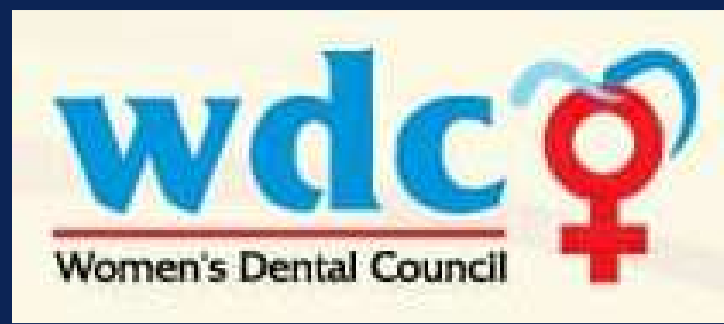


# SPARK

SUBSTANCE ABUSE AWARENESS &  
PREVENTION PROGRAM



IDA KERALA STATE  
WOMEN'S DENTAL COUNCIL



# INSTAGRAM REEL COMPETITION

INDIAN DENTAL ASSOCIATION  
THIRUVALLA BRANCH

1st Prize  
Rs. 5000/-

2nd Prize  
Rs. 3000/-

3rd Prize  
Rs. 1500/-



Scan For More Details:

MORE INFO

📞 Dr. Adarsh Ninan Sam - [8606666155](tel:8606666155)

📞 Dr. Tessa Jose - 9446197688

🌐 [www.idathiruvalla.org](http://www.idathiruvalla.org)

INSTA REEL TOPIC:  
SUBSTANCE ABUSE AWARENESS  
& PREVENTION

LAST DATE FOR SUBMISSION

**NOVEMBER 10, 2023**

Dr. Lanu Abraham  
President

Dr. Thomas Jacob  
Hon. Secretary

Dr. Seema Joseph  
Treasurer

Dr. Sherine Thomas

Dr. Tessa Jose

WDC Representatives

INSTAGRAM REEL  
COMPETITION

INDIAN DENTAL ASSOCIATION  
THIRUVALLA BRANCH

## Rules & Regulations

1. All Dental Surgeons , Dental Students , Dental Dealers, Dental Hygienists, Dental Assistants , DORA, Dental Lab Technicians and all those who are working in Dental related fields are eligible to participate.
2. The insta reel should be of one minute or less duration.
3. It should convey a strong socially relevant message against drug abuse.
4. There should be at least one Actor in the reels sent, it should not be a series of posters against drug abuse.
5. Reels has to be in either English, Malayalam or Hindi
6. Reels should be sent as Whatsapp Document to **8606666155** in HD Quality.
7. Reel should start with IDA Thiruvalla logo and should display the sponsor's logo at some point.
8. Till the Final results are published, the reel should not be shared on any social media platform other than IDA Thiruvalla Branch Instagram Page.
9. Judging will be based on the number of likes and content of the reel. Decision of the judges in this matter will be final

Submit Your Entries on Whatsapp at:

8606666155 

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