



IDOC Poster Making Competition

Guidelines & Instructions

Theme:

"What Does Calm Mean to You?"

Participants are encouraged to express their personal understanding of calmness through creative, thoughtful, and original artwork.

General Guidelines

Eligibility:

Open to all age groups

Individuals and educational institutions (schools, colleges, universities) are welcome to participate.

Poster Specifications:

Paper Size: A4 (8.5 x 11 inches)

Medium: Handmade only (paints, crayons, pencils, markers, pastels, etc.)

Digital artwork is not permitted

If any text on the poster is written in languages other than English, the participant is advised to provide English translations of the same.

General Guidelines

Originality:

Submissions must be original and created by the participant.

Plagiarized or copied work will be disqualified.

Submission Format:

Scan or photograph the finished poster in high resolution

Save the file as .jpg, .jpeg, or .png

Name the file as: FullName_Age_Country

Submit on dayofcalm.org



General Guidelines

Deadline:

All entries must be submitted by April 5, 2025

Judging Criteria:

Creativity & originality

Relevance to the theme

Visual impact

Neatness and effort



General Guidelines

Recognition & Rewards:

Selected posters will be featured on the International Day of Calm website

Top entries will be printed on official merchandise like mugs, t-shirts, etc.

Winners will receive digital certificates of recognition and an opportunity to own the merchandise with their poster printed on it!

Participants will receive digital certificates of participation.