



The theme of this year's conference is Ayurveda and the Mind. We recommend that poster topic submissions expound on this theme. All submissions will be considered, but the topics **MUST** include a strong and relevant focus on Ayurvedic principles and concepts.

Posters are intended to showcase a single program, project, or scientific paper in a graphic format. The best posters usually make up to three main points that constitute the "take-home" message you want to get across.

Clarity and brevity are paramount; save details for handouts and/or oral discussion.

PLEASE USE THESE GUIDELINES

Content should reflect original research done by the author(s) themselves.

Prospective clinical trials, systematic literature reviews, meta-analyses, intervention/study protocols, pragmatic/observational trials, innovative research methodologies or whole system designs, and case studies are all acceptable, as long as Ayurvedic concepts or approaches are the primary focus.

For research posters that display any personally identifiable client or participant information, a signed release for permission of use from the client must be included in the submission.

Although the number of authors per poster is not limited, only one individual should be identified as the presenter at the conference, and only this individual will be eligible for the discounted registration rate.

POSTER DISPLAY GUIDELINES

- Poster dimensions must not exceed 36" h x 48" w.
- Title - Choose a sans serif, easy-to-read typeface that is at least 1" in height (3" font for titles is best).
- Headings - Use boldface lettering, at least 1/2" high.
- Caption each section (abstract, literature research, hypothesis, etc.) clearly.
- Abstract title, author name(s), and author affiliation(s) should appear at the top of the poster. Plan the layout of your components carefully, considering both the flow of information as well as the visual balance of graphics, text, and blank space.
- Please include a short abstract (no longer than 500 words) on the top left-hand corner of the poster below the title. The abstract should include an overview of the research background, methods, results, and conclusions.
- Graphics - photos, diagrams, plans, sketches, or charts with limited explanatory text can be used. Make sure all graphics can be clearly viewed from 3 to 6 feet away.
- Use clearly legible font type; avoid serifs and cursive type fonts; avoid font colors other than black.
- Text - Use at least 18-24-point font for all paragraph text. Keep paragraph length and complex sentences to a minimum. The poster should be self-explanatory so that viewers can obtain a good synopsis of your project.
- Be ready to orally explain your research to attendees and the judges at the research poster session.
- Bring plenty of handouts or copies of your printed abstract to hand out, if appropriate.
- Details can be elaborated on during the research poster session. During those times, you will have an opportunity to interact with attendees and explain your project.
- Authors are encouraged to either fit all components on to a single 36" h x 48" w poster board or have such printed by a professional printer (Kinko's FedEx Office or other) on a single 36" h x 48" w laminate that can be posted with standard pushpins and can be rolled up for easy transport.

