



HEART HEALTH VIDEO COMPETITION 2026

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



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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



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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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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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