**Guidelines for Smile 2020 Braces Selfie Contest**

1.All Participants must be registered Member of the Indian Orthodontic Society. (SLM, LM Associate members)

2.All Participants may then submit a smiling selfie of their **ongoing braces patient** and not the Orthodontist with a caption about braces like “braces are good” etc.

3.The photo should have a clear non distracting background with the braces of the patient clearly visible.

4.The selfie image submitted should be of high resolution and in JPEG format (at least 300 dpi or 5 Megapixels)

5.There should be a written consent taken from the patient stating that they have no objection to circulate their selfie images on social media for public awareness. Images without consent will not be accepted.

6. The winning Selfie of the patients will be published in the one of the upcoming editions of IOS Times along with the name of the treating orthodontists. The treating orthodontist will also be acknowledged by the Public Awareness Committee at the inaugural function of 55th IOC, Amritsar (Subject to approval from EC)

7.Images sent should not have the name of the clinic or the orthodontist.It should have only the caption.

8.Winners will be selected by a panel of judges based on creativity, originality and relevancy of the photos submitted to the Contest theme.

9.The selfie image will become the property of the Indian Orthodontic Society and will be subjected to use by the IOS for public awareness activities.

10.Please mail your entries to: - iospac2020@gmail.com with subject of the Email as Braces Selfie contest - Name of treating orthodontist.Last date of entry is 29-02-2020