

LEGAL AID CENTRE, USLLS
&
INTERNAL COMPLAINT COMMITTEE

GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY
DWARKA, SECTOR-16C, DELHI-110078

Ref. No: GGSIPU/USLLS/2024/

Dated: 14th October, 2024

NOTICE

Subject: Link for Online Quiz Competition to Commemorate World Mental Health Day

Ref: Notice of the Competition dated 8th October which is annexed herewith

The Legal Aid Centre, USLLS, GGSIPU in collaboration with Internal Complaint Committee, GGSIPU is conducting an **Online Quiz Competition** on Mental Health Day the Theme: **“It is time to prioritize mental health”**. Those who are participating in the special online quiz to commemorate World Mental Health Day are advised to **attempt the quiz online on 14.10.2024 at 8 p. m. sharp**. This quiz is not only a great opportunity to test your knowledge but also a step towards understanding how mental health plays a vital role in our daily lives. By participating, you are contributing to a larger conversation on mental health awareness and advocacy.

The details of the quiz are as follows:

Date: 14th October 2024. Timing: 8:00 pm to 8:15 pm Mode: Online

Quiz Link: <https://forms.gle/QsZYdiXCGMR1mxb4A>

Please note that the link will be activated at 8:00 pm and deactivated at 8:15 pm.

J.S.

It is open for all graduate, post graduate students and research scholars. We look forward to your participation and hope this event inspires you to continue promoting mental health for yourself and others. Certificates of merit to the top three position holders and participation certificates to all the participants will be provided.

Lisa P Lukose
14/10/24

Prof (Dr) Lisa P Lukose

Director, Legal Aid

Kdps
14/10/24

Prof (Dr) Kanwal D P Singh

Chairperson, ICC

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

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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)

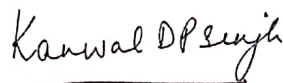
Certificates of merit to the top three position holders and participation certificates to all the participants will be provided.

The interested students may fill the google form at <https://forms.gle/FLWVAryDeBsC5W2f6> 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

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