



ST. JOSEPH'S UNIVERSITY

36 LALBAGH ROAD, BENGALURU-5600027

SCHOOL OF HUMANITIES & SOCIAL SCIENCE
DEPARTMENT OF PSYCHOLOGY AND COUNSELLING

SUMANA

THE PG PSYCHOLOGY ASSOCIATION

INNERVERSE

PRESENTS

AN ESSAY WRITING COMPETITION

DECEMBER EDITION

HOLIDAY DEPRESSION: IS IT REAL?

SUBMISSIONS MUST BE SENT TO:
SUMANASJC@GMAIL.COM

DEADLINE: 15 DECEMBER 2025

BLOG: INNERVERSESTJU.WORDPRESS.COM

Faculty co-ordinators

Ms Keerthana CJ
Mr. Vishanth menezes

Student co-ordinators

Hridhhi Bansal
Annalie Rodrigues



SUBMISSION RULES

- WORD LIMIT: MAXIMUM 2000 WORDS.
- EACH ENTRY MUST BE ORIGINAL AND UNPUBLISHED.
- PERSONAL EXPERIENCES AS A PART OF THE ENTRY ARE ENCOURAGED.
- PLAGIARISM AND AI CHECKS WILL BE CONDUCTED; ANY FLAGGED ENTRIES WILL BE DISQUALIFIED.
- SUBMISSION FORMAT: WORD FILE SENT TO THE OFFICIAL EMAIL.
- EACH PARTICIPANT MAY SUBMIT ONLY ONE ENTRY.
- LATE SUBMISSIONS WILL NOT BE ACCEPTED.
- DECISION OF THE JUDGING PANEL WILL BE FINAL AND BINDING.

WHO CAN PARTICIPATE?

OPEN TO ALL STREAMS OF SJU

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