

IAPSM PUBLIC HEALTH CONTENT CREATION CHALLENGE 2026



PEOPLE
POLICY
PRACTICE
IMPACT

**Mental Health Check-Ins:
Breaking Stigma, Sparking Conversations**

UNDER THE BANNER OF
7th IAPSM Young Leaders' National Conclave 2026



**20-21
NOV 2026**



**ARMED FORCES
MEDICAL COLLEGE
PUNE**

VENUE FOR CONTENT FINALS:

20 NOV 2026

**3D HALL
DEPARTMENT OF
COMMUNITY MEDICINE**

FOCUS ON ANY ONE THEME



1
Everyday Peer &
Workplace Check-ins:
Overcoming Burnout



2
"Are You Really Okay?"
The Power of
Active Listening



3
Help-Seeking
Behaviour &
Mental Health
Awareness



4
Youth Mental
Resilience,
Digital Detox &
Mindful Habits



EVALUATION RUBRIC

Thematic Alignment	25
Message Clarity & Impact	25
Creativity & Storytelling	25
Technical Quality	15
Ethical Compliance	10

TOTAL = 100 MARKS

RULES & ETHICS

- ✓ Original Work Only
- ✓ No Plagiarism
- ✓ No AI-generated Videos
- ✓ No AI-generated Voiceovers
- ✓ No AI-generated Avatars
- ✓ English Captions Mandatory
- ✓ Respect Privacy & Dignity
- ✓ Royalty-Free Audio Permitted

CONTENT SPECIFICATIONS



Duration:
45-60 Seconds



Format:
MP4 / MOV



Aspect Ratio:
9:16 Vertical
(1080 x 1920 px)



English Captions
Mandatory



Teams:
Up to 3 Participants



SUBMISSION WINDOW



CLOSING DATE:
23 OCTOBER 2026

SUBMISSION VIA LINK:

<https://iapsm-ylnc.com>

AWARDS

Exciting Prizes
for the Winners



E-Certificates for
All Eligible Participants

CHECK IN • LISTEN • SUPPORT • CONNECT
One Conversation Can Change a Life



TOWARDS
VIKSI BHARAT