



Poster Making Competition-Portraits of Purpose

Project Number: 8

Date: 29th September 2026

Specified Committee: Community Service

Area of Focus: Mental Health Awareness & Suicide Prevention

About “Poster Making Competition-Portraits of Purpose “

Introduction:

As part of Suicide Prevention Month, the Interact Club of Lalitpur organized a poster-making competition to promote awareness about mental well-being and suicide prevention. The competition provided members with a creative platform to express messages of hope, support, and the importance of valuing every life through meaningful visual representations.

Event Summary:

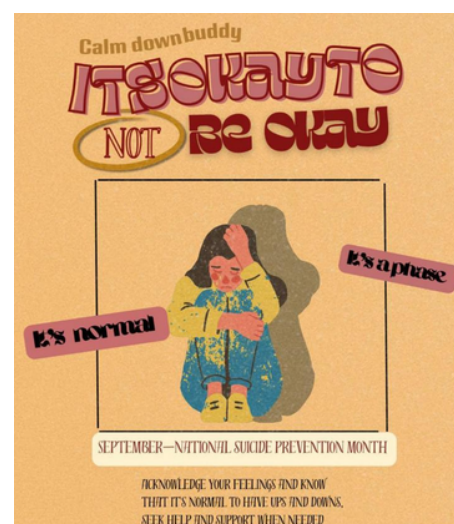
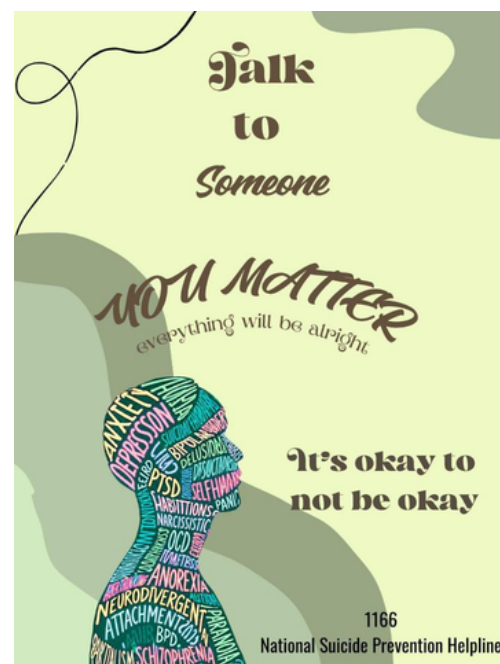
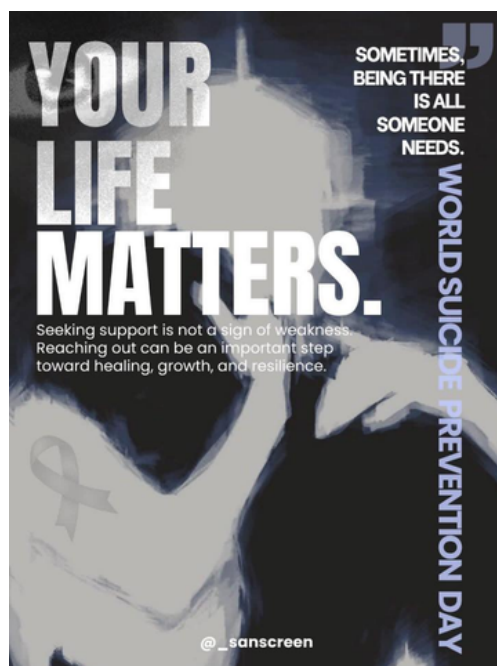
The poster-making competition encouraged members to use their creativity to communicate positive and supportive messages related to suicide prevention. Participants designed posters highlighting themes such as hope, self-worth, emotional support, kindness, and the importance of reaching out to others during difficult times. The activity aimed to make an important social message more accessible and engaging through art.

The competition also encouraged members to reflect on the significance of mental health awareness and their role in creating a supportive community. Through their artwork, participants shared messages reminding individuals that they are valued and that seeking help and support is important. The activity combined creativity with awareness, allowing members to contribute meaningfully to Suicide Prevention Month.

Itr. Dizen Shrestha
President R.Y 26/27
Interact Club of Lalitpur
Lalitpur
Email
interactcluboflalitpur@gmail.com
Cell.no
+977 9764612144



The poster-making competition successfully combined creativity with a meaningful message of hope and awareness. Through their artwork, members conveyed the importance of compassion, support, and valuing every life. The activity served as a positive initiative to encourage conversations around mental well-being and contribute to a more understanding and supportive community.



Itr. Dizen Shrestha
President R.Y 26/27
Interact Club of Lalitpur
Lalitpur
Email
interactcluboflalitpur@gmail.com
Cell.no
+977 9764612144