



WORLD MENTAL HEALTH DAY

INTER-SCHOOL ART COMPETITION & REEL MAKING COMPETITION

Dear Principal/ Correspondent,

Greetings of the day! As a part of "WORLD MENTAL HEALTH DAY" celebration, the **Department of Child and Adolescent Psychiatry** at **SKS Hospital & Postgraduate Medical Institute** along with our **Early Intervention Centre "Pixie"** is organising "Inter-school Art competition" and "Reel making Competition" across various schools in and around Salem. This event is organised to promote mental health awareness among children and adolescents. We request your students to actively participate in this competition and win exciting prizes. Details of the event are attached below.

DRAWING COMPETITION:

Date	:	20.10.2024, Sunday
Time	:	10 AM
Venue	:	TRS Kalyana Mandapam, Salem
Duration	:	1 hour

Category-1

Class: VI-VIII

Topic: "**Digital Safety**"

Description about the topic: Explore various safety measures that needs to be applied while using gadgets and social media.

Category-2

Class: IX-XII

Topic: "**Let's break mental health stigma**"

Description about the topic: Explore various ways to break mental health stigma in schools and community. **Maximum registrations per school: 10 (5 in each category)**



INSTRUCTIONS:

1. Any medium of art/colouring is welcomed.
2. Materials for drawing shall be brought by the students themselves.
3. White chart shall be provided by us.

Our Chief Guest shall select the 3 best posters from each category and will honour the students during the "Mental Health Day" celebration event on the same day.

CASH PRIZES: (for each category)

1 st prize	:	₹5000
2 nd prize	:	₹3000
3 rd prize	:	₹2000

All participants will receive certificates for their participation.

Final date for registration: 13th October 2024

For any queries: Pls contact Mr. Santhosh, 7418489222

REEL MAKING COMPETITION:

Topic: Breaking stigma- How to start mental health conversations at school?

Eligible class: Class VI to XII

CASH PRIZES:

1 st prize	:	₹5000
2 nd prize	:	₹3000
3 rd prize	:	₹2000

INSTRUCTIONS:

1. Video must be an original work of the participant.
2. Permitted length of video is maximum 90 seconds.
3. Maximum permissible participants in each team are 6. Students must be from the same school.
4. The videos need to be screened for appropriateness by school Principal before sending for the competition.
5. Reel videos should not infringe upon the rights of any third party, including, without limitation, copyright, trademark, and rights of publicity and/or privacy.



6. Reel videos must be suitable for everyone and should not be violent, immoral, offensive, indecent, or similarly inappropriate.
7. The reel video should not contain any details of the school, also any logo, trademark, service mark, storefront, trade dress, mascot, photograph, or other image of any company or website.
8. Video can be shot with a camcorder/mobile phone and should have a minimum resolution of 720p.
9. Videos can be in a Tamil, English or both.
10. Videos are to be sent by email to shinika.r@sksh.ac.in before 13th October 2024, 5:00 pm with details- Full Name of team members, their class, school name, name of the faculty whose guidance was sought while preparing the reel and contact number of participants.
11. The subject of email should be- Mental Health Video – “School name”.
12. The reels would be judged on basis of - Creativity, Originality, Clarity, and effective delivery of message within time limit. The judgment will be done by our Chief Guests.
13. The winners will be announced on 20th October at TRS Kalyana Mandapam during World Mental Health Day Celebration.
14. Winners and some selected reels will be circulated through social media handle of SKS Hospital to promote mental health awareness.

Thanks and Warm regards,

Dr Shinika R MD, DNB, PDF (Child Psychiatry),
Head and Consultant,
Department of Child & Adolescent Psychiatry,
SKS Hospital & Postgraduate Medical Institute,
Salem.