



11<sup>th</sup> Asian Sleep Research Society Congress

8<sup>th</sup> Asian Forum on Chronobiology 2025

February 8 – 9, 2025

Hotel Andaz, Aerocity, New Delhi, India



### Organizing Committee

Dr H N Mallick

ASRS Congress Chair

Ken Itchi Honma

AFC Chair

Dr Manvir Bhatia

Organising Secretary

Dr Nasreen Akhtar

Co-Organising Secretary

Dr Anita Jagota

Co-Organising Secretary

## GUIDELINES FOR POSTER PRESENTATION:

- **Material Selection:** When printing your poster, choose a type of paper that works well with double-sided tape and isn't too heavy, to avoid the risk of it falling off the poster board. Paper with a weight of 120-140gsm is recommended.
- **Design and Layout:** Your poster should be organized clearly and logically, avoiding excessive clutter. Minimize the amount of text to ensure readability.
- **Font Usage:** Stick to one or two simple fonts. The text should be legible from a distance of 1.5 meters. The suggested font sizes are:
  - **Title:** 80-100pt. Font Size of letters for the title should be 4 cms high and printed on top of the poster.
  - **Authors and Affiliations:** 30-40pt. Font Size
  - **Main Text:** 32-40pt. (28pt or 24pt can be used for sections with more text).
  - **References:** 24-32pt. Font Size
- **Color Use:** Limit the use of color, opting for neutral shades as background rather than bright colors.
- **Style Consistency:** Ensure a uniform style throughout the poster.
- **Text Minimization:** Use text sparingly and focus on key points.
- **Graphics:** Incorporate graphics such as drawings, diagrams, and photos to effectively convey your results and conclusions. Avoid overcrowding tables and figures with too much data.
- **Content Selectivity:** Include only essential information, particularly when presenting results.
- **Proofreading:** Make sure to check your spelling and grammar before finalizing the poster.
- **Size:** The poster board will be of the size of 120 X 90cms (4'x3') (portrait Format).
- Also place your photograph in the upper left corner of the poster, with your name underneath.

## Important Notes:

- The poster presenters must be available at the poster site during the designated time.
- **Poster must include:** Title of the Abstract, Authors Name (first name followed by surname), Affiliations, Introduction, Material and Methods, Results, Summary of Results, Conclusion, Acknowledgement, and References.
- Poster should be prepared on single sheet as per the size given above (not on small A4 size sheet).
- The text and the legends should be clearly readable from a distance of at least 1.5 meters (use large print size).

Organized by ISSR



Conference Secretariat

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