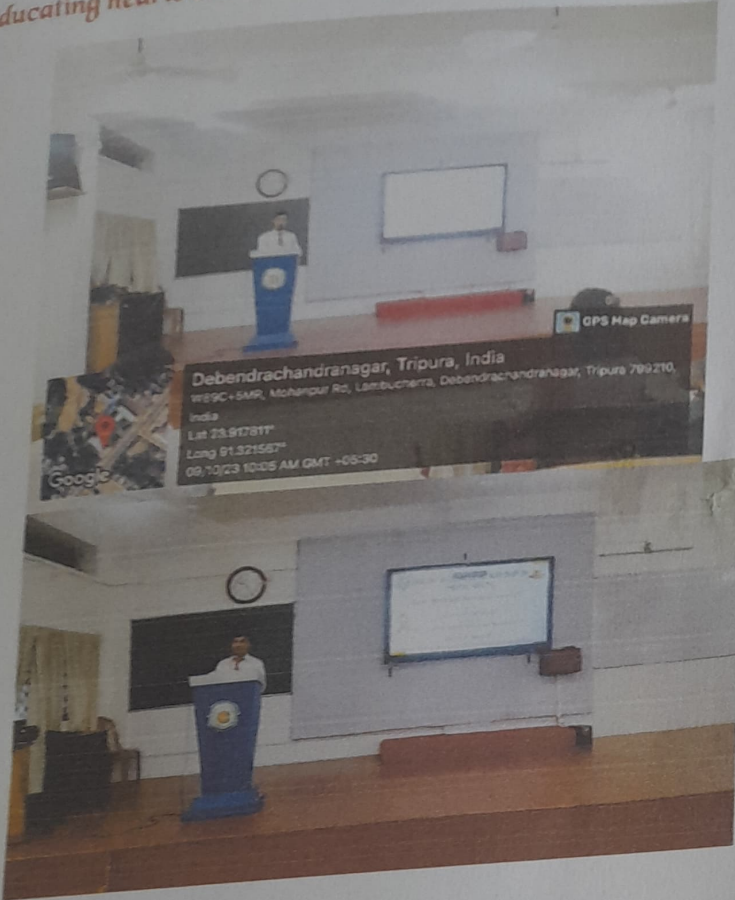


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India
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Long: 91.32157°
09/10/23 08:47 AM GMT +05:30

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13/9/24

Report prepared by

Debanjana Mukherjee
HOD & Assistant professor
Department of psychology
Holy Cross College

HEAD
Department of Psychology
HOLY CROSS COLLEGE
Agartala, Tripura (W)