



HEART HEALTH VIDEO COMPETITION

2 0 2 6

Let Your Voice Protect Hearts



Heart Awareness

Educate young adults on heart health, prevention, and daily lifestyle choices that protect the heart.



Video Challenge

Create a 1-5-minute awareness video on "What Every Young Adult Should Know About Heart Health."



Medical Students

Open to MBBS, BDS, Nursing & Allied Health students across Nepal (Individual or group of up to 3).

Local Partner: Nepal Medical Student Society (NMSS)

Why Participate?

This campaign empowers medical students to become heart health advocates, combining science with creativity to spread preventive messages that matter. Your voice can inspire healthier habits, save lives, and healthier hearts.



Win Certificates & Cash Prizes



Get Featured on eHealthyInfo



www.ehealthyinfo.com



contact@ehealthyinfo.com



Heart Health Video Competition 2026

Judging Criteria

Public Engagement 50 MARKS

Engagement from official Facebook, Instagram & Twitter/X handles

Likes / Reactions 15 MARKS

Shares / Reposts 10 MARKS

Meaningful
comments 15 MARKS

Views 10 MARKS

Judges' Evaluation 100 MARKS

Relevance to theme 20 MARKS

Creativity &
originality 20 MARKS

Clarity of message 20 MARKS

Scientific accuracy 20 MARKS

Technical quality 20 MARKS
(video, audio, editing)

Register today



Official
Partner



Connect with us!



Heart Health Video Competition 2026

Do's and Don't

Do's

- ✓ Video length: 1-5 min
- ✓ Clear audio & visuals
- ✓ Ethical & evidence-based
- ✓ Should be culturally sensitive

Don'ts

- ✗ No misinformation
- ✗ No supplements promotion
- ✗ No alcohol or smoking promotion
- ✗ No patient identifiable information

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Official partner: Nepal Medical Student Society (NMSS)

Second Prize
Rs 7,500
+ Certificate

First Prize
Rs 10,000
+ Certificate

Third Prize
Rs 5,000
+ Certificate

& feature on



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