



Arunodaya University

(Established Under Section 2(f) of UGC Act. 1956)

Ref. No: AU/2025/O/YCMH/Soc/3006

Date: 7th November 2025

Report on Youth Championship on Mental Health Activities

Organized by: Department of Sociology

Date: 6th November 2025

Time: 9:00 am

Venue: Arunodaya University (AU) Campus One and Two

The Department of Sociology, Arunodaya University, organized a Youth Championship on Mental Health Activities on 6th November 2025 at 9:00 a.m. across Campus One and Two. The event focused on spreading awareness about mental health, promoting positive thinking, and encouraging students to express their emotions in creative ways. It reflected the department's commitment to addressing issues related to mental well-being among students and fostering a sense of unity and emotional support on campus.

The program began with a brief opening session where faculty members highlighted the importance of mental health in today's fast-paced and competitive world. They reminded students that emotional well-being is just as important as academic success. The session was followed by a series of interactive and participatory activities that included a **Walkathon**, **Happy Canvas**, and a **Slogan Writing Competition**, all centered around the theme of mental health awareness.

The **Walkathon** was the first activity of the day. Students and faculty members walked together around the campus, carrying banners and placards with inspiring quotes and slogans about mental wellness. The atmosphere was energetic and filled with enthusiasm as participants raised slogans promoting kindness, self-care, and positivity. The walk symbolized collective action towards breaking the silence around mental health and building a supportive community.



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Lekhi Village, Naharlagun, Itanagar, Dist. Papum Pare, Arunachal Pradesh - 791110.



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The **Happy Canvas** activity attracted active participation from students across different departments. For this, four students from the B.A. 1st Semester, Department of Sociology, who had been selected earlier, took the lead in organizing and coordinating the event. They created two colorful display boards, encouraging everyone to write or stick notes answering the question, "What makes you happy?" Students wrote heartfelt messages, shared their small sources of joy, and contributed creative drawings and quotes. The activity turned the space into a vibrant corner of positivity and hope, reminding everyone that happiness can be found in simple moments.

Following this, the **Slogan Writing Competition** allowed students to express their thoughts about mental health through short, meaningful, and motivational phrases. Many participants came up with creative and powerful slogans emphasizing the importance of awareness, empathy, and seeking help when needed. The organizing team selected the best slogans, which were later displayed during a campus-wide procession.

During the procession, students, faculty, and staff joined hands to promote the message of mental health awareness. The participants walked together, holding banners and chanting slogans, creating a strong visual statement about collective responsibility for mental wellness. The atmosphere was filled with unity, energy, and a shared sense of purpose.

The event concluded with a short interaction and reflection session. Faculty members appreciated the creativity, leadership, and initiative shown by the organizing students. They emphasized that mental health should never be ignored and encouraged students to continue spreading awareness through such thoughtful activities. The department acknowledged the dedication of the four student coordinators whose teamwork and enthusiasm ensured the program's success.

The Youth Championship on Mental Health Activities was a meaningful and inspiring initiative. It provided students a platform to engage in open dialogue, share positivity, and strengthen their sense of community. The program not only promoted awareness but also reminded everyone that taking care of mental health is a shared responsibility. The Department of Sociology once again demonstrated its active role in nurturing a supportive, inclusive, and mentally healthy academic environment.



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Ken Bom Basar
Dy. Registrar
Arunodaya University

Ken Bom Basar
Report Prepared & Submit by:
Mr. Kenbom Basar
HoD - Dept of Sociology

Department of Sociology

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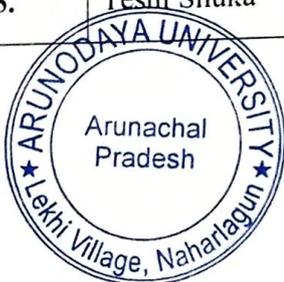
The following students were took participate

1.	Amale Haider	Sociology
2.	Dampi Romin	Sociology
3.	Dari Manu	Sociology
4.	Esha Yadav	Sociology
5.	Kabak Rani	Sociology
6.	Khyoda Rupa	Sociology
7.	Leiki Chomu	Sociology
8.	Likha Yajo	Sociology
9.	Mimar Basar	Sociology
10.	Nabam Yachum	Sociology
11.	Padi Riido	Sociology
12.	Tamchi Yania	Sociology
13.	Yakak Bagang	Sociology
14.	Yatu Nalo	Sociology
15.	Yuham Mikhu	Sociology
16.	Tana Hana	Sociology
17.	Taba Yasa	Sociology




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18.	Takio Api	Sociology
19.	Tarh Karming	Sociology
20.	Techi Christina	Sociology
21.	Jack Tana Tara	Sociology
22.	Tatung Taka	Sociology
23.	Daryum Doke	Sociology
24.	Tarh Yader	Sociology
25.	Naya Nampe	Sociology
26.	Sempi Angu	Sociology
27.	Sange Chomu	Sociology
28.	Lingdum Raka	Sociology
29.	Yito Zirdo	Sociology
30.	Nabam Meya	Sociology
31.	James Magria	Sociology
32.	Likha Bui	Sociology
33.	Nabam Tacho	Sociology
34.	Two Toma	Sociology
35.	Tarh Ochum	Sociology
36.	Mekhya Bokar	Sociology
37.	Tar Ranka	Sociology
38.	Techi Yassa	Sociology
39.	Minam Tapak	Sociology
40.	Papi Tana	Sociology
41.	Alisha Taku	Sociology
42.	Gyamar Anang	Sociology
43.	Jungam Gadi	Sociology
44.	Yasa Byaching	Sociology
45.	Teshi Shuka	Sociology



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46.	Iter Rime	Sociology
47.	Taba Anam	Sociology
48.	Medam Natung	Sociology
49.	Danghi Bagang	Sociology
50.	Yaler Rilo	Sociology
51.	Tai Kayu	Sociology
52.	Sonia Nguri	Sociology
53.	Meni Londa	Sociology
54.	Nabam Jinam Hina	Sociology
55.	Sangita Londa	Sociology
56.	Satam Tabung	Sociology
57.	Toko Nem	Sociology
58.	Bomngam Gara	Sociology
59.	Yukar Amak	Sociology
60.	Sanday Pabing	Sociology
61.	Tapa Garam	Sociology
62.	Joram Yami	Sociology
63.	Preety Bayor	Sociology
64.	Lishi Kam	Sociology
65.	Prem Bayang	Sociology
66.	Kardo Kena	Sociology
67.	Kipa Yamis	Sociology
68.	Likha Chilly	Sociology
69.	Nison Muri	Sociology
70.	Riya Chiyum	Sociology
71.	Techi Deepu	Sociology
72.	Bipasha Saha	Sociology
73.	Taba Aniya	Sociology



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74.	Hano Ania	Sociology
75.	Dukhum Yakung	Sociology
76.	Nabam Mamik	Sociology
77.	Yatung Nalo	Sociology
78.	Nani Tok	Sociology
79.	Techi Nyokum Tara	Sociology
80.	Taw Tatung	Sociology

Thank You


Shri Kenbon Basar

Head of Department

Department of Sociology

Arunodaya University Lekhi Village, Naharlagun, Itanagar Arunachal Pradesh

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Deptt. of Sociology
Arunodaya University
Arunachal Pradesh



To
The Dean of Academics
Arunodaya University Lekhi Village,
Naharlagun, Itanagar Arunachal Pradesh

Subject: Permission to Organize Youth Championship on Mental Health Activities

Respected Sir,

With due respect, I would like to inform you that the Department of Sociology intends to organize a "*Youth Championship on Mental Health Activities*" on Thursday, 6th November 2025, at the Arunodaya University Campus (Block One and Two).

The program aims to raise awareness and promote positive mental health among students through engaging and creative activities. The scheduled events include a **Walkathon, Happy Canvas, and a Slogan Writing Competition on Mental Health.** The program will commence at 9:00 a.m.

In this regard, we require the following materials on an urgent basis:

4. Chart papers - 8 numbers ✓
5. Sticky notes - 4 numbers ✓
6. Notice boards - 2 numbers ✓

We kindly request your permission to organize this event and to make the necessary arrangements for its smooth conduct within the university premises. We also request you to circulate this information to all departmental faculties so that they can encourage and motivate students to participate in the event.

Your approval and support will be highly appreciated.

Thanking you.

HEAD
Dept. of Sociology

Yours sincerely
Kunjom Basar
Arunodaya University
Arunachal Pradesh

Head of Department

Department of Sociology

Arunodaya University

Date: 4th November 2025

Granted
Kunjom Basar
4/11/25.