



(25<sup>th</sup>-27<sup>th</sup> September, 2021)

PGIMER, Chandigarh, India

# Call for entries

## Just a minute session

Video

Themes

- Youth and Tobacco
- Gender and Tobacco
- Smoking in Public Places
- Tobacco and Environment
- Pregnancy and Tobacco

Guideline

- Videos must be submitted with closed captions.
- It must be uploaded in an MP4 format.
- The preferred sizes are 1920x1080 for high definition and 720x480 for standard definition.
- Duration of JAM video is one minute
- Number of participant allowed per entry is one
- The language shall be in English or Hindi only
- The participant should not read any part of the speech from the book, articles and notes.
- The speech should be fluent and continuous with minimal break between the sentence and words.
- The participant may use proverbs, quotes and anecdotes for expressing his/her ideas.
- The participant may also quote examples from their self-experiences.

**\*The participant must declare that they have no vested interests and the video is not sponsored by tobacco industry or not involved in any such cause**

For guidelines and submission of your entries visit :

**[shorturl.at/hjIQ9](https://shorturl.at/hjIQ9)**



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**Call for entries**

# Slogan Writing

Video

Guideline

## Themes

- Youth and Tobacco
- Gender and Tobacco
- Smoking in Public Places
- Tobacco and Environment
- Pregnancy and Tobacco

- Keep it short and simple (1-5 lines)
- Multiple entries are accepted
- Be consistent
- Ensure it can stand alone
- Follow the theme
- Spreads a message



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# 5<sup>th</sup> National Conference on Tobacco or Health

(25<sup>th</sup>-27<sup>th</sup> September, 2021)

PGIMER, Chandigarh, India

## Call for entries

# Jingles on Tobacco Control

Video

Themes

- Tobacco and Environment
- Gender and Tobacco
- Youth and Tobacco
- Smokeless Tobacco and its effects

**\*The participant must declare that they have no vested interests and the video is not sponsored by tobacco industry or not involved in any such cause**

Guideline

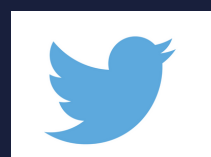
- The jingles must align to the theme.
- The lyrics must reinforce the key messages of tobacco control.
- Participant may join individually or as a group.
- The jingle must not be more than one (1) minute.
- It must be an original composition.
- Any musical instrument may be used.

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Follow us on @nctoh2021







## Social Media Contest

WIN IN 3 EASY STEPS

### A. FOLLOW US ON OUR SOCIAL MEDIA HANDLES:

1. Twitter: nctoh2021
2. Facebook: NCTOH2021
3. Instagram: nctoh2021

### C. LIKE, SHARE and COMMENT:

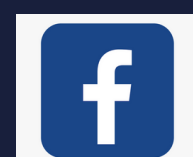
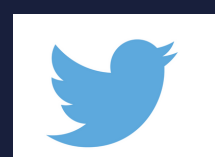
Like, share and comment on the conference related posts.

### B. UPLOAD AND TAG:

1. Uploading pictures of ongoing activities of the conference.
2. Uploading pictures using selfie board on our social media handles
3. Adding interesting caption (1-2 lines)
4. Hash tags: @nctoh2021 #5thNCTOH #PGIMER #Chandigarh

For submission of your entries visit our below social media handle

Follow us on @nctoh2021







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## Call for entries

# Meme Competition

Video/ Photo

### Themes

- Youth and Tobacco
- Gender and Tobacco
- Smoking in Public Places
- Tobacco and Environment
- Adverse effect of tobacco use
- Promote to quit tobacco use
- Generating awareness on tobacco control

**\*The participant must declare that they have no vested interests and the video is not sponsored by tobacco industry or not involved in any such cause**

### Guideline

- Use only English or Hindi language
- It must be uploaded in an MP4 format.
- Duration 1 to 2 minutes
- The photograph must be original or it can be taken open source meme templates.
- Uploading them on your instagram and #@nctoh is mandatory



For guidelines and submission of your entries visit :

**[shorturl.at/hjIQ9](https://shorturl.at/hjIQ9)**

Follow us on @nctoh2021

