



ST FRANCIS DE SALES COLLEGE

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Report of "Competitions on account of Awareness Program on Post Traumatic Stress Disorder"

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| Title | Competitions on account of Awareness Program on Post Traumatic Stress Disorder |
| Date of Event(s) | 28.06.2021 |
| Department / Association | PsyLight Club Dept. of Psychology Postgraduate Centre |
| Venue | Online submission of the entry |
| Number of Participants | 10 |

Report:

Post-Traumatic Stress Disorder (PTSD) Awareness Day is observed every year on June 27th. PTSD is a condition that many veterans and non-veterans alike suffer. PTSD can occur when someone experiences or witnesses a traumatic event. Traumatic events are unavoidable. People will have to be aware about the situations and understand the ways to deal with it. PsyLight Club, Dept. of Psychology planned to organize Competitions on account of "Awareness on Post Traumatic Stress Disorder". 28th June 2021 was fixed for the participants to submit their entries. Art Work, Poetry and Essay Writing Competitions were organized. Brochure with the details of the competition and link to register for the event was circulated. UG and PG Psychology students were invited for the competitions. All participants mailed their respective entries on 28th June 2021. Themes for each event was mentioned in the registration form. "Expressing Trauma" was the theme for Art Work, "Trauma and Life" theme for Poetry competition, and "Trauma and Stress" was the theme for Essay Writing competition. Participants had to focus on the themes given for competition. Judges from different departments were invited. Entries as per the categories were mailed to respective judges. After the review the results were mailed to the department. The winners of the competitions were given certificates.

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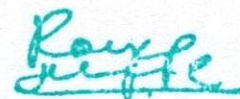


Positive Outcome:

Awareness is important, the method of awareness would be different on different occasions. PsyLight Club decided to have awareness on PTSD through the form of competitions. Working on the event would provoke thoughts related to trauma and its association with life. Expressing trauma differs from person to person. Knowledge and comprehension about stress related to trauma is another aspect. Working for the competitions would have made participants to reflect more about trauma and its association with life. Working on competitions would have brought deeper sense of understanding about PTSD. The event was a success in bringing awareness about PTSD among participants.



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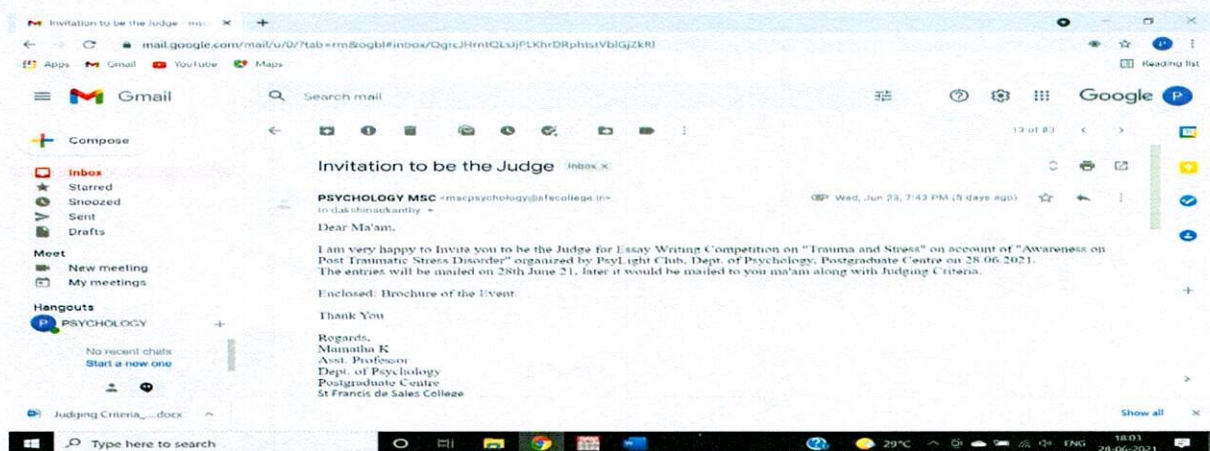
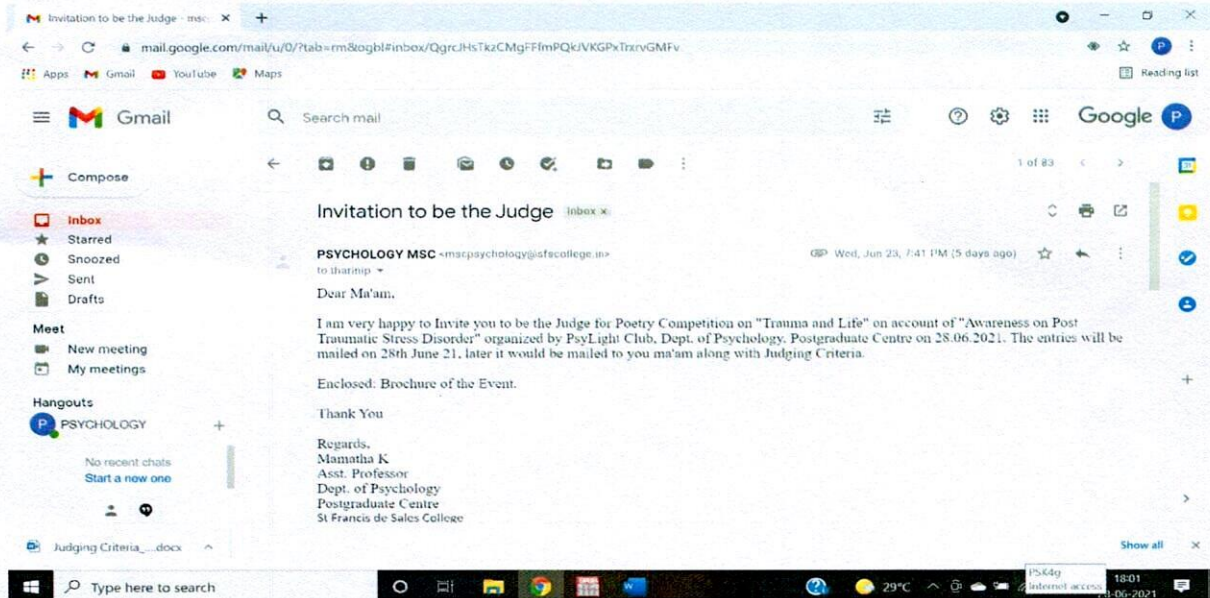
**PsyLight Club
Dept. of Psychology
Postgraduate Centre**

“Competitions on account of Awareness Program on Post Traumatic Stress Disorder”

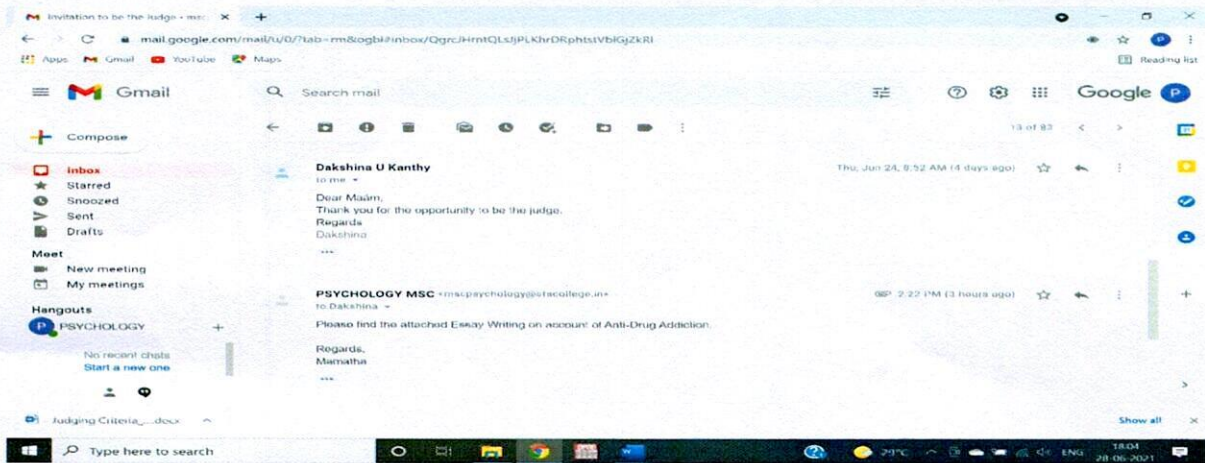
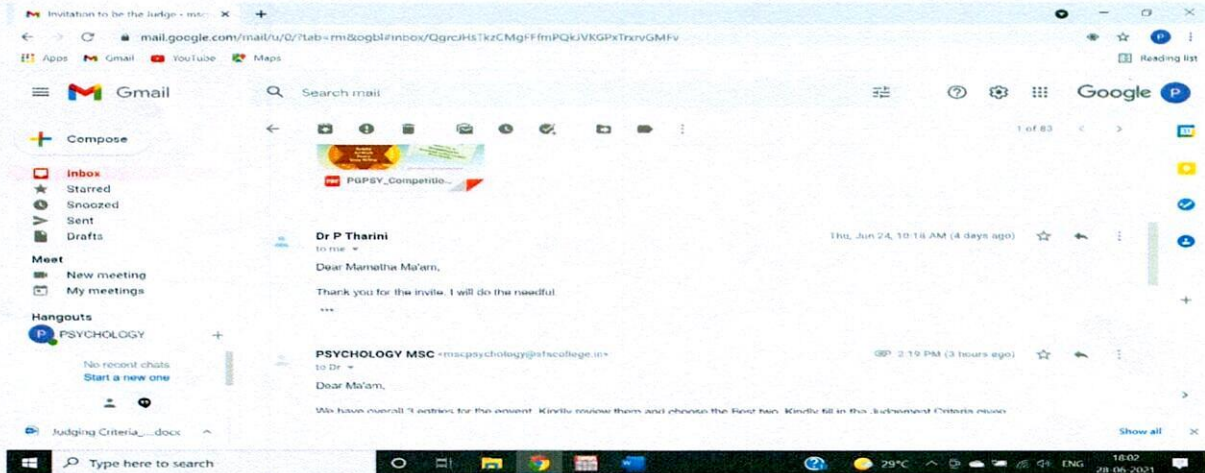
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Supporting Documents:

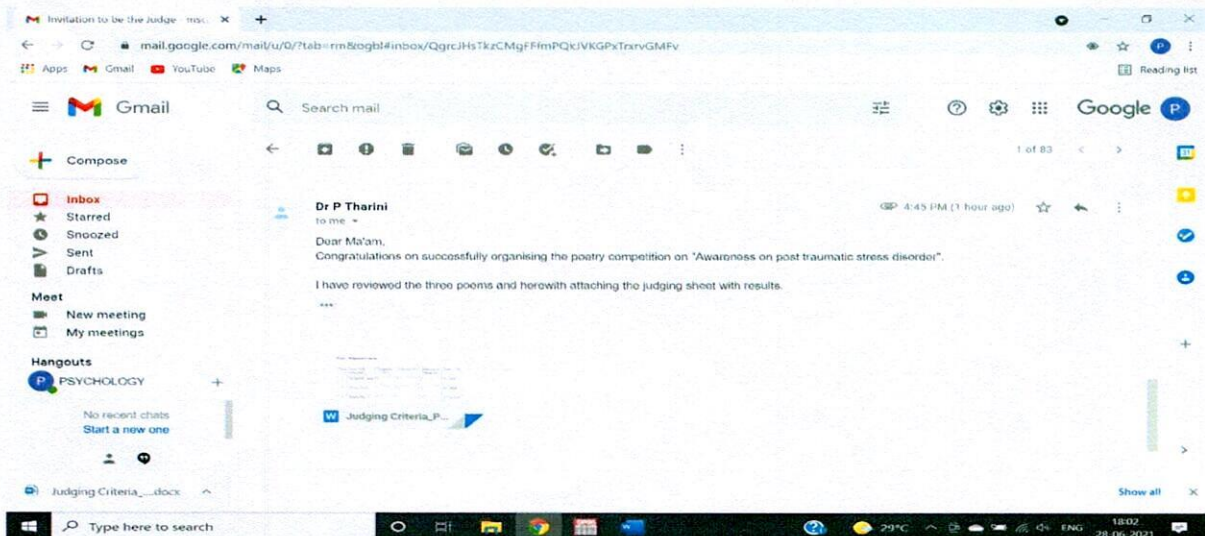
Invitation to Judges for the Events through mail:

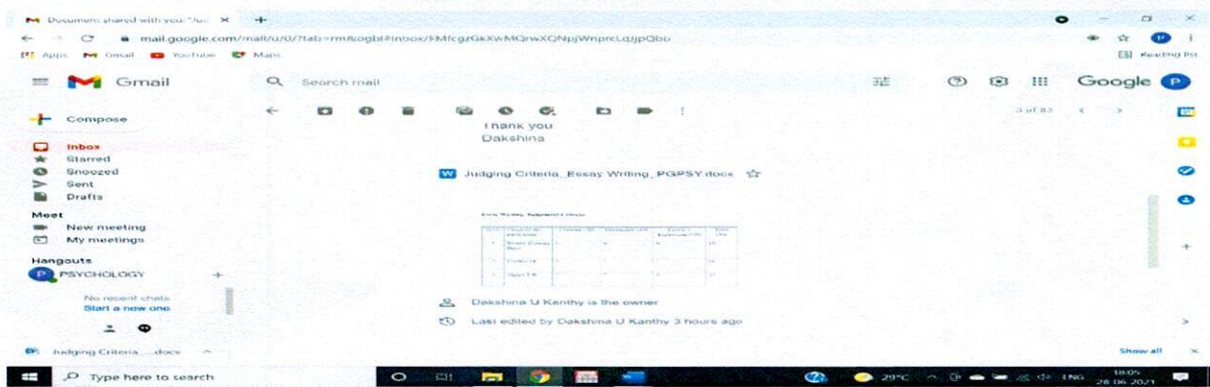
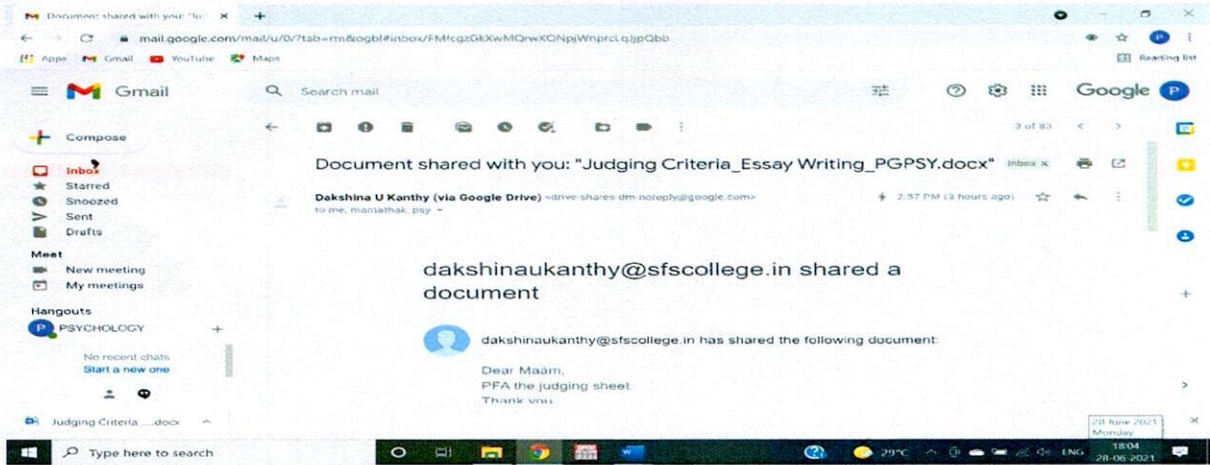


Acceptance mail from the Judges:



Judges Reply on Judgement:






Sample certificate issued to the Winners:



Name of the Reporter:

Prof. Mamatha K
 Asst. professor
 Dept. of Psychology
 Postgraduate Centre
 St. Francis De sales College


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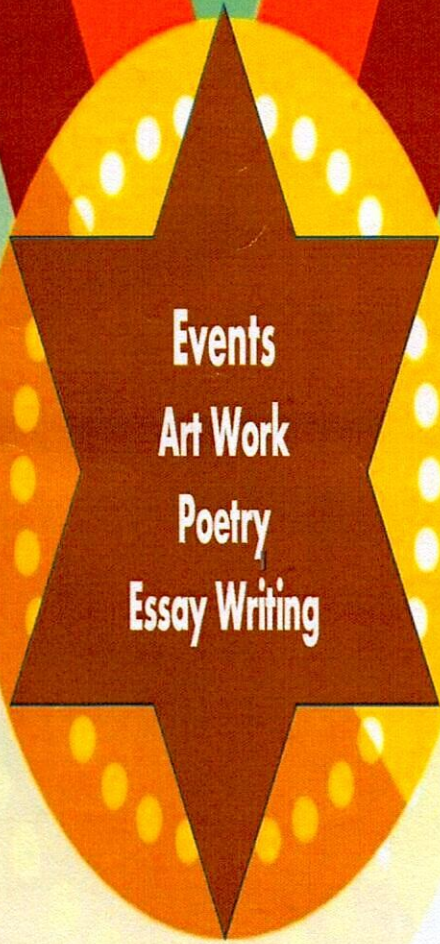


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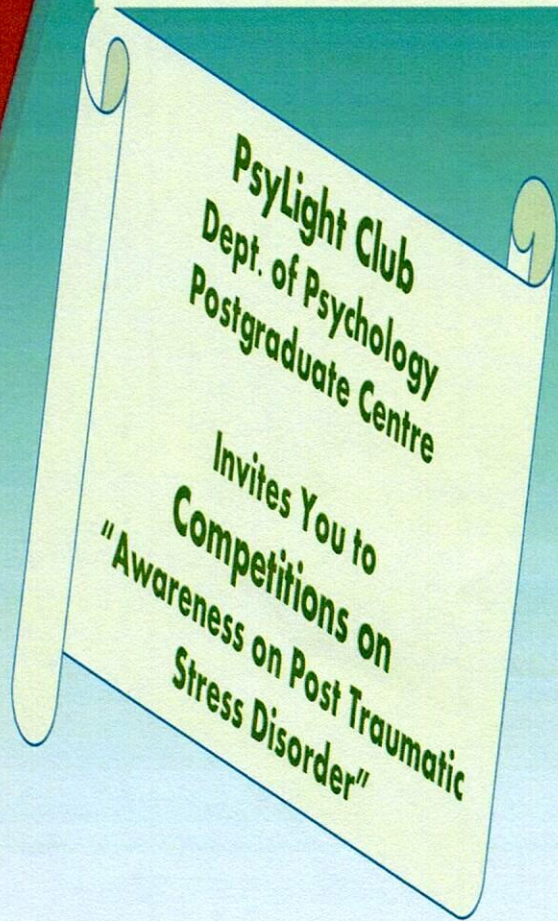
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**Events
Art Work
Poetry
Essay Writing**



**PsyLight Club
Dept. of Psychology
Postgraduate Centre**

**Invites You to
Competitions on
"Awareness on Post Traumatic
Stress Disorder"**

Who can attend: UG and PG Psychology Students

For Registration: <https://forms.gle/zHLxGMG82gmr7Dd8>

Each registered participant will get Certificate after filling the feedback form

For queries: mcspsychology@sfscollege.in