

Counseling cell of Government College of Arts Science and Commerce, Khandola organised Essay Writing Competition for undergraduate and postgraduate students on 10th October 2023 to mark the 'World Mental Health Day' on two topics- Mental Health for all and How does psychological health impact the performance of students in colleges to facilitate awareness on mental health and understand students reflection on mental health theme. Counseling Cell received 08 entries out of which 07 were sent for judging after running plagiarism check. The essays were judged on basis of relatability, originality, clarity and style of writing.

Our esteemed judges for the competition were Ms. Mavis Rodrigues, Assistant Professor of English Department and Ms.Applesta Da'costa, Clinical Psychologist, Tele- Manas, South District Hospital. Top three essays were selected, Ms. Anisha Lourenco, S.YBA, Ms. Sejal Christopher, B.A Psychology Honours and Mr. Viddhesh Ghadi, T.YBSc were announced as winners and received trophies and certificates by the hands of Prof. Dr. Purnakala Samant and Ms. Aswari Nayak, remaining participants were given certificate of participation.

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