"BEYOND PRESCRIPTION: REDEFINING HEALTHCARE FROM ILLNESS TO WELLNESS"

Inter School MED-ZAP Competition

1. Objective of this Competition

• To build team work, test creative minds, and to come up with a strategy to raise awareness in the community about healthy living

2. What are the rules?

• All entrants from the respective representing schools

3. Key Rules

• The Med-Zap Competition is open to all schools in the Kingdom of Bahrain.

• Entry will be free for all participants.

• Entries should contain the names of the participants, grade and the name of the school. There should also be the details of one contact person who can be reached by the organizers.

• Entries may please be mailed to medathlon@amh.org.bh

• The last date for receipt of entries is **Thursday 26 November 2026.**

• The organizing committee reserves the right to accept or reject any application and is not obliged to give any explanations.

• Each school can enter a maximum of one team

• A team can have a maximum of 5 and minimum of 3 participants, the participant could be students, teachers and non teaching staff, we would encourage the team composition to be participants from all the three categories.

ANY FURTHER DETAILS PLEASE DO NOT HESITATE TO CONTACT US
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- The team should be making a promotion for the concept. It has to be performed on stage.
- Properties like charts and sketches must be brought on their own
- Vulgarism and malpractices are not allowed
- Mime is not allowed
- 3minutes promotional campaign followed by 3minutes Q & A will be there.
- Preliminaries would be held on **1 and 2 December 2026**.
- The finale will be held on **4 December 2026** (timings will be intimated in advance)
- The communication language will be English.
- The decision of the judges will be final and binding. No further discussions will be entertained.
- All participants will receive certificate of participation.
- The winners will receive certificate of merit and trophies.

4. General Directives

- Contestants shall strictly adhere to the relevant rules and regulations laid down by the Organizing Committee.
- The organizing committee reserves the right to cancel the event or alter the programme schedule without assigning any reasons.
- The organizing committee also reserves the right to amend this document if deemed necessary. All such amendments will be communicated to the participant well in advance.
- Strict disciplinary action will be taken against any contestant or parent who violates the rules, regulations and indulges in any form for communication/queries/arguments with regard to results/quiz masters/scoring etc.
- Winner's name, age and school name will be announced on social media and on our website.
- Entry into the competition will be deemed as acceptance of these terms and conditions.

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5. Topics for MedZap

1. **Your Lifestyle is your best Medication**
2. **Dr Social Media**
3. **Fake Lifestyles, Rented Luxury**
4. **The New Wellness Anxiety**
5. **Be Kind to your Mind**
6. **The Vape Truth: What's inside your Lungs**

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