



(Sponsored by Women's National Education Society)

REPORT ON ANTI-STRESS COLOURING COMPETITION

AIM:

To conduct an interclass anti-stress coloring competition for the students of 1st & 2nd MSc FSN.

OBJECTIVE:

1. Improve fine motor skills and attention to detail.
2. Provide a creative outlet to reduce stress and anxiety.
3. Foster mindfulness and a sense of calm through the act of coloring.

OUTCOME:

1. Participants report feeling more relaxed and less stressed after the activity.
2. Increased awareness and utilization of creative stress-relief techniques among students.
3. Enhanced overall mental well-being and emotional resilience.

REPORT:

The Department of PG Studies in Food Science & Nutrition organized an interclass anti-stress coloring competition for the 1st & 2nd MSc students of the Besant Women's College, in connection with World Mental Health Awareness Month on the theme "***A step to better mental health***" on 22nd February 2024. The students were provided with a coloring sheet with abstract drawings & were instructed to color the sketch provided using the wax crayons in 1.5 hours. The faculty in charge of the competition was Ms. Nireeksha V, Assistant professor of the MSc FSN department. A total of 18 students participated in the competitions and displayed their artistic skills & increased interest and engagement in creative hobbies and activities beyond the competition. On the completion of the program, the students were provided with the link to the feedback & e-certificates were given to the students who had successfully filled out the feedback form. The competition was judged by ***Ms. Shravya J, Lecturer, Department of Food, Nutrition & Dietetics & Home Science***, and ***Ms. Mariyam Bushana, Department of Counselling, St. Aloysius College, Mangalore*** considered the aspects like color combination, neatness & overall visual impact. The first place was secured

by **Sunayana BK** (2nd MSc FSN), **Sangeetha Pai G** (2nd MSc FSN) & third place by **Sathvi KG** (2nd MSc FSN). The results were announced on 31st May 2024 & the recipe cards of the winners were displayed on the notice board.

Winner's colored sheets



E-participation certificates

BESANT WOMEN'S COLLEGE
Sponsored by Women's National Education Society, Mangalore
M.G. Road, Kodialbail, Mangalore-03

CERTIFICATE OF PARTICIPATION

This is to certify that **Ms. Bhoomika P.** of **1st MSc FSN** has participated in the Anti-stress coloring competition "A step to better mental health" organized by the Department of PG Studies in Food science & Nutrition in association with IQAC in connection with **World Mental Health Awareness Month** on **22nd May 2024**.

Ms. Indira Badya
HOD, MSc FSN

Dr. Prayeen Kumar KC
Principal
Besant Women's College
MANGALORE - 575 003

BESANT WOMEN'S COLLEGE
Sponsored by Women's National Education Society, Mangalore
M.G. Road, Kodialbail, Mangalore-03

CERTIFICATE OF PARTICIPATION

This is to certify that **Ms. Fahiza** of **2nd MSc FSN** has participated in the Anti-stress coloring competition "A step to better mental health" organized by the Department of PG Studies in Food science & Nutrition in association with IQAC in connection with **World Mental Health Awareness Month** on **22nd May 2024**.

Ms. Indira Badya
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