

GOVERNMENT P.G. COLLEGE, BERINAG

District Pithoragarh, Uttarakhand

ESSAY COMPETITION

ON

“MENTAL HEALTH and WELLBEING”

(मानसिक स्वास्थ्य एवं कल्याण)

Under AKHIL BHARATIYA SHIKSHA SAMAGAM (ABSS-2026)

Promoting Research • Encouraging Innovation • Building the Future
in Alignment with NEP-2020



GOVT. PG COLLEGE BERINAG,
PITHORAGARH

अखिल भारतीय शिक्षा समागम



2026 के तहत

निबंध लेखन प्रतियोगिता

मानसिक स्वास्थ्य एवं कल्याण

11 August 2026 (Time- 10.15 AM) Room No-01

Principal
Prof. B.M. Pandey

Convenor
Department of Sociology

Co- Convenor
IQAC & IAC

**Cover Page for IQAC
Submission**

**Organized By
Department of Sociology**

Organised by

Date: 11 August 2026
Venue: Hall no. 1

Department of Sociology
in collaboration with IQAC / IAC

Towards Viksit Bharat @ 2047

Government P.G. College, Berinag, Pithoragarh (UK)

Department of Sociology

Essay Competition on "MENTAL HEALTH and WELLBEING"

Under Akhil Bharatiya Shiksha Samagam (ABSS-2026)

Date: 11 August 2026, Venue: Hall no.1

Report:

In accordance with the activities proposed under Akhil Bharatiya Shiksha Samagam (ABSS-2026) to promote student participation, research, innovation, and the objectives of the National Education Policy (NEP)-2020, the Department of Sociology, Government P.G. College, Berinag, organized an Essay Competition on the theme "Mental Health and Wellbeing" on 11 August 2026. The activity was conducted with the objective of fostering scientific temperament, creativity, critical thinking, and an innovation-driven mind set among students while encouraging them to express their ideas through writing. The competition aligns with the ABSS-2026 emphasis on promoting research and innovation as key components of higher education.

The programme was organized under the chairmanship of Dr. Mahesh Chandra Pandey, Officiating Principal, Government P.G. College, Berinag. In his inaugural address, Dr. Pandey highlighted the importance of research and innovation in achieving the vision of Viksit Bharat@2047 and emphasized that higher education institutions play a vital role in nurturing innovative thinking among students. He encouraged students to actively participate in innovative activities and adopt the learner-centric and multidisciplinary approach envisaged in NEP-2020.

A total of 25 students from different semesters of the programme enthusiastically participated in the competition. The evaluation of the posters was carried out by an expert panel comprising Dr. Santoshi, Assistant Professor, Department of Political Science; Dr. Arun Kumar Yadav, Assistant Professor, Department of Sociology; and Dr. Deepti Mishra, Assistant Professor, Department of Hindi. The judges assessed the entries on the basis of originality, relevance to the theme, scientific content, and clarity of presentation, creativity and overall impact.

Based on the evaluation, the following students were declared winners:

Position	Name of Student	Class
First Prize	Khushi Tamta	B.A. I sem
Second Prize	Kanchan Sahani	B.A. I sem
Third Prize	Tanuja Mahara	B.A. I sem

The event was successfully coordinated and organized by Dr. Kavindra Singh Bora and Dr. Arun Kumar Yadav. Faculty members from various departments of the college actively attended the programme, appreciated the students' innovative efforts, and encouraged them to participate in future academic and research-oriented activities.

The programme concluded with the announcement of the results and appreciation of all participants for their enthusiastic involvement. The organizing committee acknowledged the valuable support extended by the college administration, faculty members, judges, and students in making the event successful.

Outcome of the Activity:

The Essay Competition successfully fulfilled its objective of promoting critical thinking and innovation among students. The activity enhanced student creativity, writing and presentation skills. It also strengthened the implementation of NEP-2020 by providing experiential learning opportunities and motivating students towards research, innovation, and knowledge creation. The event served as an effective platform for developing research aptitude and fostering an academic culture that supports innovation, critical thinking, and excellence in higher education, thereby contributing to the broader goals of ABSS-2026 and Viksit Bharat@2047.

Program Highlights:



NEWS CORNER:

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राजकीय स्नातकोत्तर महाविद्यालय बेरीनाग में “मानसिक स्वास्थ्य एवं कल्याण” विषय पर निबंध लेखन प्रतियोगिता का आयोजन।

August 11, 2026 एनएचएल नेटवर्क

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बेरीनाग संवाददाता।

बेरीनाग: राजकीय स्नातकोत्तर महाविद्यालय बेरीनाग में अखिल भारतीय शिक्षा समागम 2026 के तहत समाजशास्त्र विभाग के तत्वावधान में “मानसिक स्वास्थ्य एवं कल्याण” विषय पर एक निबंध लेखन प्रतियोगिता का सफल आयोजन किया गया। यह कार्यक्रम महाविद्यालय के प्राचार्य प्रोफेसर बी.एम. पाण्डेय के मार्गदर्शन एवं प्रभारी प्राचार्य डॉ. महेश पाण्डेय की अध्यक्षता में संपन्न हुआ।

प्रतियोगिता में छात्र-छात्राओं ने उत्साहपूर्वक भाग लिया और मानसिक स्वास्थ्य के विभिन्न पहलुओं पर विचार व्यक्त किए। प्रतियोगिता में उत्कृष्ट प्रदर्शन करते हुए बी.ए. प्रथम सेमेस्टर की छात्रा खुशी टम्टा ने प्रथम स्थान हासिल किया। वहीं बी.ए. प्रथम सेमेस्टर की ही कंचन साहनी ने द्वितीय तथा तनूजा मेहरा ने तृतीय स्थान प्राप्त किया।

बेरीनाग महाविद्यालय में मानसिक स्वास्थ्य एवं कल्याण पर निबंध प्रतियोगिता आयोजित

रुद्र टाइम्स

बेरीनाग (पिथौरागढ़)। राजकीय स्नातकोत्तर महाविद्यालय बेरीनाग में अखिल भारतीय शिक्षा समागम के

स्थान प्राप्त किया। निर्णायक मंडल

में डॉ. दीप्ति मिश्रा, डॉ. संतोषी एवं डॉ. अरुण कुमार यादव ने प्रतिभागियों के निबंधों का मूल्यांकन किया।



अंतर्गत समाजशास्त्र विभाग की ओर से मानसिक स्वास्थ्य एवं कल्याण विषय पर निबंध लेखन प्रतियोगिता का आयोजन किया गया। कार्यक्रम का आयोजन महाविद्यालय के प्राचार्य प्रो. बी.एम. पाण्डेय के मार्गदर्शन में किया गया, जबकि अध्यक्षता प्रभारी प्राचार्य डॉ. महेश पाण्डेय ने की। प्रतियोगिता में बी.ए. प्रथम सेमेस्टर की छात्रा खुशी टम्टा ने प्रथम, कंचन साहनी ने द्वितीय तथा तनूजा मेहरा ने तृतीय स्थान प्राप्त किया। कार्यक्रम का संचालन समाजशास्त्र विभाग के असिस्टेंट प्रोफेसर डॉ. कवीन्द्र सिंह बोरा ने किया। इस अवसर पर डॉ. प्रदीप दुर्गापाल, डॉ. रश्मि सेलवाल, डॉ. दीप्ति कार्की सहित महाविद्यालय के शिक्षक एवं छात्र-छात्राएं उपस्थित रहे। कार्यक्रम में मानसिक स्वास्थ्य के प्रति जागरूकता बढ़ाने तथा विद्यार्थियों को अपने विचार अभिव्यक्त करने के लिए प्रेरित किया गया।

Principal

Department In-charge
Sociology