# Results of the Photography Competition held on World Mental Health Day 2020

Theme: 'The Face of Mental Health in 2020'

1st Place : Eltrisha Da Silva (SY BCom B)

Picture 1: Our overall mental health is as important as our physical health. While we try to keep our bodies, outfit and costumes fit and healthy, it is also necessary to keep our minds fit and strong too. Most of the people act very happy on social media just to experience a little sparkle of temporary happiness.

Picture 2: Almost half of the young generations across the globe are experiencing mental health problems. Most of them are experiencing different forms of depression and anxiety caused by peer pressure, family concerns, and poor self-esteem. Many of those who are experience these resort to a lot of dangerous activities that could lead to serious complications. Mental health matters!
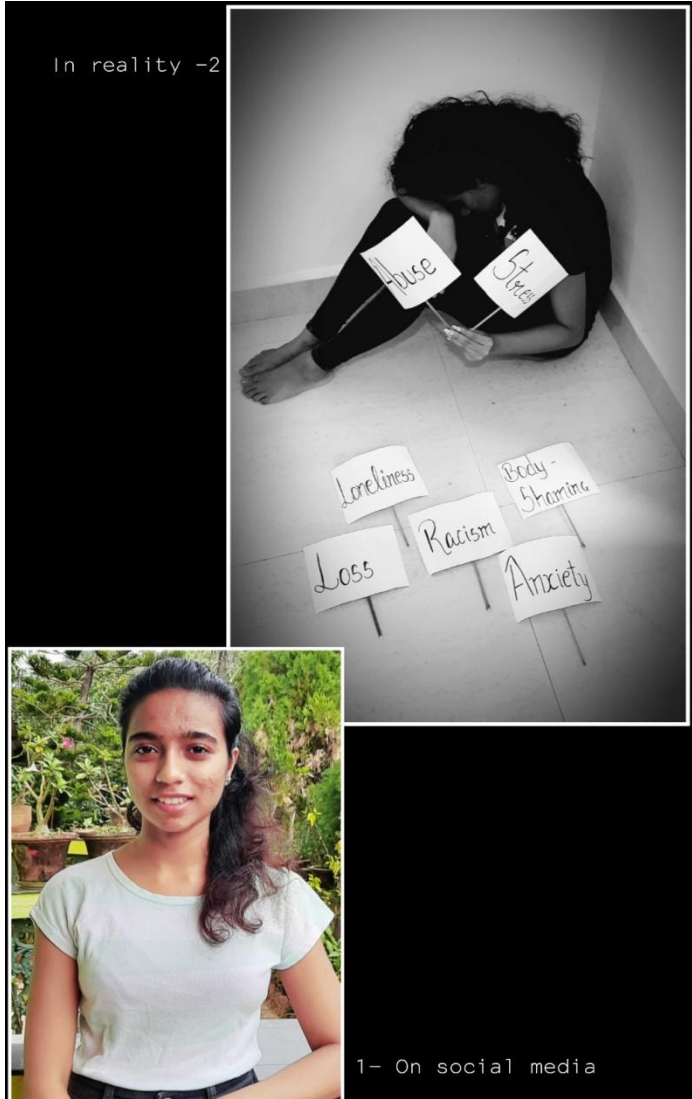
2nd Place: Shanaia Colaco (TY BA A)

Today in 2020, mental health holds a great meaning not only in adults but in children too. Mental health includes the ability of handling stress, rejection, failure in a positive way, but sometimes these feelings can be overwhelming. You can never know if a person is mentally fit or unfit by just looking at him/her. The mental illness a person might be facing will not be written on their face. A person can look physically strong, happy on the outside, but mentally? We never know. We all fear being judged by the society but it all depends on our perspective. If you feel your mental health is being affected talk to a friend, a counsellor or anybody you can fully trust. Expressing how someone feels is difficult, so stop judging and start reaching out to people. Be kind to everyone!