

IMPACT

CREATE A VIDEO- CLIP COMPETITION

As part of the campaign:

*Let's talk about
MENTAL HEALTH
IT MATTERS!*

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

The video clip you make should have one of the following take home messages & this message should also be the last line in the clip.

Take Home messages:

- 1. Stand up and Support! Mental health problem can happen to anyone.**
- 2. Reaching out for professional help for mental health is a sign of courage and strength and not of weakness.**

A team can combine both the themes/messages into a single clip, if so desired. The material used should be well-researched and accurate.

Guidelines

**Maximum duration of the video clip:
3 minutes excluding
titles/acknowledgements .**

**This is a team entry and minimum of two
& maximum of six members can submit
their entries as a team.**

**Last Date for sending the short video clip
by email: 15th September 2017**

**All the video clips received on time will
be considered for best entry certificates.**

**But, only the top 3 video clips will be
screened during the YPAL conference to
be held at NIMHANS from
6th-7th of October 2017.**

**The clips should be in English/Hindi and
preferably with subtitles.**

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

General Guidelines

Both educational institutions and non-educational institutions or a group of individuals can send entries

A single group can send multiple entries

Each member should have made adequate contribution to the work to be included as a member.

The Judges' decision regarding the entries shall remain final and no correspondence will be entertained.

The video clips may be used, individually or in combination with other materials, for various educational and promotional activities conducted by NIMHANS.

**Email the video clip latest by
15th September 2017 to
positivepsychology.nimhans
@gmail.com**