

Contest Details & Technical Specifications

Make a Micro-Documentary on Mental Health:

Lights, camera, action! Express your creativity through the art of visual storytelling. Create a compelling micro-documentary with a duration of 1.5 to 3 minutes that delves into the complexities of mental health. Incorporate video footage, animation, and interviews to craft a moving narrative that sparks conversations.

- The documentary can be in colour or black and white
- It can be shot on your smartphone or a digital camera
- The maximum duration is 3 minutes
- Upload your documentary to YouTube and email that link. Do not attach the video file.
- You can create a group of 3- 4 people or can work individually (Optional)

All entries should only be sent to

lovvyouzindagi@caringminds.co.in