

ABOUT US



Muktakshar is an E-Newsletter under the flagship of MHF(I). We dedicate this Newsletter to our beloved Mukta Ma'am one of the founder of MHF(I).

At Muktakshar, we believe in the transformative power of words. Our platform is more than just a newsletter; it's a sanctuary where words are revered for their ability to inspire, educate, and liberate. In every issue, we embark on a journey through the intricate tapestry of language, weaving together narratives that celebrate freedom of expression in its myriad forms.



MHFI PRESENTS



E-NEWSLETTER

ARTICLE CONTEST

CALL FOR ARTICLES

THEME:
MENTAL HEALTH AT WORKPLACE

**Your Chance To Win Upto
15000 INR**

SUB-THEMES

- Work-Life Integration and Mental Health
- Employee wellbeing,
- Stigmatizing Mental Health at Workplace
- Job Satisfaction and Mental Health
- Unemployment and Mental Health,
- Workplace Harassment and Bullying,
- Burnout and Stress at Workplace
- Emotional Intelligence at Workplace
- Mental Health Issues and Disorders at Workplace,
- Mental health Communication at Workplace,
- Promotion of Mental Health Climate at Workplace
- Discrimination at Workplace
- Impact of Remote Working
- Other related topics



Participants can choose more than one sub-themes as the topic of their paper.

FULL PAPER FORMAT

- **Title Page:** Name of the Paper and the Authors.
- **Introduction:** Briefly introduces the title and core concept at the workplace. State the importance of the concept
- **Purpose and Overview:** States the purpose of the article and what readers can expect. Overview of the core concept for Mental Health at Work Place.
- **Statistics and Required Data:** Summarizes key statistics and trends related to the issue / concept at work
- **Challenges and Limitations:** Discusses common challenges employees face and their impact on productivity and well-being.
- **Implications and Impact:** Discusses the positive and negative impacts on individuals , social connections and organizations.
- **Examples of initiatives:** Provides links to additional resources, organizations, and tools for both employees and employers interested in mental health support
- **Insights and Conclusion:** Provides insights into their challenges and strategies they have found helpful. Include Employer Responsibilities and Best Practices. Discusses the role of employers. Summarizes key points discussed.
- **List all sources cited throughout the article in a specific citation style (e.g., APA)**

CASE STUDY FORMAT

- **Introduction:** Provide an introduction that discusses the case study's background, significance, and objectives.
- **Case context and Method:** Describe the setting and sources of “data”
- **Case description:** Provide details about the context, client(s), and assessment of presenting problem(s) and situation, for example: cultural background (including intersecting identities of race, ethnicity, indigenous heritage, nationality, social class, gender, age, sexual orientation, religion, disability, etc.), explanatory models of illness, stressors, strengths, and supports, and other dimensions of psychosocial history, including family history, and timing of help-seeking, as appropriate.
- **Case formulation:** Describe the conceptualization of the case and a guided treatment approach for the target problem(s)
- **Reflection on lived experiences (if applicable):** Describe the lived experiences in detail and scrutinize it appropriately
- **Discussions and limitations:** Provide a critical analysis of the strengths and weaknesses of the case formulation and treatment approach as applied to this particular case.
- **Conclusion:** Summarizes key points discussed. Present any recommendations for clinicians working with similar cases or problems.
- **References**
- **Lists all sources cited throughout the article in a specific citation style (e.g., APA).**

FULL PAPER SUBMISSION GUIDELINES

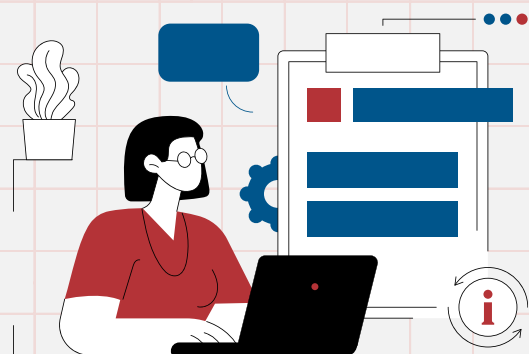
- **Word limit:** 1000-1500 words (excluding references)
- **Format:** submissions to be made in Pdf format
- **Font:** Times New Roman, pt 12
- **Authorship:** co-authors allowed (awards will be given to main authors only)
- **Submissions should be original and not previously presented at other competitions or for publications**

IMPORTANT DATES

- Registration Last date: **30th September, 2024**
- Full Paper Submission: **30th September 2024**
- Result Declaration: **10th October 2024**

AWARDS

- **1st Position:** Cash prize of Rs. 15,000
- **2nd Position:** Cash prize of Rs. 10,000
- **3rd Position:** Cash prize of Rs. 5,000



PERKS

- Four volumes will be published with the accepted articles in the Muktakshar newsletter
- Participation certificate upon submission of full paper

REGISTRATION FEES

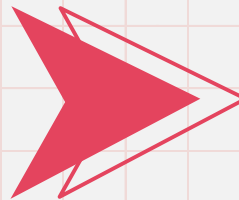
- Submission Fee: **Rs. 599**
- For **Mega Membership: Rs. 2500**

MEGA MEMBERSHIP

- Join us as member and enjoy multiple benefits.

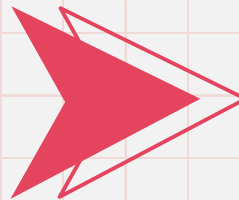
REGISTRATION LINKS

- **REGISTRATION FORM LINK:**



[REGISTRATION LINK](#)

- **MEGA-MEMBERSHIP
REGISTRATION FORM LINK:**



[REGISTRATION LINK](#)

TERMS & CONDITIONS

- **Eligibility:** 16 years and above
- **Entry requirements:** All Submissions must be original, un plagiarized work, not previously presented at other competitions or for publications.
- **Content Guidelines:** All content should adhere to the theme. The content should be made understandable for general audience, free from any kind of offensive, derogatory language.
- **Judgment Criteria:** All submissions will be judged by an expert Judge panel on following parameters- relevance, overall quality of paper, adherence to theme, following of submission guidelines, originality & creativity.
- **Authorship:** Co-authors are allowed, however awards will be given to main authors only.
- **Submissions must not infringe on any third-party rights, including copyrights, trademarks, and privacy rights.**
- **All copyrights are reserved with Muktakshar, MHFI.**





FOR ANY ASSISTANCE PLEASE FEEL FREE TO CONTACT US AT ANY TIME!



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