VIDEO MAKING COMPETITION · 2026

International Men's Day 2026

THEME

The Unheard Stories of Men

Justice, Family & Survival

FINAL DEADLINE
18 November 2026

DURATION
3–5 minutes

FORMAT
MP4 only

CASH AWARD

WINNER
₹15,000

RESULTS ANNOUNCED
22 November 2026

About the Competition

In observance of International Men's Day 2026, Ekam Nyaay Foundation invites participants to create short films that give voice to the experiences and perspectives surrounding the issues faced by men.

The competition encourages meaningful, research-based and socially relevant storytelling on justice, family, mental health and survival, building awareness and dialogue around challenges that often remain unheard.

CHOOSE ONE TOPIC

01 **False Cases Against Men**
When justice becomes a struggle

02 **Fathers Without a Voice**
The crisis of parental alienation

03 **Men in Crisis**
Mental health, silence & suicide

TIP

Strong entries pair personal storytelling with credible facts, statistics, research, legal developments or real-life perspectives relevant to the chosen topic.

Submission Guidelines

Every entry must meet the requirements below.

01 TECHNICAL SPECIFICATIONS

Duration	File format	Language	Subtitles
3–5 minutes	**MP4 only**	**English or Hindi**	**English encouraged**

02 ORIGINALITY

Videos must be original and self-created.

03 AI-GENERATED VIDEOS

AI-generated videos will be discarded.

04 PERMITTED TECHNIQUES

Self-created digital entries are welcome, including videos that use editing, graphics, animation, voice-over and other post-production techniques.

05 RESEARCH & EVIDENCE

Incorporate credible facts, statistics, research, legal developments or real-life perspectives wherever relevant.

06 RELEVANCE

Content must relate to the selected topic and demonstrate originality, creativity and meaningful engagement.

07 THIRD-PARTY MATERIAL

Participants are responsible for ensuring that any third-party footage, music, photographs or other copyrighted material used in the video is legally permissible.

Evaluation Criteria

01 Relevance to the Theme	02 Originality & Creativity	03 Research & Factual Accuracy
04 Storytelling & Presentation	05 Social / Legal Relevance	06 Audio-Visual Quality

How to Submit

1. EMAIL YOUR MP4 TO
   ekamnyaayfoundation@gmail.com

2. SUGGESTED SUBJECT LINE
   Video Competition – IMD 2026 – [Participant Name] – [Topic No.]

FINAL DEADLINE	WINNER	RESULTS
18 Nov 2026	₹15,000	22 Nov 2026

IMPORTANT NOTE Submissions that do not comply with the prescribed duration, format, originality or content requirements may be disqualified.

Submit your work, inspire change & give voice to the unheard stories of men.