



Video Making Contest Guidelines



Video Guidelines

Content Theme:

- Videos should focus on any topic within the health and medical field. This can include but is not limited to disease awareness, health tips, medical breakthroughs, mental health, preventive healthcare, etc.

Originality:

- All content must be original. Plagiarism will lead to disqualification.
- Music and visuals should either be original or properly licensed.

Language:

- Videos should be in English or have English subtitles if in another language.

Content Accuracy:

- Ensure all information presented is accurate and sourced from reliable health and medical references.

Permissions:

- Obtain necessary permissions for any people appearing in the video.
- Ensure compliance with all privacy laws and guidelines.

Font:

- Use a single font with different weights to give an attractive look. Do not use more than two font styles.

Colors:

- Use a light background with dark text for better readability.
- Limit colors to 2-3 to maintain a professional look.

Images and Graphics:

- Use high-resolution images and graphs.
- Ensure that images are relevant and support the content.

Consistency:

- Maintain a consistent style throughout the video.
- Align text and graphics neatly.

Technical Requirements

File Format:

- Acceptable format includes MP4 and in a 9:16 ratio (Instagram Reels)
- Duration: Maximum of 1 minute and should be in a resolution of at least 720p.
- Ensure the file size is manageable for uploading and sharing.

Presentation and Delivery

Virtual Platform:

- Ensure the video is compatible with the virtual platform (Instagram) where it will be shared.
- Test the video on the platform before submitting it.
- Your poster will be shared by us the next day after your submission on our [Instagram](#). ↗

Interactivity:

- To promote a healthy community, always give 2 questions in which you'll be requesting your friends and colleagues to discuss actively any one of those questions on LinkedIn.

Q&A:

- Be prepared to answer questions from the audience.



Submission

Deadline:

- Submit the video by the specified deadline.
- Follow any additional submission guidelines provided by the organizers.

[SUBMIT NOW](#)