



Anupriya Nandy, 15, India
Best poster design, Category A

*"If I know someone who is depressed, I give them love, affection and care.
I create happiness in their life and help them in the best way I can."*

2017

Depression:
let's Talk

MIND *art* POSTER Competition



World Health Day (WHD) is celebrated on 7 April. Each year a theme is selected to highlight a priority area of public health concern in the world. The theme for 2017 WHD is 'depression'. As a run-up to WHD, WHO Regional Office for South-East Asia organized a regional poster competition 'MindArt' for youth in two categories:

- Category A (age 13-17 years)
- Category B (age 18-25 years)

The participants designed posters with messages on support strategies to prevent/overcome depression and promote positive mental health.

The 13 winning art entries along with messages from young artists are featured in this calendar.



Nehal Vijay, 15, India
Best concept design, Category A

"Life is a maze, and depression can make it seem more complex. In such times, it is important to believe in your light and remember that you are the key to life."

January 2017

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December 2016

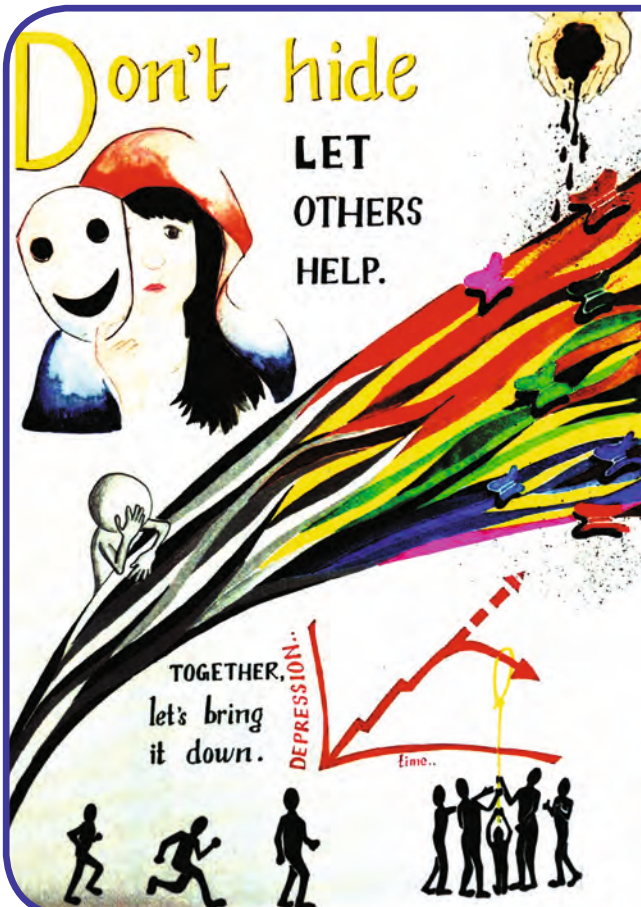
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February 2017

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January 2017

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Hrudya Anna James, 21, India
Best clarity of message, Category B

*"You don't have to battle it alone. Allow others to help you.
Together we can overcome depression."*

February 2017

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January 2017

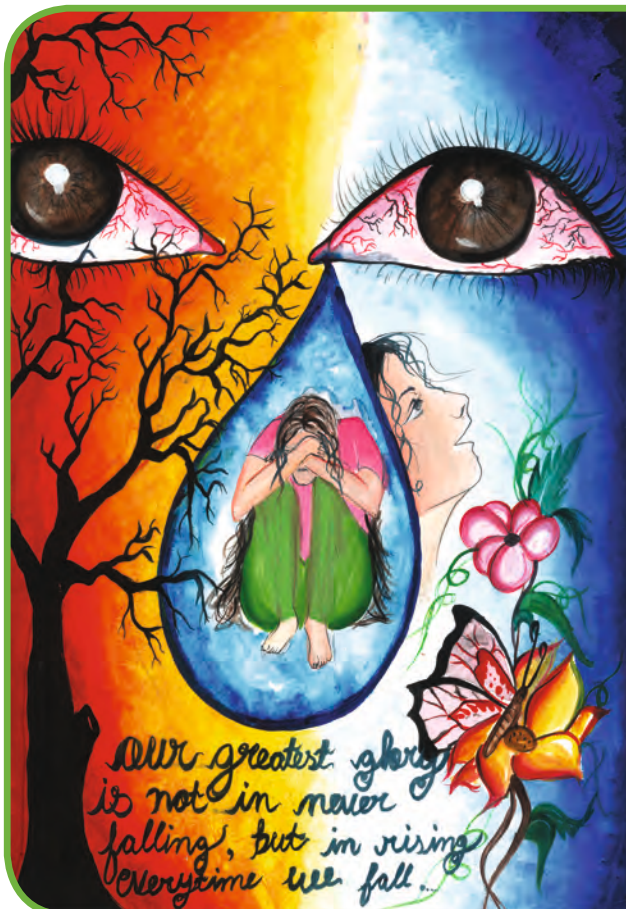
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March 2017

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February 2017

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Kiran Kumari, 18, India
Best concept design, Category B

"It's not your fault. Depression can happen to anyone. It is just like any other illness. Seek help. You will rise again."

March 2017

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February 2017

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April 2017

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March 2017

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It's not the world,
It's your 'Depression glasses'



April 2017

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23 World Immunization Week 24-30	24	25 World Malaria Day	26	27	28	29

March 2017

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May 2017

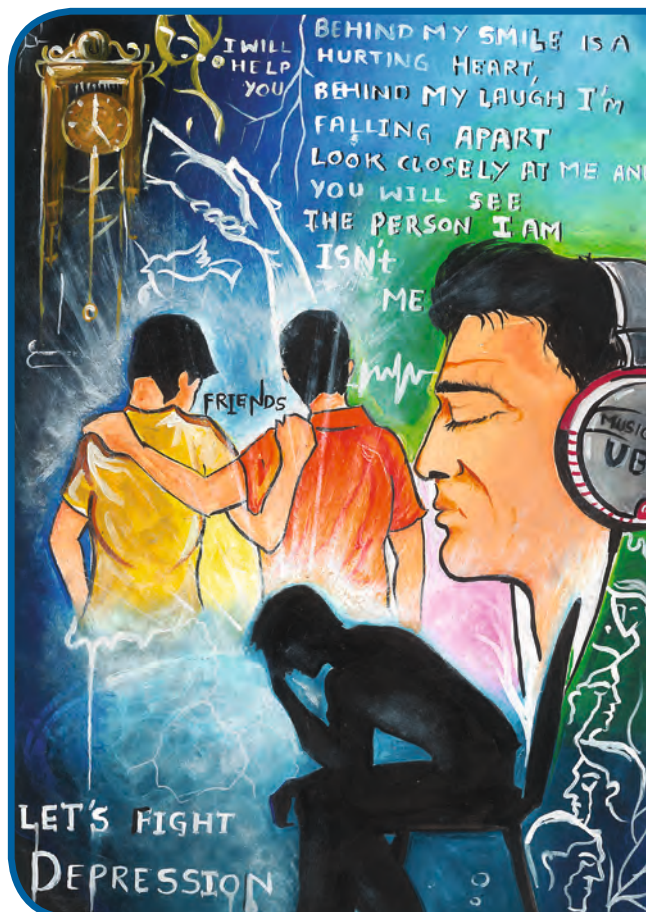
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Paulina Popy Kirana, 25, Indonesia
Best digital art, Category B

"Depression speaks as if our thoughts are definite facts and the world seems unfair. At this point it is important to put down the depression glasses by recognizing the pattern of our thoughts, and reaching out for help."

April 2017

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Siddhartha Sinha, 14, India
Best expression in art, Category A

"Untreated depression turns you into someone you are not. Seek help. Together we can fight depression."

May 2017

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April 2017

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June 2017

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May 2017

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Fariza Tanvir, 14, Bangladesh
Best support strategy to prevent depression, Category A

"We experience a lot of fear, anxiety, defeat, pessimism, insecurity, isolation, inadequacy. Stand by us, dear parents. We need you."

June 2017

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			World Blood Donor Day			
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May 2017

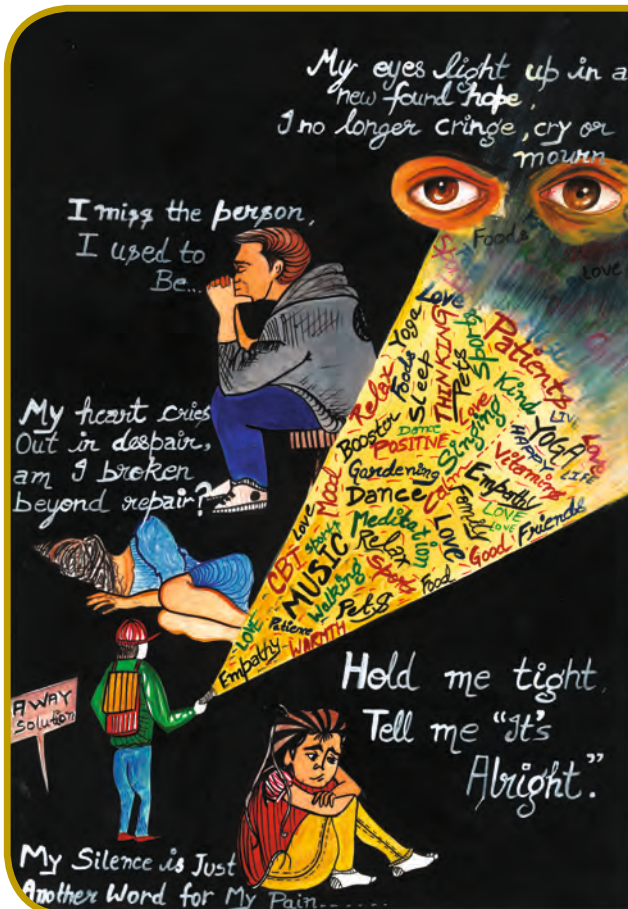
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July 2017

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June 2017

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Abhishek Kumar Yadav, 17, India
Best depiction of theme, Category A

"I miss the person I used to be. But you hold me and tell me 'it's alright'.
You give me hope, and make me see: at the end of the tunnel, there is surely 'light'.
In gratitude to all caregivers."

July 2017

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						World Hepatitis Day

June 2017

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August 2017

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July 2017

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Meghna Bhuyan, 14, India
Best creative design, Category A

*"Let your family and friends ('colours' of your life) make you feel strong.
Stay connected with them. Depression won't last long."*

August 2017

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July 2017

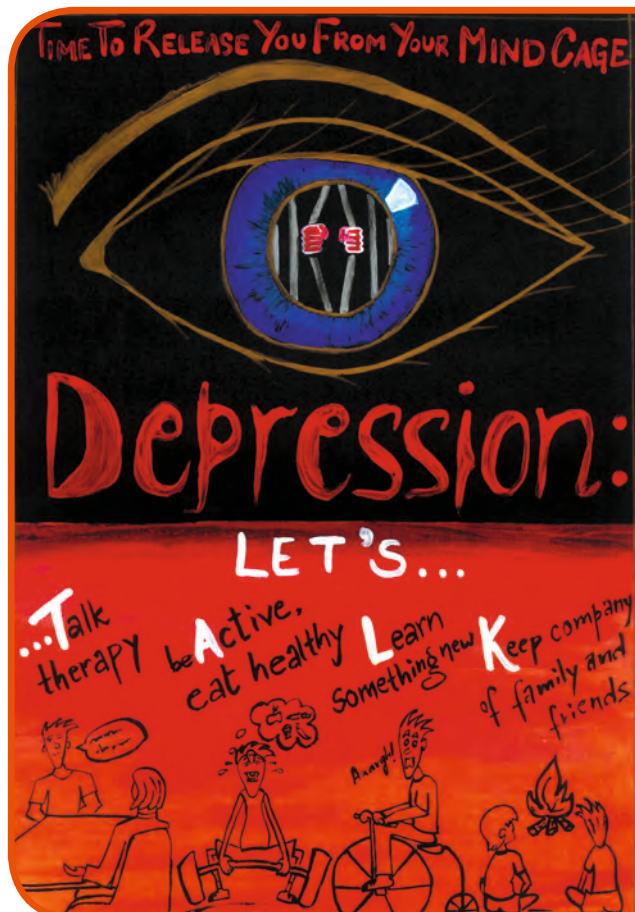
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September 2017

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August 2017

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Diksha Kaul, 21, India

Best support strategy to overcome depression, Category B

"When you look deeply into the eyes of a person who is depressed, you see how they long to break free from the 'cage' that their mind has become. What's the solution?"

TALK: Talk to someone you trust, stay **A**ctive and eat healthy, **L**earn something new, **K**eeep company of family and friends."

September 2017

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World Suicide Prevention Day						
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August 2017

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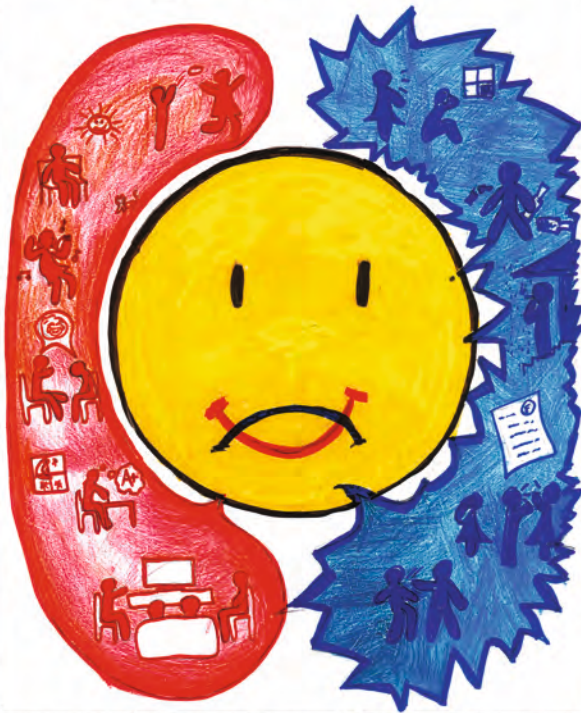
October 2017

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September 2017

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Change your mindset



Didula Chenneth Weeraratne, 15, Sri Lanka
Best support strategy to overcome depression, Category A

"Take small steps every day. Make efforts to maintain your daily routine such as play outdoors, spend time with family, do your homework, and if you continue to feel depressed, seek professional help."

October 2017

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		World Mental Health Day				
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September 2017

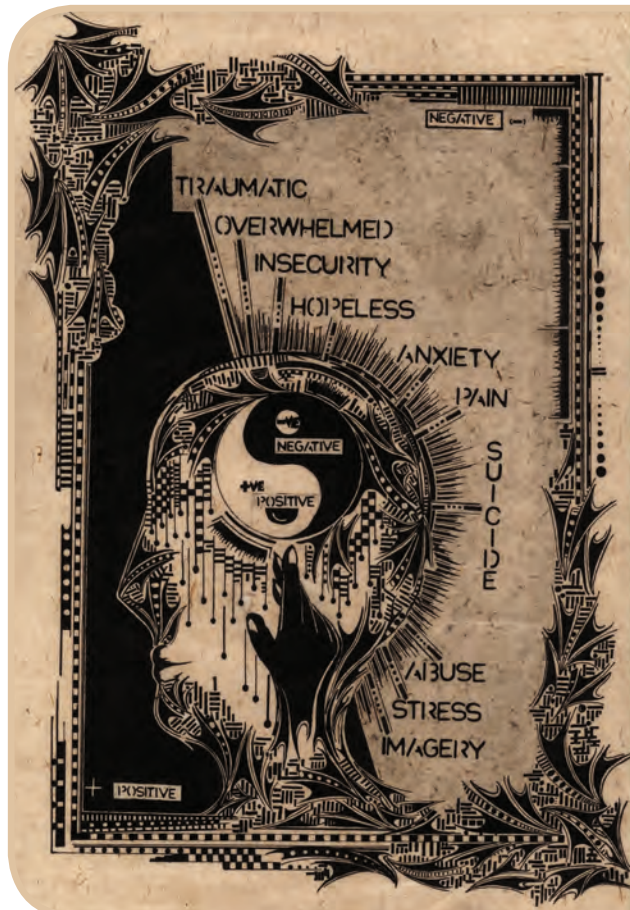
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November 2017

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October 2017

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Surja Bdr Pradhan, 20, Bhutan
Best artwork, Category B

"We all have yin and yang energies, positive and negative aspects – all within ourselves. When we have depression, the negative emotions overpower, but we should remember that positive energies also exist within us. If we recognize persistent negative feelings, we must seek help, immediately."

November 2017

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October 2017

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December 2017

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November 2017

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Musanna Nabi Chowdhry, 21, Bangladesh
Best concept design, Category B

"It is difficult to help those who don't admit that they are hurting. Losing self-esteem everyday, they fail to make space for themselves in this colourful world. They need to open up to someone, talk their way out of the dark world. A little bit of nurturing and a whole lot of love and attention can do wonders for them!"

December 2017

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November 2017

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January 2018

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December 2017

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