



Contest Details & Technical Specifications

All entries should only be sent to
lovvyouzindagi@caringminds.co.in

1. Tagline Contest:

Are you a wordsmith with a passion for mental health? We challenge you to create a compelling mental health tagline consisting of just 3-7 words. Let your creativity flow as you inspire others to embrace their mental health journey.

- Submit your entry as a word document
- Maximum length of your tagline should be 7 words

2. 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

3. Photography Contest:

A picture is worth a thousand words, they say. Capture a powerful image that illuminates the importance of mental health awareness. Whether you choose vibrant colours or the timeless elegance of black and white, let your photography speak volumes and inspire change.

- The photograph can be in colour or black and white
- It can be shot on your smartphone or a digital camera
- The maximum file size is 5 MB

4. 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

5. Make a Micro-Documentary on Mental Health:

Lights, camera, action! Express your creativity through the art of visual storytelling. Create a compelling micro-documentary with a duration of 1.5 to 3 minutes that delves into the complexities of mental health. Incorporate video footage, animation, and interviews to craft a moving narrative that sparks conversations.

- The documentary can be in colour or black and white
- It can be shot on your smartphone or a digital camera
- The maximum duration is 3 minutes
- Upload your documentary to YouTube and email that link. Do not attach the video file.

6. Radio Jingle/Ad Contest:

Harness the power of sound to amplify mental health awareness. Craft a captivating radio jingle or advertisement lasting 15 to 30 seconds that resonates with listeners.

- The maximum duration is 30 seconds
- The maximum file size is 5 MB

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Please read the Rules & Regulations document
in detail before applying to avoid disqualification.