



# SPIK MemeRx

**NATIONAL ORAL HYGIENE DAY CHALLENGE 2026**

Prescribing Healthy Smiles Through Humor

FUNNY IS GOOD.  
HEALTHY IS BETTER!



GOOD HUMOR.  
BETTER HABITS.  
BEST SMILES!



## RULES

- Open to UGs, PGs and Interns from Dental Institutions across Kerala.
- Individual entry only.
- One participant may submit only 1 meme.
- Memes must be original.
- No offensive, political, religious, or discriminatory content.
- The meme should promote oral health awareness through humor.
- Scientific facts must be accurate.
- English or Malayalam language is permitted.
- Watermarks are not allowed except institutional logo (optional).
- Submitted memes become the property of SPIK for educational use with due credit.

## TECHNICAL SPECIFICATIONS



JPEG / PNG



Portrait or Square



Minimum Resolution: 1080 x 1080 px



Maximum File Size: 10 MB

## SUBMISSION

Participants should submit via [-spikmeme26@gmail.com](mailto:spikmeme26@gmail.com)

- Name
- Institution
- Year of Study
- Contact Number
- Meme Image
- Caption (maximum 30 words)

## TIMELINE



REGISTRATION OPENS

13<sup>th</sup> July 2026



SUBMISSION DEADLINE

28<sup>th</sup> July 2026



RESULTS ANNOUNCEMENT ON NATIONAL ORAL HYGIENE DAY

1<sup>st</sup> August 2026

BRUSH TODAY,  
SMILE TOMORROW!



## BONUS CATEGORY

### PEOPLE'S CHOICE AWARD



After the judges shortlist the top 20 entries:

- Upload them anonymously on the SPIK Instagram page.
- The meme with the highest combined engagement (likes + shares) wins the People's Choice Award, while the jury selects the main winners independently.



LET YOUR HUMOR  
MAKE A DIFFERENCE.  
HEALTHY SMILES  
START WITH A LAUGH!

