

ST. JOSEPH'S UNIVERSITY

36 LALBAGH ROAD, BENGALURU-560027

SCHOOL OF HUMANITIES & SOCIAL SCIENCE DEPARTMENT OF PSYCHOLOGY AND COUNSELLING



SUMANA ASSOCIATION
PRESENTS
INNERVERSE





INNERVERSE is Sumana Association's official blog - a space for ideas, voices, and stories.

Join our Essay Writing Competition to share your words and get featured!

SUBMISSIONS MUST BE SENT TO: SUMANASJC@GMAIL.COM

BLOG: INNERVERSESJU.WORDPRESS.COM

Faculty co-ordinator:
Ms. Keerthana CJ
Mr. Vishanth Menezes

Student co-ordinator:
Hriddhi Bansal
Annalie Rodrigues



COMPETITION DETAILS:





- Open to all streams
- **Theme:**
 - Social media and Mental health: Friend or Foe
- **★** Submission by? 04/10/25
- **★** Where to Submit?
 - Email your blog to Sumanasic@gmail.com
- Prizes Await!
 - The top 3 Winners will be featured on the Sumana Blog and will receive exciting prizes.
 - Certificates of Achievement



COMPETITION RULES



- 1. Word Limit: Maximum 2000 words.
- 2. Each entry must be original and unpublished.
- 3. Plagiarism and AI checks will be conducted; any flagged entries will be disqualified.
- 4. Submission format: Word file sent to the official email.
- 5. Each participant may submit only one entry.
- 6. Late submissions will not be accepted.
- 7. Decision of the judging panel will be final and binding.