

Contest Details & Technical Specifications

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
- Add one or two lines of description to the photograph (optional)

All entries should only be sent to

lovvyouzindagi@caringminds.co.in