

ST. JOSEPH'S COLLEGE(Autonomous)

PG DEPARTMENT OF COUNSELLING PSYCHOLOGY & WELLBEING ASSOCIATION

St. Joseph's PSYCHFEST - 2023

AN INTRACOLLEGIATE COMPETITION ON CREATING AWARENESS ON SUICIDE PREVENTION & PRIORITIZING MENTAL HEALTH:

GENERAL RULES AND REGULATIONS TO BE FOLLOWED:

- * The program starts at 9:30am. Venue - SAIL Auditorium. 15th September 2023
- * Registration time: 9am - 10 am
- * Registration fee should be paid on the spot. (Either cash or UPI)
- * Registration fee - 50 rupees
- * 14th September is the final date to register your name list. Send it to the following number within noon (12pm).
- * PHOTOGRAPHY and BLOG WRITING participants must pay the fees on 14th September (12 noon) without fail. They need not attend the morning events. Prizes will be announced during the valediction.
- * Representatives from each class must collect the name list (Name, D number, Event name) and send a text (or picture) through WhatsApp to this number 9566237367 (Mr. Manikandan, Assistant Secretary of Wellbeing Association)
- * ID Card is compulsory
- * Time and venue will be announced on 15.09.23
- * E-CERTIFICATE will be provided for ALL THE PARTICIPANTS
- * Top 3 winners in each event will receive special prizes
- * Refreshment will be provided
- * ALL PARTICIPANTS MUST BE PRESENT FOR THE VALEDICTORY FUNCTION

LIST OF EVENTS AND GUIDELINES:

POSTER MAKING

- * Solo event
- * Full size chart (any color)
- * Bring your own materials
- * Time - One hour
- * Topics - Light in the Darkness, You Are Not Alone, The Power of Listening

DEBATE [ENGLISH]

- * Preliminary level and Finals
- * 6 Finalists will be selected through 1 vs 1 debating
- * Common themes - Suicide Awareness, Hope, Mental Health

PHOTOGRAPHY

- * Send one picture with high quality to our email ID (wellbeing.association.22@gmail.com).
- * Submission Date – 14.09.23
- * Topic – Capturing Emotions

BLOGS

- * Maximum word count - 1000
- * Topics - The Anxiety Monster, The Healing Power of Art and Creativity in Mental Health, Supporting a Friend in Crisis, and Happiness Boosters.
- * Send your entries on 14th September.
- * Prize winning blogs will be published on our official website.

POETRY WRITING (TAMIL AND ENGLISH)

- * Topics will be given on the spot
- * Time - one hour

SPEECH (TAMIL AND ENGLISH)

- * Topics will be given in the morning before the competition
- * Time – 3 – 5 mins

THANK YOU