

KERALA UNIVERSITY OF HEALTH SCIENCES

SCHOOL OF PUBLIC HEALTH,

Call for Video Entries!

**Counselling Competition for UG
Students**

**Breastfeeding Champions – BF Champs
2025.**

☀️ *Showcase Your Skills – Win Exciting
Prizes!*

*Let your words make a difference in a
mother's journey.
Join the competition – Counsel. Inspire.
Win!*

As part of the celebration of World Breastfeeding Week, the School of Public Health, Kerala University of Health Sciences (KUHS) is pleased to invite all undergraduate students to participate in a unique and meaningful counselling competition!

Objective

Demonstrate effective communication and counselling skills in guiding a new mother on:

- *The importance of breastfeeding*
- *Proper techniques*
- *Common concerns and challenges*

Why Participate?

- *Showcase your counselling and communication skills*
- *Promote awareness on breastfeeding*
- *Win exciting prizes and certificates*
- *Get featured on KUHS platforms*

Who Can Participate?

*Undergraduate students from
MBBS,
BDS,
BSc Nursing,
BPharm, and
Other health sciences streams under
KUHS.*

Submit Your Entry via WhatsApp

 **Format:** Record a short video (max 5–7 minutes) of yourself counselling a new mother on breastfeeding – addressing importance, techniques, challenges, and tips with empathy and clarity.

How to Submit Your Video Entry:

- 1. Record your counselling session (5–7 mins max).**
- 2. Join the official WhatsApp group:
[Breastfeeding Champions – BF Champs 2025]**

Click to join:

https://chat.whatsapp.com/CMGghEe8yZMG7uKRwlJKmN?mode=ac_t

- 3. Submit your video in the group itself by 14.08.2025.**
- 4. Results Announcement: 20 August 2025**