

Photography Competition: Positive Mental Health

Entry 1:

First Position:

Sonam Tsephel Jatso

109662

BA English Studies



What life throws at you does not matter, what matters is how you see and handle it. Accepting one's own scars and problems is the first step to a better mental health. Denial is not a solution, it is an obstacle. By looking down on one's own feelings, it only adds to the feeling of hopelessness and depression. So accept your emotions and bloom.

Entry 2:
Second Position:
Namgay Om
106069
BSc. Environmental Management



Almost all my life I was told that “I am too much of this or too less of that”. There’s always a voice that talked me down and enclosed me in the cage of expectations and standards.

“Do not fail it’s a disgrace, do it fast or do it slow, look good or behave that way” but how often did they tell me that “I am enough, resilient, and unique”

Well, nobody ever did.

So I took a step back, stayed least unbothered by the things unchecked on my to-do-list, gave myself the love and importance I showered to others in vain, observed and learned to take “one step at a time”.

Entry 3:

Third Position:

Tashi Chophel

106516

BA Anthropology



Happiness to me comes from within, you have to be the source of your own joy. Sometimes it becomes difficult to be that source however in those times the environment you surround yourself with can contribute hugely to what we define as happiness. Happiness is achievable, when pursuing it we have to remember “slow is the fastest way”. The people whose eyes light up when they see you, that warmth that you get off them and their love concealed in their support contributes to what I would call happiness.

Friends, family and even strangers, all of them can participate in your experience of happiness.

Happiness is subjective and may differ from one person to another. This photo that I am presenting is my definition of happiness. When life was a bit less difficult and was filled with eyes all lit with happiness.

Entry 4:

Kinley Zam Wangchuck

109462

BSc. Environmental Management



Just by looking at the sweet puppy , our oxytocin hormones are being maximize inside the minds and bodies of every living organism which makes the day quite better than usual. Mental depression is being overcome by the wonderful smile of the puppy which is considered a beautiful living creature on the earth. Every bit of the stress is changed to positive mindset. From the picture we should get a concept that no matter how many times our life had a negative turn , a small

happiness can turn it into a positive turn. It can be observed that most of the people had Mental disturbances within their minds which makes life quite uneasy , but remember that we all have our own issues with our life and no one is better than each other so with the concept of positive mind set , lets all unite together can try to cope up our mental issues because we are not alone.

Entry 5:

Dronashish Goswami

108536

BSc. Environmental Management



Keep Going Keep Growing

There are some negatives and positives of everything that happens in life, we just need to find our light at the end of the tunnel. It's really important to understand that mental health is important

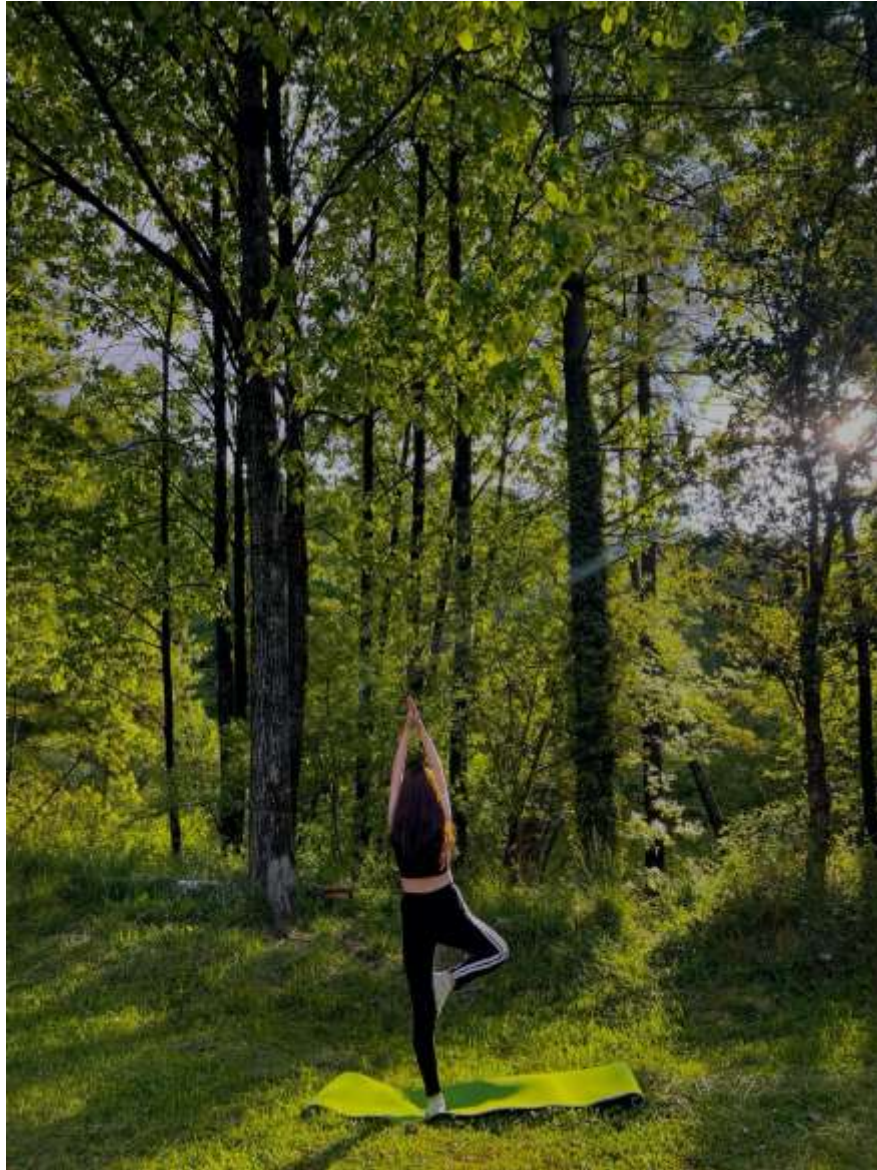
just like physical health. Spending time in the nature has always helped me to get over the times I felt low. This picture here shows how the beauty of nature helps us to free our minds and look at our problems from a different perspective.

Entry 6:

Choeying Dolkar

109997

BFound



Mental peace and stability are the major attributes of sound mental health. Exercises such as yoga focuses on breathing exercises and meditation which serve to calm and center the mind. It offers mental advantages including reduced anxiety and depression. What's more surprising is that it improves brain function and improves mood by lowering stress hormone levels and

increasing the creation of feel-good chemicals known as endorphins. Yoga, unlike many other physical exercises, is a lifelong, non-competitive type of exercise that allows people to connect with a supportive community. It can also be a solo practice to de-stress and focus on oneself. Lastly, practicing yoga has many positive benefits for our mental health.

Entry 7:

Phurba Dema

106940

BA English Studies



Mental health is very important since it includes one's emotional, psychological, and social well-being. Positive emotions and a well-functioning mind are essential to overcome these challenges. Mental health is not something to be embarrassed of; rather, it is something to embrace in a positive way in order to confront your mental health in hopes of improving yourself for your own benefit. Some habit you could develop such as being able to connect with others, getting adequate sleep, trying to open up even if it is tough, eating healthy foods, and staying hydrated. Even doing things that make you happy will improve your mental health. It's the little things that count and make a difference.

Entry 8:

Khandu Om

110599

BA English Studies



Be a strawberry, insignificant but capable of being the agent of change. Even if you are not within the limelight, have a positive mindset so as to be the better you. Be a strawberry because initially no one would recognize it as a bud but sought after its transition into fruit.

No one would let you feel more special than as much as you do so celebrate yourself and embrace yourself with affection. Set targets and prove your caliber not to others but to yourself because you have the fullest right to determine your place, not the rest.

Entry 9:

Tandin Pem

105187

BSc. Nursing



I am radiating love
For those who are kind to me,
And those who are not.

For me on my good days,
And my bad.

P.S This is the hand sign of love

Entry 10:

Pema Choki

105521

BA Mass Communication



Your mental health is your choice. It depends on the colors you paint your thoughts with, in every choice of color you make, there is always a hope. Try Playing with all colors until you get the right shade.

Entry 11:

Yam Kumar Poudel

106165

BA Mass Communication



Coordinators note:

The club would like to thank all of the participants for sharing their anecdotes and photos on positive mental health and we hope to see larger participation for the exciting forthcoming programs. Please note that the photographs and poems/prose/paragraphs/lines/ were evaluated on the basis of the theme and the writings' likeness to the pictures.

Thank you.