

# SPAI 34<sup>th</sup> National Conference 17<sup>th</sup> -18<sup>th</sup> April 2025

## Psychology for Sporting Success: Enhancing Performance and Wellbeing

Organized by Manipal University, Jaipur

### SPAI BEST POSTER AWARD CONTEST

As part of the SPAI National Conference, a Best Poster Presentation Contest will be held to showcase impactful research and innovative practices in sports psychology and allied sciences.

Please follow the detailed guidelines below for preparing and presenting your poster.

#### General guidelines

- Participants must specifically opt-in to apply for the *Best Poster Award* contest along with submission of full paper and consent form of co-authors
- Preference will be given to research-based or evidence-based posters. However, thematic posters exploring novel or innovative areas will also be considered, provided they demonstrate strong structure, coherence, and academic quality.
- Only offline presenters are eligible for the Best Poster Award.
- Presenters are responsible for printing their own posters.
- Only selected posters will be accepted for consideration of the award
- Posters must be installed by **8:00 AM** on the day of presentation.
- The poster display area will be marked.
- Presenters must be available near their posters during assigned sessions.
- The Best Poster Award will include a cash prize and certificate, presented during the Valedictory Session.
- The decision of the expert judging committee will be final and binding.

#### Specifications

##### 1. Poster Format & Dimensions

- Size: 36 inches (width) × 48 inches (height) in Portrait orientation
- Posters must be printed and brought to the venue by the presenter. SPAI or organisers will not provide on-site printing.

##### 2. Poster Content Structure

The poster should be structured to communicate the research. Include the following sections:

1. Title: Placed at the top in bold, 72 pt font or larger. Use the full title of your research or project.

2. Authors and Affiliations: List all authors along with institutional affiliations. Highlight the presenting author's name (bold/asterisk).
3. Introduction / Background: Provide context, relevance, and objectives.
4. Problem Statement / Hypothesis
5. Methodology: Clearly describe your study design, participants, tools, and procedure.
6. Results: Present findings using figures, tables, and graphs preferably consolidated.
7. Discussion: Interpret results, draw comparisons, and highlight significance.
8. Conclusions & Future Directions
9. References & Acknowledgements
10. Contact Information
  - Email and optional QR Code linking to your full paper or profile.

### 3. Design & Visual Guidelines

- Font Sizes:
  - Title: 72 pt or larger, Section Headers: 36 pt, Body Text: 24 pt,
  - Captions/Labels: 18–20 pt
- Fonts: Use professional, easy-to-read fonts (e.g., Arial, Calibri, Times New Roman).
- Color Scheme: Choose a professional, consistent palette. Ensure strong contrast between background and text for readability.
- Graphics: Use high-resolution images. Charts and graphs must include legends, labels, and axes. Avoid crowding; use bullet points and visuals to enhance clarity.

### 4. Evaluation Criteria: Posters will be evaluated based on the following criteria

- Content & Structure
- Visual Presentation
- Oral Presentation and Discussion

Kindly fill in the google form and upload full paper which will be presented as poster along with the consent form

**Last date to apply : April 12 2025, 5 pm**

We look forward to your active participation and contribution to enriching the field of sports psychology

For any clarification:

Contact: Dr Stalin Raphel - 8848809312