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The Department of Political Science organized a painting competition today on “Mental Health and Well-Being” as a build-up activity towards Y20 today. Around 50 students from various departments and some faculty participated with full enthusiasm. The jury consisting of Dr. Nazia Jabeen, Dr. Quetsia Tabassum and Mr. Sonam Gyatso after a careful analysis of the paintings and their relevance to the theme announced Mr Shabir Hussain (Department of Geology) as the first, Mr. Ali Akbar (Department of Zoology) as the second and Mr. Singay Namgyal (Department of Physical Education) as the third prize winners. Their paintings will be shared with others members of the university on the 27/03/2023. Dr. Sonam Joldan, Dean Research and the I/C Coordinator of the Department of Political Science distributed the prizes. The prize distribution was accompanied with each winner discussing their paintings. The purpose of the painting competition on the theme “Mental Health and Well-Being” was to initiate discussion and awareness among students and faculty on the issue.