

VIDEO SUBMISSION GUIDELINES

Faculty Open Mic Contest 2025

Open to all health care workers with an interest in oral & Maxillofacial Diseases



Format and Technical Requirements

To ensure smooth processing and optimal viewing experience, please adhere to the following specifications:

- **Duration:** Strictly 5 minutes. Submissions exceeding this limit will not be accepted.
- **Video Format:** MP4 is preferred.
- **Resolution:** Minimum 720p (1280x720). 1080p (1920x1080) is highly recommended for better clarity.
- **Audio:** Ensure clear and audible audio. Use an external microphone if possible to minimize background noise. Test your audio levels before recording.
- **Orientation:** Please record the video in landscape mode
- **File Size:** Keep the file size under 500 MB.
- **Recording Tools:** Use any platform you're comfortable with (E.g., Zoom, PowerPoint).
- **Slides (Optional):** You may include slides ([download 1st slide template](#)), but keep text minimal—aim for clarity and flow
- **Naming Convention:** YourName_OpenMic2025.mp4
- **Self Check:** Please watch the whole video and check for quality before submitting
- **Submission Platform:** Upload your video via the designated submission portal by [15th July 2025].

Content and Structure

Your video should be designed for **public and professional education**, not just specialists.

- Begin with a **brief introduction** (your name, title, and topic)
- Focus on **one key idea or message**
- Use **simple language** that even a general audience can appreciate
- End with a **clear takeaway** or final thought
- Avoid rapid speaking—pace is key!
- **Visual Aids:** Incorporate slides, images, or demonstrations to enhance your presentation. Ensure that any visual aids are clear, relevant, and visually appealing. [Use the slide template provided.](#)

- **Script:** While memorizing is not required, having a script or outline can help you stay on track and maintain a consistent flow.

What to Avoid

To maintain a professional and engaging atmosphere, please avoid the following:

- **Offensive Content:** Refrain from using language or imagery that is discriminatory, disrespectful, or inappropriate.
- **Copyright Infringement:** Ensure that all materials used in your presentation are either your own or properly cited.
- **Technical Glitches:** Thoroughly test your equipment and presentation materials before recording to minimize technical issues.
- **Excessive Jargon:** Use clear and accessible language that is understandable to a broad audience.
- **AI-generated** narration or visual-only submissions
- **Reading Directly from Slides:** Engage with the audience and elaborate on the information presented in your slides.

Suggested Content Directions

Choose a theme that helps spread awareness, stimulates thought, or shares your experience. Your talk may relate to:

1. **Oral and Maxillofacial Diseases**
 - Clinical awareness or diagnostic challenges
 - Common misconceptions or public advice
2. **Professional Growth or Ethics**
 - Lessons from practice, patient interaction, or teaching
 - Reflections on communication, empathy, or mentorship
3. **Healthcare Education or Impact**
 - Ideas that change how we teach, explain, or inspire
 - Stories that highlight systemic challenges or hope

Final Notes

Remember to be creative, authentic, and enthusiastic! This is an opportunity to share your unique voice and perspective with the faculty community. We encourage you to have fun and enjoy the process!

If you have any questions or require further assistance, please don't hesitate to contact us at info@oralpathology360.com. We look forward to receiving your submissions!

