

# YOUTH PRO ACTION LAB CONFERENCE ( YPAL)

NIMHANS, Bangalore

6<sup>th</sup>-7<sup>th</sup> October 2017

## Poster Exhibition

### General rules and guidelines

Poster entries are invited for the **YOUTH PRO ACTION LAB CONFERENCE to be held between 6th-7th October 2017** at National Institute of Mental Health and Neuro Sciences, Bangalore.

**The poster entries for the conference are invited under two main categories.**

**Please remember these are not academic/theoretical/research posters.**

**These are about actions- actions that you have carried out or actions you plan to carry out for the cause of mental health!**

#### **SHOWCASE: Poster category I**

In this category, a single individual or a group of individuals create a poster to display the activities they have carried out in any time during the last one year period for increasing awareness about mental health, increasing positive attitudes towards mental health care or generally promoting mental health and well being of youth. Classes/Seminars/Workshops/or any other activities that are carried out by people other than the participants cannot be depicted- in other words- merely organizing a program will not be considered as an activity carried out by the participants. For an activity to be considered under this category, the members should have actively participated in the implementation of the particular activity.

**Each Showcase poster should be organized around the following themes:**

- The aim and objectives – What was the purpose or goals of the activity/activities carried out
- Target group – For whom the activity was intended to and the number of people you could reach out to
- Date, Time, and Venue – When and where the activity was carried out
- Description of the activity – A detailed description of what the activity was
- Impact/Outcome- Brief depiction of the impact of the activities, including feedback if available
- Solo/team work? If it is team work-then names of all the core team members (should not exceed 8 members)

## **Action-Plan: Poster category II**

Think of ways in which awareness about mental health and illness can be promoted among the community members, whether it is within an institute or outside. Plan an activity/a set of activities around it. The idea is to formulate an action plan, along the lines of promotion of the concept of mental health/reducing stigma/increasing awareness about mental illness and health/encouraging youth to seek help for psychological distress. The activity planned must be ones that can be carried out by the participants themselves (with support from others). Turn your action –plan into a poster.

**Each Action Plan poster should be organized around the following themes:**

- The aim and objectives – What is the purpose or goals of the activity/activities planned
- Target group – For whom the activity is intended and the number of people you may reach out to
- When and where you are planning to conduct these activities
- Description of the plan – A detailed description of the plan, steps involved, along with clear justification, feasibility of the nature of activities included
- Potential Impact/Outcome – What are your thoughts on the potential impact the activity may have
- Solo/team work? Team-work- Names of the core team members involved in planning and implementation (should not exceed 8 members)

### **General Poster making guidelines**

**(For both Showcase and Action Plan categories)**

- 1. It is mandatory that a poster is made only on a single chart paper, using standard size chart paper.**
2. You can choose to draw/write on the chart paper or stick your printed matter on the chart paper using A4 size sheets.
- 3. Bulky posters will not be permitted.**
4. Posters should be in English /Hindi.
5. The idea should be original and should NOT include any copyrighted materials.
6. Any information provided in the poster should be properly researched and accurate.
- 7. You are encouraged to make posters that are neat and clear. But the focus of evaluation will not be on the aesthetic elements/ design of the poster but on the nature of the content.**

### **General Guidelines**

1. Solo/team entries are allowed. A team should not have more than 8 members.
2. Both educational institutions and non-educational institutions can send entries under both categories.
3. A single organization (educational or non-educational) can send as many entries as they wish
4. A single person cannot be a member of more than one poster entry

5. Each member should have made adequate contribution to the work to be included as a member.
6. The posters will be presented in a two-day **Youth-Pro Action Lab (YPAL) Conference** conducted in NIMHANS on **6<sup>th</sup>-7<sup>th</sup>, October, 2017**.
- 7. If you want to present a poster under Showcase/Action-Plan, it is mandatory that you or one of your core team members registers for the YPAL conference and participates. The poster entry will be accepted only after the conference participation is confirmed through filling the registration form and making advance payment of registration fee before the deadline.**
8. The other members of the core team whose names are mentioned in the posters but who are not able to participate in the conference will be sent an-certificate for the poster entry.
9. The **last date** for receiving the registration form and the registration fee is s 11<sup>th</sup> September, 2017.
10. 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 registration form.
11. The Judge's decision regarding the entries shall remain final and no correspondence will be entertained.
12. The selected posters may be used, individually or in combination with other materials, for various educational and promotional activities conducted by the Positive Psychology Unit, Department of Clinical Psychology, NIMHANS.

### **Notes about the YPAL Conference**

Number of registration for the conference:

Limited to 250 participants on a first cum first serve basis

#### **Registration Fee:**

350/-for full time students on production of supporting official letter

500/- For working/non-student participants

**Online Registration Form:** <https://goo.gl/forms/rM10rOVEv4vQZU0I2>

**#Last date for YPAL registration by sending the registration Demand draft:**

**September 11, 2017**

The participants have to make their own accommodation arrangements. The fee must be sent as a DD in favour of the Director, NIMHANS, Bangalore & posted to this address: Dr Seema Mehrotra, Professor Dept. of Clinical Psychology, NIMHANS, Hosur Road, Bangalore-560029. **Email:** positivepsychology.nimhans@gmail.com

Let's talk about mental health

It matters!

If mental illness could be  
seen on a sufferer, maybe  
society wouldn't say  
"just get over it".

~ Lonely Lotus