

**REPORT ON ESSAY WRITING COMPETITION**  
**TOPIC: "IMPORTANCE OF MENTAL HEALTH IN WORKPLACE".**

DATE:-03/10/2024

VENUE:- ROOM NO F3 8, HOLY CROSS COLLEGE

On 3<sup>rd</sup> October, 2024 Dept. Of Psychology organized an essay writing competition for students on the topic 'Importance of Mental Health in Workplace' to raise awareness about mental well-being in workplace keeping in view the mental health month. The event aimed to encourage participants to explore the area of significance of mental health and to be able to create a healthier work environment.

The competition shows enthusiastic performance of students across various departments. A total number of 35 participants participated essays, each of them presenting unique perspective of the importance of mental health at workplace. The event started from 12:00 noon. The word limit was minimum 500 words and maximum 1000 words.

The winners of the Essay competition are :

ESSAY WRITING COMEPTITION			
SERIAL NO	NAME	DEPARTMENT	POSITION SECURED
1	Pynskem Poul Jyrwa	English	1 <sup>st</sup>
2	Panchu Das	Psychology	1 <sup>st</sup>
3	Watkletshuh Biam	Psychology	1 <sup>st</sup>
4	Abak choudhuri	English	2 <sup>nd</sup>
5	Palikanta Singha	English	3 <sup>rd</sup>
6	Samridhi Ray	Psychology	3 <sup>rd</sup>



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