

Government College for Women, Karnal organized an Online National Level Poster Making Competition “Mental Health during COVID-19” on the occasion of Mental Health Awareness Week. Physical health and mental health are interrelated as the disturbed somatic features lead to psychological problems. At this time of uncertainty due to COVID-19, everyone in the society is experiencing significant changes in their daily lives. So, the motive of this competition was to spread awareness about the effects of Coronavirus disease on the mental health of the individual.

80 students from various colleges and universities participated in this competition. Under the guidance of Principal, Dr. Anuradha Punia, this competition was convened by Dr. Punam Bagi, Associate Professor, Department of Psychology. Dr. Ekta Arora, Assistant Professor, Department of Chemistry, was the co-convenor. The results were declared on 22.10.2020. Priti Kumari from Banasthali Vidyapeeth secured First position, Pratiksha Sharma from DAV College for Girls, Yamunanagar secured second position and the third position was secured by Raj Laxmi Das from Binod Bihari Mahato Koyalanchal University, Dhanbad. Cash prize were given to the winners and e- certificates were sent to all the participants.