

## Contest Details & Technical Specifications

### **Short Essay on Mental Health:**

Share your thoughts, experiences, and insights through the power of the written word. Choose from three unique writing styles—personal experience, creative storytelling, or an engaging interview—and craft a captivating essay on mental health. With 350-500 words, your heartfelt words have the potential to touch the lives of many.

- Submit your entry as a word document
- Maximum length of your short essay should be 500 words
- The font should be Calibri and the font size should be 16

All entries should only be sent to

[lovvyouzindagi@caringminds.co.in](mailto:lovvyouzindagi@caringminds.co.in)