

Republika ng Pilipinas  
(Republic of the Philippines)  
KAGAWALAN NG EDUKASYON AT KULTURA  
(DEPARTMENT OF EDUCATION AND CULTURE)  
Manila

November 20, 1975

DEPARTMENT MEMORANDUM  
No. 215, s. 1975

NATIONAL MENTAL HEALTH WEEK CELEBRATION

To the: Bureau Directors  
Regional Directors  
Coordinator, State Colleges  
and Universities

1. The Philippine Mental Health Association is sponsoring an on-the-spot national poster contest for high school students and an essay-writing contest for college students on Mental Health on December 6, 1975 at the PMHA National Office and the nine PMHA chapters in Baguio, Butuan, Cagayan, Cebu, Dagupan, Davao, Duraguete, Iloilo, and Zamboanga cities.
2. It may be stated that these contests are a prelude to the observance of the National Mental Health Week on January 13-24, 1976 in consonance with the World Congress on Mental Health. Enclosed are pertinent guidelines on these contests.
3. In view of the importance of developing in the youth an awareness that mental health is a requisite to the building of a strong and healthy nation, it is enjoined that as many students as are interested be encouraged to participate in the contests.
4. It is desired that this Department Memorandum be given as wide publicity as possible in all schools and colleges.

(SGM) JUAN L. MANUEL  
Secretary of Education and Culture

Incl.:  
As stated

(Inclosure to Department Memorandum No. 215, s. 1975)

## GUIDELINES FOR THE POSTER AND ESSAY CONTESTS

### I. Nature of the Contests:

The poster and essay-writing contest is a nationwide on-the-spot contest in which the nine chapters of FNMA will conduct their own contest in the chapter level simultaneously. When all nine chapters and the Greater Manila Area have chosen the three best entries in the chapter level, the first prize winner from each chapter and the Greater Manila Area will vie for the finals.

### II. Important Dates:

December 3, 1975 - (4:30 p.m.) deadline for submission of the names of participants to the contests.

December 6, 1975 - the poster and essay-writing contest will be conducted simultaneously in Greater Manila and the nine chapters of FNMA.

December 13, 1975 - deadline for submission of the first prize winning entry in both poster and essay-writing contests from the nine chapters and the Greater Manila Area.

December 15, 1975 - all the first prize winning entries from the chapters and the Greater Manila Area will be judged for the national finals.

### III. Rules and Requirements governing the contests:

#### A. Poster

1. This is open to high school students duly certified by their principal to participate in the contests.
2. Size of poster must be 18" x 24" illustration board.
3. Any drawing or painting materials will be accepted (water color, oil, charcoal, cut-outs, paste-ups, etc.)
4. Each poster must be absolutely original and made on the spot on a material free from any markings or outline at the start of the contest. To ensure this, contestants are required to submit their drawing or painting materials to FNMA authorities in charge of

the contests for registration and number before the contest starts. A contestant may submit as many entries as he wants to, but he must be registered with the Registration Committee.

5. No help of any kind is to be asked from anyone. The participant himself must produce the poster from beginning to end.
6. Each contestant must be at the PHMA 18 East Avenue, Quezon City at 8:00 a.m. on December 6, 1975 for registration, orientation and the signal to begin shall be given by the Chairman of the Board of Judges and the theme will be announced on the spot. Slogans will also be provided by PHMA.
7. Each work shall become the property of the Philippine Mental Health Association.
8. The National Media Production Center will be requested to print the winning poster to announce the PHMA celebration in January.

B. Essay-Writing:

1. The essay-writing contest is open to college students only.
2. Contestants are given the theme to develop on the spot.
3. Signal to begin is given by the chairman of the board of judges.
4. The essay must be from 1,000 to 2,000 words.
5. Contestants are allowed a maximum of two hours to think and write their ideas.

IV. Suggested Criteria:

- A. Significance, meaning, message, expression and symbolism
- B. Design and effectiveness of execution
- C. General artistry

V. Composition of the Board of Judges:

This will depend on the Committee to be formed by the Chapter, but for the Greater Manila Contests and the national finals, the EXHA National Office will take charge of the composition of the Board of Judges.

VI. Tentative Prizes for Both Contests:

A. Greater Manila:

- First Prize - P500. plus a certificate
- Second Prize - P300. plus a certificate
- Third Prize - P200. plus a certificate

B. National Finals:

- First Prize - P1,000. plus a Presidential Trophy
- Second Prize - P750. plus a Presidential Trophy
- Third Prize - P500. plus a Presidential Trophy
- Honorable Mention - P250.
- Honorable Mention - P250.
- 5 Consolation Prizes at - P100. each