

# **Mental and Physical Health Awareness Award**

## **1.0 INTRODUCTION**

Mental and Physical Health Awareness Award is to recognise students who have worked to improve understanding in raising awareness of mental and physical health issues, reducing stigma on mental and physical illness, encouraging their peers to reach out for help and support, and creating a community where mental and physical health is valued.

- Students serving in positions of a student body/society (or hold office in UTAR Student Representative Council), university-sanctioned / recognised committee (i.e. committee of a university-wide project/activity, or relevant external organization – subject to panel discretion) focusing on mental and physical health are encouraged to apply for this award.
- Media coverage of mental and physical health issues, celebrating those whose work brings to light challenging stories of mental and physical health. With 3 example of highlights work from all media platforms as follows: -

### a) Mental and Physical Health Journalism – Print/Online

Evidence in the form of print or online news report, published in a news outlet, that deals with stories, topics or issues in, about or related to mental and physical health.

### b) Mental and Physical Health Content – Digital

Evidence in the form of podcasts, interactive online features, apps, interactive documentaries and other digital technologies that use creative and innovative techniques and content to extend knowledge and understanding of, and engagement with, mental and physical health.

### c) Mental and Physical Health Sharing- Print/Online/Digital

For an individual with lived in experience of mental and physical health who, in their own words, shares the story to help and educate a wider audience through print or/and online published or/and digital technologies.

The objectives of the award are:

- To foster greater public understanding of mental and physical health issues.
- To challenge stereotypes and stigma associated with mental and physical health difficulties with the highest standard of journalism.
- To inform and educate audiences as to the lived experience of people living with mental and physical health difficulties.
- To disclose practices or procedures needing reform so as to encourage the development and modernisation of mental and physical health services in Malaysia.

## **2.0 GENERAL SUBMISSION PARTICULARS**

1. All information provided in this section (and any subsequent declarations below) are to be verified by DSA to be accurate and true.

2. The applicant must not have been found guilty in any disciplinary meetings, nor found guilty of any misdeeds (or serving any ongoing punishment) outside of the university throughout the assessment period.
3. DSA reserves the capacity to forfeit the whole application if any declared item is found to be inaccurate, modified or outright invalid.
4. All entries must be made via the online entry system. Files must be submitted in PDF format only and must be less than 10MB in size.
5. All applicants must be UTAR students with “active” status or who have graduated within 6 months of the closing date of submission.
6. If a student is one of several collaborators on a piece they nominate or are nominated for, nominees/nominators must give a detailed account on the nominated category and why their input makes the work worthy of awarding.
7. All participation in external events must be in line with the University's rules and regulations.

### 3.0 Submission Categories

Nominations for Mental and Physical Health Awareness Award category must be submitted online. The online application form has 3 questions about their work as below, and the applicant must provide a response of minimum 600 words describing the following:

1. About the nominee - a summary of the activities, projects, training, etc. that they were involved physically/ Media publications.
2. Reason for the nomination - describe why the work should be recognised
3. Benefits to the community - what was the impact of the work on the larger community/ the contribution on the larger community and total view in the digital technologies' platform.

### 4.0 IMPACT

1. Applicants are required to submit their most significant involvement throughout the past assessment year (1 April – 31 March). This condition rewards applicants with exceptional impact. A maximum of 60 points per initiative shall be awarded for this section.
2. The formula to determine the 2 types of points award for each initiative/project is additive based on the following criteria:

#### a) Award points by Department of Student Affairs

Criteria	Point Awarded
<b>Position (Maximum 10 points)</b>	
- Chairperson / Vice Chairperson / Winner	10
- Senior Committee (Auditor, Department Manager, Secretary, Treasurer, First Runner-Up and Second Runner-Up, or equivalent)	6
- Junior Committee / Supportive Role / Participant (Committee Member, Helper, Volunteer, Participant, Consolation, or equivalent)	3

<b>Level / Scope (Maximum 10 points)</b> - University Community - Local Community - Nation	3 6 10
<b>Impact / Achievements (Maximum 30 points)</b> - Enhancement/transformation of the university community, local community and the nation  - Community involvement/partnerships  - Promotion of good practices and examples for others to follow	1 - 10  1 - 10  1 – 10
<b>UTAR Community &amp; Voluntary Engagement (CARE) points (Maximum 10 points)</b> - <20 hours - 20-39 hours - 40-59 hours - 60-79 hours - 80 hours or above - 100 hours or above	Nil 2 4 6 8 10

3. The applicant is required to submit any relevant documentary (i.e. proposals, reports, certificate) and photographic evidence where relevant for the initiative identified.
4. \*DSA and DSSC reserves the capacity to request for additional documents (i.e. photos) to verify the accuracy of the reports and to cross check with various parties (for external projects/initiatives) to verify the accuracy of the submissions.
5. Applicants may be required to attend an interview if there is a necessity.

### 5.0 Judging Panel

The Student Affairs Committee members will be the judging panel.

### 6.0 Prizes

The winner of this award will receive a cash prize, trophy and certificate.