CO–SPONSORED BY:

WORLD PSYCHIATRIC ASSOCIATION & WPA Section PSYCHIATRY DEVELOPING COUNTRIES

1ST INTERNATIONAL
CHILD PSYCON 2025

28-29 NOVEMBER 2025
LAHORE, PAKISTAN

PRESENTS

آنگن

STORIES OF THE GROWING MIND

A REEL COMPETITION ON CHILD AND ADOLESCENT MENTAL HEALTH AWARENESS

BOOKLET

CASH PRIZES AND CERTIFICATES

OPEN FOR ALL STUDENTS AGED 13-25

SUBMISSION DEADLINE: 30th SEPTEMBER 2025

SUBMIT HERE

📞 0304-5147443 ✉ childpsycon@gmail.com 🌐 www.childpsycon.org

About Angan

Welcome to ANGAN, an inter-collegiate reel competition where creativity knows no boundaries and vision takes center stage. Angan Angan is a space for young people to come together, share their voices, and spark important conversations about adolescent mental health. Through short creative videos, students can highlight the struggles, hopes, and everyday experiences that often go unheard. This competition is about breaking the silence, tackling stigma, and showing that mental health is something we can talk about openly—in our classrooms, our homes, and in every angan (courtyard) of our lives.

Organized with passion and purpose by Department of Child and adolescent of Psychiatry as part of 1st international Child Psycon 2025, ANGAN is more than a competition—it is a movement.

Department of Child and Adolescent Psychiatry is very proud to announce the first edition of this event, which is taking place with a lot of hard work and passion – with the sole purpose of connecting and growing which is one of the biggest motives of the society.

Child Psycon 2025

Welcome to the First International Child & Adolescent Psychiatry Conference (Child PSYCON 2025)
28–29 November 2025 | Lahore, Pakistan

Organized by the Department of Child & Family Psychiatry & Academic Department of Psychiatry & Behavioral Sciences King Edward Medical University, and Pakistan Psychiatric Research Centre / Fountain House Lahore
Supported by the WPA Section on Psychiatry in Developing Countries, Asian Federation of Psychiatric Associations, SAARC Psychiatric Federation, and the Psychiatry Wellness Programme, Pakistan Psychiatric Society, British Pakistani Psychiatric Association, Medical Women Association Pakistan, Pakistan Pediatric Association Pakistan (Punjab), Pakistan Psychological Association, Pakistan Academy of Family Physicians.

Event Details

Angan isn't just a competition—it's an experience. From powerful stories to creative expressions, the event brings together students from schools and universities to showcase their ideas on adolescent mental health. Along with screening the best videos, the event will celebrate young voices, encourage open conversations, and recognize the creativity and courage of our participants.

Last date for submission

30 Septemer, 2025

THEME:

"Child and adolescent Mental Health: Voices of Youth"

Suggested sub-themes:
1. - Stigma around mental health
2. - Peer pressure & academic stress
3. - Social media & mental well-being
4. - Resilience and coping strategies
5. - Bullying, body image, self-esteem
6. - Seeking help & breaking silence

Short-Film

The art of storytelling in a condensed format – short films are a thrilling way to convey complex ideas, emotions, and narratives. In this category, participants will push the boundaries of cinematic storytelling, experimenting with visuals, sound, and editing to craft compelling tales that leave a lasting impact. Prepare to be entertained, inspired, and moved!

Video Specifications:

- Format: Short-form video (TikTok/Instagram Reels style)

- Duration: 30 seconds – 3 minutes (maximum)

- Orientation: Vertical (preferred), but horizontal accepted

- Language: English or Urdu (subtitles encouraged if possible)

- Style: Can be dramatized, animated, spoken word, art-based, or documentary style

- Originality: Content must be original (no copyrighted music, clips, or text unless royalty-free)

Files should be named as follows:
"Full name_Category_Institute_2025", and then upload it on google drive. Paste its link in Google Form and give access as "anyone with the link"

SUBMISSION MUST INCLUDE:
- **FULL NAME**
- **AGE & CATEGORY**
- **INSTITUTION NAME**
- **CONTACT DETAILS**

Judgment Criteria.

- Entries for Angan will be evaluated by a panel of experienced judges, esteemed in their respective artistic fields.
- Submissions will be assessed based on several key criteria, including originality, creativity, technical skill, adherence to the chosen category's theme , and message clarity.
- The judges' decision will be final and binding, ensuring a fair and comprehensive review process for all participants.

Eligibility.

Category 1: O-Level & A-Level students (13–18 years)
Category 2: University & Medical Students (Undergraduate, Graduate, Postgraduate up to age 30)

Rules and SOPs

All submissions must respect confidentiality, dignity, and sensitivity regarding mental health.

- No content that is derogatory, triggering (graphic self-harm, suicide depiction, etc.), discriminatory, or promotes harmful stereotypes.
- Participants are encouraged to share hopeful and empowering messages.
- By submitting, participants grant permission for their videos to be showcased during the conference and on official social media platforms (with credit).

Prizes and recognition

Top 3 winners in each category will receive:

- Certificates of Achievement
- Prizes (cash prizes, vouchers, or conference-sponsored gifts)
- Winning videos showcased at the conference & official pages
- All participants receive Certificates of Participation

Videos will be displayed on 28th November on the day of conference and awards will be announced on the same day

<u>Submission Fee</u>

Submission Fee per entry is **Rs. 300/-**

<u>Submission Form</u>

You can scan here to register

<u>You can also use this link here:</u>

https://forms.gle/xfH3rmRodP8892sW7

*You can submit only one entry per form. For multiple submissions you have to register the form again.

Payment Details

ACCOUNT NO: 6020 1979 1160 0015

IBAN: PK43 BPUN 6020 1979 1160 0015

BANK: BANK OF PUNJAB

NAME: **PSYCHIATRY WELLNESS PROGRAMME**

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