

Report on
"Emotions in Focus" Photography Competition and Exhibition
Organised by: Mental Health Club

The Mental Health Club, functioning under the aegis of the Dean Students' Welfare, successfully organised the "*Emotions in Focus*" *Photography Competition and Exhibition* on 25 April 2024 at the HAH Auditorium. The event was conceptualised with the objective of exploring and highlighting the intricate relationship between emotions and mental well-being through the evocative and impactful medium of photography. By encouraging students to visually represent emotions, the initiative sought to create awareness about mental health and promote open dialogue on emotional experiences within the university community.

The exhibition showcased more than 80 compelling and thought-provoking photographs submitted by students from various schools of Jamia Hamdard. Each photograph portrayed a distinct emotional state, capturing a wide spectrum of human feelings such as happiness, joy, peace, hope, loneliness, anxiety, stress, and resilience. Through diverse perspectives, creative compositions, and powerful storytelling, the participants effectively conveyed the complexity of emotions and the importance of emotional well-being in everyday life. The exhibition space transformed into a reflective environment where viewers could connect with the emotions portrayed and gain deeper insight into the significance of mental health.

The competition not only provided students with an artistic platform for self-expression but also encouraged empathy, sensitivity, and meaningful conversations surrounding emotional and psychological wellness. Participants demonstrated remarkable creativity and originality in presenting their interpretations of emotions, making the event both engaging and impactful.

The event witnessed enthusiastic participation and active engagement from students, faculty members, and visitors, who appreciated the creativity and meaningful messages conveyed through the exhibits. The overwhelming response reflected the growing awareness and importance of mental health initiatives on campus. Overall, the programme emerged as a significant and successful endeavour in fostering emotional expression, encouraging dialogue on mental wellness, and strengthening a supportive and empathetic campus environment.

Snapshots



