



CULTIVATING MENTAL WELLBEING AND CONSCIOUS LIVING

Date: 16th January 2024

Time: 11:50 AM

Venue: Room A304, K.R. Mangalam University

Event Type: Competition

Mode of Activity: Offline

Target Group: Pan University Students

Judges: Dr. Nurdat Jahan (Associate Professor, SOHS), Dr. Renu Verma (Professor, SOHS)

Coordinators: Dr. Manju Rani, Mr. Prashant Panwar

Organized by: Chetna Society

Number of Participants: 66

Introduction

The Chetna Society successfully organized a Painting Competition themed on 'Cultivating Mental Wellbeing and Conscious Living.' This initiative aimed to foster a nurturing environment where students could channel their creativity to express inner beauty and harmony through the captivating medium of art.

Objectives

1. Promote Artistic Expression: Encourage students to express their thoughts, emotions, and perspectives through art.
2. Raise Awareness on Mental Wellbeing: Increase understanding of mental health issues and reduce stigma.
3. Encourage Conscious Living: Inspire reflection on lifestyle choices and responsibility for well-being.

4. Create a Platform for Dialogue: Facilitate conversations on mental health and conscious living.
5. Provide Learning Opportunities: Learn from judges' expertise on art, psychology, and conscious living.
6. Celebrate Diversity of Perspectives: Embrace a variety of artistic styles and cultural perspectives.
7. Cultivate a Positive Atmosphere: Promote positivity, emotional well-being, and inclusivity.
8. Showcase Art as a Tool for Wellness: Highlight art's role in enhancing mental well-being.
9. Acknowledge and Reward Talent: Motivate participants to explore the connection between art and mental health.
10. Build a Lasting Impact: Encourage participants to integrate mindful living into daily life.

Event Highlights

The focal point of the event was the Painting Competition, a platform for students to explore their creativity and delve into the intricate connection between mental well-being and conscious living. The artworks were evaluated by esteemed judges Dr. Nurdat Jahan and Dr. Renu Verma, whose expertise ensured a comprehensive assessment. The seamless execution of the event was attributed to the meticulous coordination of Dr. Manju Rani and Mr. Prashant Panwar. Their dedication created an environment conducive to artistic expression and exploration. The event saw active participation from students across disciplines, each contributing a unique perspective. The paintings showcased a rich tapestry of emotions and reflections, embodying the essence of mental well-being and conscious living.

Winners

First Prize: Kareena Malik (B.A. H Psychology)

Second Prize: Adrija Mukherjee (M.A. Applied Psychology)

Third Prize: Lavanya Panday

Conclusion

The painting competition highlighted the crucial link between art, mental well-being, and conscious living. Through such initiatives, Chetna Society continues to promote mental health awareness and artistic expression. The event fostered a sense of community and appreciation for creativity, leaving a lasting impact on participants.

Outcome and Impact

The event provided a platform for self-expression and collective exploration of mental well-being. Participants left with a deeper understanding of the transformative power of art and its role in promoting mindfulness.



A group photograph with event coordinators and students

