





Go Creative Online Poster Competition

Let's Talk about Mental Health It Matters!

**Positive Psychology Unit,
Dept. of Clinical Psychology
NIMHANS, Bangalore**



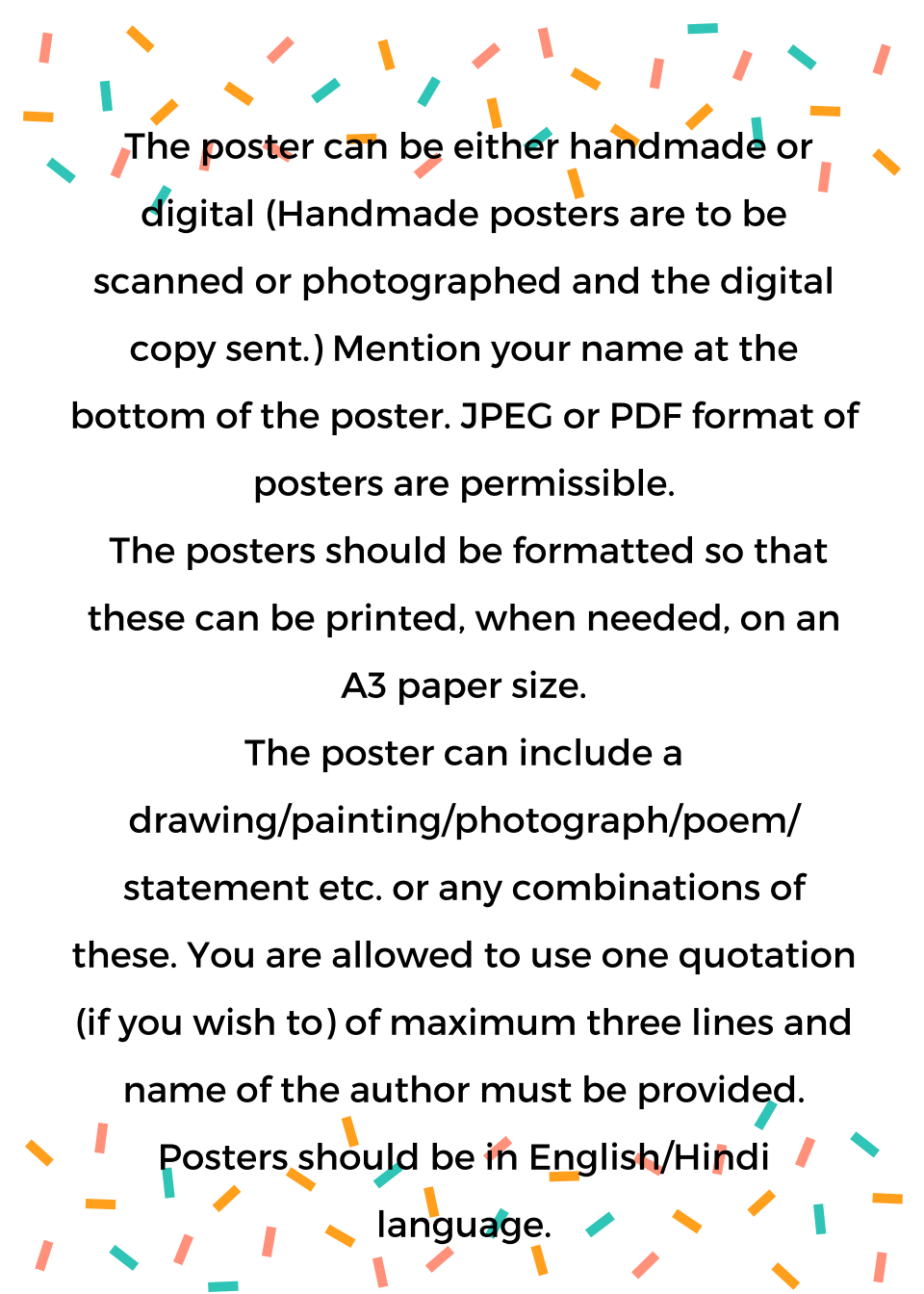


The poster should be made around the main theme of 'Let's talk about mental health'.

However, considering that talking about mental health can cover a number of related topics, the key messages in the poster can vary.

The messages can be ones which creates awareness about the low proportion of people who open up about mental health issues or seek help, about encouraging people to start talking about mental health, about discussing mental health issues to a professional, or any other message deemed directly relevant to the main theme.





The poster can be either handmade or digital (Handmade posters are to be scanned or photographed and the digital copy sent.) Mention your name at the bottom of the poster. JPEG or PDF format of posters are permissible.

The posters should be formatted so that these can be printed, when needed, on an A3 paper size.

The poster can include a drawing/painting/photograph/poem/statement etc. or any combinations of these. You are allowed to use one quotation (if you wish to) of maximum three lines and name of the author must be provided.

Posters should be in English/Hindi language.




The idea should be original and should NOT include any copyrighted materials.

Any information provided in the poster should be properly researched for accuracy.

The entries received after the last date will not be considered for the competition.

Three best entries will be selected by a panel of judges under each of the following categories: 1 students 2. Non-students.

(Those competing under student category must provide a certificate of being a bonafide full time student when sending their poster.)



Selected posters will be displayed during the two-day Youth-Pro Action Lab (YPAL) Conference @ NIMHANS on 6th-7th, October, 2017. It is not mandatory for you to attend the conference if you are participating only in this online poster making competition.

The Judge's decision regarding the entries shall remain final. The posters submitted may be used, individually or in combination with other materials, for various educational and promotional activities by NIMHANS.

E-Mail soft copy of the posters to positivepsychology.nimhans@gmail.com

latest by 11th September 2017

The mail subject line should be "My entry - Online poster making competition"

