

Poster Making Competition

Title of the Event: Poster Making Competition

Academic Year: 2026-27

Date of event: 24.08.2026

Venue: Department of Biological Sciences, SOS, SUN

Time: 08.00 am to 10.00 am

Name of Coordinator: Pratiksha Magar, SOS, SUN

Number of Participants: 36

Organizing Committee: Department of Biological Sciences, SOS, SUN

Brief description of Event:

The Department of Biological Sciences, School of Science, Sandip University, Nashik organized a **Poster Making Competition** for the students of **B.Sc. Microbiology** on 24 August 2026. The competition was conducted on the theme “**Fitness for Life, Wellness for Mind**”, focusing on the importance of physical fitness, mental well-being, healthy lifestyle practices, and holistic health. Students participated enthusiastically and used their creativity to communicate meaningful messages related to exercise, sports, stress management, mental health awareness, healthy habits, and overall wellness through visually appealing posters. **E-certificates were provided to all participants** in recognition of their participation.

Objective of the Event:

1. To create awareness among students about the importance of **physical fitness and mental well-being**.
2. To encourage students to adopt **healthy and active lifestyles**.
3. To provide a platform for students to express their ideas through **creativity and visual communication**.
4. To highlight the relationship between **physical activity, mental health, and overall wellness**.

5. To develop students' **artistic, communication, and presentation skills**.
6. To promote awareness of stress management and positive mental health practices among students.

Outcome of the Event:

The competition received an enthusiastic response from the students. Participants demonstrated creativity and awareness by presenting innovative posters highlighting the importance of exercise, sports, yoga, balanced lifestyle, stress management, and mental health. The activity helped students understand that physical fitness and mental wellness are closely interconnected and encouraged them to incorporate healthy practices into their daily lives. The event also strengthened students' creative expression, communication skills, and awareness of health-related issues.

Conclusion:

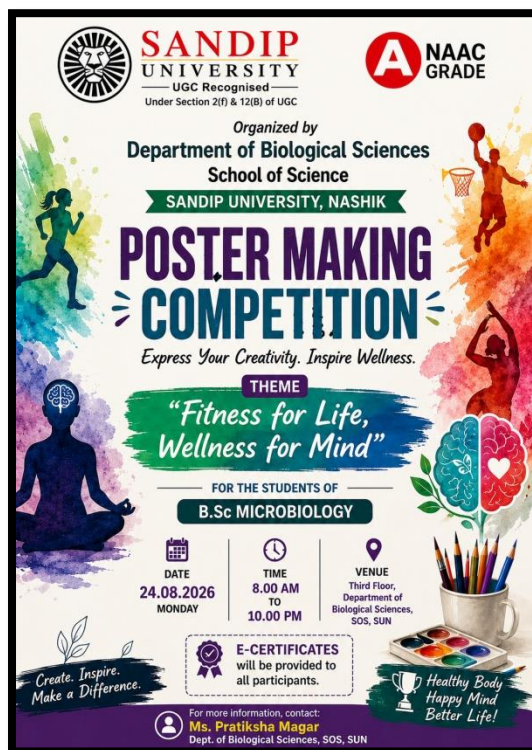
The Poster Making Competition successfully provided an engaging platform for students to explore and communicate the significance of **physical fitness and mental wellness**. The theme "*Fitness for Life, Wellness for Mind*" encouraged students to recognize the importance of maintaining a balanced and healthy lifestyle. The enthusiastic participation and creative presentations made the event meaningful and educational, contributing to the overall development and well-being of the students.

Event E-banner/Poster:



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Event Photos:





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Students Engaged in Poster Making

Head
Department of Biological Sciences

Associate Dean (SoS)