

TRIUMPH Mental Health Poster Competition

Triumph conducted a Mental Health Symposium on 6th and 7th of December 2018 at Mysore Association Auditorium, Matunga.

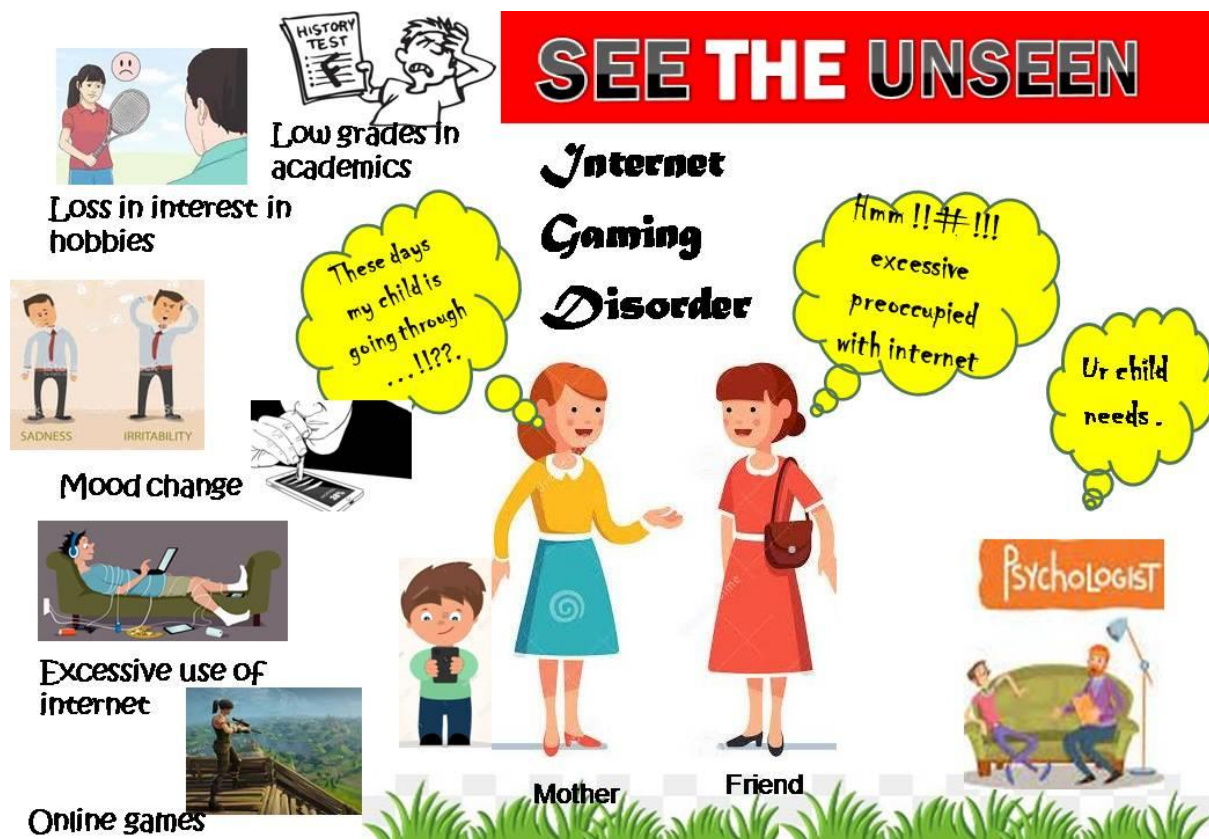
The topics 'Self Injurious Behaviour', 'LGBT- Points to Ponder', 'Social Media Addiction', 'Caffeine Addiction and Sleeping Disorders', 'The Better Half', 'Love and Relationships' and 'Mindfulness' covered a wide range of aspects pertaining to mental health keeping the contemporary times and trends in mind.

The event was graced by eminent speakers like Dr. Harish Shetty, Dr. Kersi Chavda, Dr. Neha Shah, Dr. Avinash Desousa, Dr. Nilesh Shah, Dr. Armaan Pandey and Dr. Rajendra Barve.

Triumph also hosted an e-poster competition on the topic - Mental Health Awareness which received entries from all across the nation. All the e-poster entries were judged on different parameters by our respected judges; Dr. Avinash Desouza and Dr. Nilesh Shah. Winners of this competition were awarded and felicitated on 7th December 2018.

WINNERS OF E-POSTER COMPETITION, MENTAL HEALTH SYMPOSIUM

First Place: Namrata Babhulkar
Hislop Hospital, Nagpur
Topic: Internet Gaming Disorder



Second Place: Palak Jain
D.G. Ruparel College, Mumbai
Topic: Let's Talk

