

Contest Details & Technical Specifications

Mental Health Awareness Poster:

Break the barriers of stigma with your artistic talents. Design a thought-provoking poster that challenges societal perceptions surrounding mental health. Let it become a visual catalyst for change.

- The poster size can be A4 or A3
- The poster orientation can be vertical or horizontal
- The poster should be a digitally designed one
- The maximum file size is 5 MB
- Add one or two lines of description to the posters (optional)

All entries should only be sent to

lovvyouzindagi@caringminds.co.in