PHASECON 2026
Department of Community Medicine & School of Public Health
PGIMER, Chandigarh

DIGITAL IEC POSTER COMPETITION

InfograPH | Where Design Meets Public Health

Big health messages don't need big words—just powerful visuals and a clear call to action. Create digital IEC posters that communicate public health messages and inspire action.

ELIGIBILITY

- All entrants must register for PHASECON 2026.
- Individual entry only.
- Only one entry per participant.

POSTER FORMAT

- Digital IEC poster
- A3 size
- JPEG/JPG/PDF
- Language: English Only
- Original, ethical, evidence-based content with a clear public health message.
- Rational use of AI acceptable.

SUBMISSION PROCESS

- Submit the Digital IEC Poster via **Google Form** - see below for link.
- Posters will be posted on @phase_pgimer (insta) by the organizing team.
- Participants will be added as collaborators (acceptance mandatory)

JUDGING CRITERIA

- Message clarity & call to action
- Creativity
- Visual appeal
- Accuracy
- Engagement on official posts

Link for Submission (Google Form):
https://forms.gle/GuD3S3azWwUerHc26

PUBLIC HEALTH ASSOCIATION FOR STUDENT'S EDIFICATION

phase
•PGIMER CHANDIGARH•

POSTER.

THEMES

CHOOSE ONE:

- <u>**Healthy Behaviours in the Digital Age:**</u> **Promoting healthy lifestyles, mental well-being, and prevention using digital tools responsibly.**

- <u>**AI in Healthcare, Use with Caution:**</u> Educating people on the safe and responsible use of AI-based health tools and information.

PRIZES

- All eligible posters will be showcased at PHASECON on 13th & 14th Feb'2026,.
- Certificates and prizes will be awarded at the Valedictory Ceremony.
- Organizers' decision will be final and binding.

To Register for PHASECON:

Scan me!

<u>**Deadline for Submission:**</u>
<u>**31st January 2026,5 pm**</u>

For further queries:

⬤ phase_pgimer   ✉ phase.pgimer@gmail.com   ⬤ 9682516207

*Disclaimer
Entries must be non-political and non-discriminatory. Content related to politics, caste, community, religion, race, or identity-based bias is not permitted. Your entries may be used for PHASECON promotional activities.

MEME COMPETITION

MEME4HEALTH

Got a meme that makes people laugh and think? Use humour to highlight AI, digital health, and real-life public health moments.

ELIGIBILITY

- All entrants must register for PHASECON 2026.
- Individual entry only.
- Only one entry per participant/team.

MEME FORMAT

- Meme may be **image-based or short text-based.**
- File format: **JPEG/JPG**; Maximum file size: **10 MB**
- Language: Any (English subtext for others)
- Meme text must be clear, readable, and relevant to the selected theme.
- Original memes only. No offensive content.

SUBMISSION PROCESS

- Submit meme via **Google Form** - see below for link.
- Meme will be posted on @phase_pgimer (insta) by the organizing team.
- Participants will be added as collaborators.
- Must accept invite for collaboration.

JUDGING CRITERIA

- Creativity & originality
- Relevance to theme
- Clarity and effectiveness of message
- Humour
- Engagement on official posts

Link for Submission (Google Form):
https://forms.gle/Bic4fNLyDRXFVZ9y7

PHASECON 2026
Department of Community Medicine & School of Public Health
PGIMER, Chandigarh

THEMES

Select one theme for your MEME :

- **AI & Health:** Memes on artificial intelligence in healthcare, diagnostics, decision-making, ethics, and misinformation.

- **Digital Health:** Memes on telemedicine, apps, wearables, screen time, digital overload, and tech in everyday health.

- **Public Health IRL (In Real Life):** Relatable, real-life public health situations — OPDs, field work, vaccination drives, community behaviour, lifestyle choices, and everyday health struggles.

PRIZES

- All eligible memes will be showcased at PHASECON.
- Certificates and prizes will be awarded at the Valedictory Ceremony.
- Organizers' decision will be final and binding.

To Register for PHASECON:

Scan me!

Deadline for Submission:
31st January 2026,5 pm

For further queries:

 phase_pgimer   phase.pgimer@gmail.com   9682516207

*Disclaimer
Entries must be non-political and non-discriminatory. Content related to politics, caste, community, religion, race, or identity-based bias is not permitted. Your entries may be used for PHASECON promotional activities.

PHASECON 2026
Department of Community Medicine & School of Public Health
PGIMER, Chandigarh

REEL COMPETITION

THE PUBLIC HEALTH TAKE 2.0

Create short, engaging reels showcasing how AI and digital innovations are shaping the future of public health. Use creative storytelling to simplify complex public health concepts and communicate them in an impactful, relatable way.
FRAME IT. SHAPE IT. SUSTAIN IT.

ELIGIBILITY

- All entrants must register for PHASECON 2026.
- Individual or team of upto 2 members.
- Only one entry per participant/team.

REEL FORMAT

- Duration: 45–90 seconds.
- Format: Vertical (9:16)
- Resolution: 1080 × 1920 pixels
- Language: Any (English subtitles mandatory for non-English reels)
- Original, ethical, and evidence-based content only.
- AI-generated audio or video not allowed.
- Self-declaration of originality required.

SUBMISSION PROCESS

- Submit reel via Google Form - see below for link.
- Reels will be posted on @phasepgimer by the organizing team.
- Participants will be added as collaborators.
- Must accept invite for collaboration.

JUDGING CRITERIA

- Creativity & originality
- Relevance to theme
- Clarity and effectiveness of message
- Technical execution & visual appeal
- Audience engagement (including reel metrics on official PHASE handle)

Link for Submission (Google Form):
https://forms.gle/cm4FKgjRNagsYZds9

PHASECON 2026
Department of Community Medicine & School of Public Health
PGIMER, Chandigarh

THEMES

Select one theme for your reel and add the corresponding hashtag:

- **AI-Enabled Public Health Innovations (#AIHealth2026):** Showcase how AI is transforming public health through prediction, diagnosis, access, equity & ethical use.

- **Digital Health (#digitalhealth):** Highlight digital tools such as telemedicine, apps, wearables, AI diagnostics, and e-records improving care.

- **Air Pollution (#airpollution):** Depict causes, health impacts, and solutions using real-life scenarios and storytelling.

- **Mental Health & Digital De-Addiction (#mentalhealth):** Explore the impact of screen time on well-being and promote balance and resilience.

PRIZES

- All eligible reels will be showcased at PHASECON.
- Certificates and prizes will be awarded at the Valedictory Ceremony.
- Organizers' decision will be final and binding.

To Register for PHASECON:

Scan me!

**Deadline for Submission:
31st January 2026,5 pm**

For further queries:

phase_pgimer

phase.pgimer@gmail.com

9682516207

*Disclaimer
Entries must be non-political and non-discriminatory. Content related to politics, caste, community, religion, race, or identity-based bias is not permitted. Your entries may be used for PHASECON promotional activities.
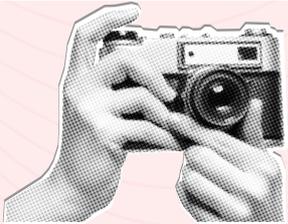
PHOTOGRAPHY COMPETITION

LENS ON HEALTH

Capture public health stories through powerful photographs that reflect people, spaces, and moments shaping health.

ELIGIBILITY

- All entrants must register for PHASECON 2026.
- Individual entry only.
- Up to 2 entries per participant.

PHOTO FORMAT

- JPEG/JPG | Max 100 MB
- Landscape or portrait
- Title & description required
- Color / B&W allowed
- Original Pictures only.
- No AI or manipulation.

SUBMISSION PROCESS

- Submit photo via **Google Form** - see below for link.
- Photos will be posted on @phase_pgimer (insta) by the organizing team.
- Participants will be added as collaborators (acceptance mandatory)

JUDGING CRITERIA

- Creativity & originality
- Relevance to theme
- Clarity and effectiveness of message
- Storytelling
- Engagement on official posts

Link for Submission (Google Form):
https://forms.gle/rihBQfFB7sfUnFA69

PHASECON 2026
Department of Community Medicine & School of Public Health
PGIMER, Chandigarh

THEMES

CHOOSE ONE:

- **Public Health at the Margins:** Health realities of vulnerable and underserved populations.

- **Spaces That Shape Health:** Environments and settings influencing health and well-being.

- **Moments of Care:** Acts of care, prevention, and support in everyday life.

PRIZES

- All eligible photos will be showcased at PHASECON on 13th & 14th Feb'2026,.
- Certificates and prizes will be awarded at the Valedictory Ceremony.
- Organizers' decision will be final and binding.

To Register for PHASECON:

Scan me!

Deadline for Submission: 31st January 2026, 5 pm

For further queries:

phase_pgimer   phase.pgimer@gmail.com   9682516207