

LEGAL AID CENTRE, USLLS
&
INTERNAL COMPLAINT COMMITTEE
GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY
DWARKA, SECTOR-16 C, DELHI-110078

Ref. No: GGSIPU/USLLS/2024/

Dated: 8th October 2024

NOTICE

Subject: Online Quiz Competition to Commemorate World Mental Health Day

The Legal Aid Centre, USLLS, GGSIPU in collaboration with Internal Complaint Committee, GGSIPU is conducting an **Online Quiz Competition** on Mental Health Day on a theme related to this year's official Theme: **"It is time to prioritize mental health"**. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Every year on 10th October, World Mental Health Day is observed to raise awareness of mental health issues around the world and to mobilise efforts in support of mental health. Mental health - which includes emotional, psychological, and social well-being - affects how we think, feel, and act. It also helps determine how we handle stress and make healthy choices. The day is important because it helps to raise awareness about mental health issues, reduce stigma, advocate for better mental health policies, and encourage open dialogue and self-care practices.

The details of the competition are as follows:

- **Date:** 14th October 2024
- **Time:** 8:00pm
- **Mode:** Online
- **Duration:** 15 minutes
- **No. of questions:** 30 (MCQs)

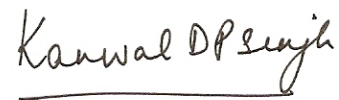
Certificates of merit to the top three position holders and participation certificates to all the participants will be provided.

The interested students may fill the google form at <https://forms.gle/FLWVArvDeBsC5W2f6> for showing their expression of interest. It is open for all graduate, post graduate students and research scholars.



Prof (Dr) Lisa P Lukose

Director, Legal Aid



Prof (Dr) Kanwal D P Singh

Chairperson, ICC

Copy to:
Head, UITS to upload the notice on University Website.