

SANDIGAN, SANDALAN: THE SEARCH FOR UP STUDENT MENTAL HEALTH ADVOCACY PROJECTS

CALL FOR ENTRIES!

Mental Health Promotion supports Mental Health by enjoining groups and building their ability to create healthy and caring environments. It helps individuals cope better by creating safe and caring spaces and responsive systems.

In this Pandemic, student-led initiatives on Mental Health Promotion help create a healthy and nurturing University through practices that can be applied in different learning environments. To feature these initiatives, the UP invites student organizations and student groups to the **SANDIGAN, SANDALAN: THE SEARCH FOR UP STUDENT MENTAL HEALTH ADVOCACY PROJECTS**

This University-wide event is a search for innovative Mental Health Promotion activities led by student organizations and groups. Selected entries will receive a Cash Grant and will be featured online in support of the National Mental Health Week in October 2021.

WHO CAN JOIN?

Student organizations and groups (e.g., batch, class) accredited by the UP Student Affairs Offices from the different campuses may join the Search. The Search shall accept one (1) entry per organization or group only.

WHAT TO SUBMIT?

- A short video (less than eight minutes) featuring your organization or group's Mental Health Promotion initiative
- An accomplished official entry form with a description of the initiative featured in the video. The report should not exceed 1,000 words.
- One (1) page profile about the student organization or group
- An accomplished certificate of originality

The deadline for submission of entries is on 1 September 2021.

For inquiries, contact your Office of Student Affairs or email us at wellness.osfa@up.edu.ph





PROGRAM MECHANICS FOR UP STUDENT MENTAL HEALTH ADVOCACY PROJECTS IN 2021

What to submit?

Interested student organizations and groups must submit the following:

- A short video featuring their organization or group's Mental Health Promotion initiative
- Accomplished official entry form, with a description of the initiative featured in the video. The report should not exceed 1,000 words.
- One (1) page profile/backgrounder about the student organization/group
- Accomplished certificate of originality

Video entries will be accepted regardless of the entrant's background or competence in videography. The Search shall accept one (1) video entry per organization or group.

Before submitting entries, participants must secure the expressed consent of their organization or group to participate and represent their organization.

Each entry must conform to the following specifications:

- The submission must be an original work of not more than eight (8) minutes, including the credits.
- Videos may be rendered in either black and white or color versions.
- Videos may be captured using a cellphone or digital cameras. Professional post-production treatment of the video is not required.
- No video shall use cartoons or drawings for more than 20% of the total video time.
- The digital copy (black and white version, or full-color version) must be in high-resolution mp4 format and labeled incorporating the organization's full name in the filename following the example: TEAMISKOLAR_UPManila.mp4

Electronic copies of submissions must be sent to the email assigned by the CU Office of Student Affairs (OSA) or the CU Office of the Vice-Chancellor for Student Affairs (OVCSA).

The deadline for submission is on 1 September 2021.

Who can join?

UP Student organizations and Student Groups may join the Search.

- Student Organizations must be accredited as of 2nd semester AY 2020-2021.
- Student Groups (e.g., batch, class) must be first recognized by the Office of Student Affairs of your campus Student Affairs units before joining the event.

Entry Content

The video should convey **messages** that portray or describe the *Mental Health Promotion* initiative of the student organization or group. Mental Health Promotion includes programs, projects, and other initiatives that promote the value of Mental Health and improve the coping capacities of individuals¹. Mental Health Promotion initiatives may be organized by groups and may include community-based efforts led by the participants

For this Search, the featured Mental Health Promotion initiative should be a program being implemented by the participant in AY 2020-2021². Initiatives started in AY 2018-2019 may be included³, *provided* the organization or group has sustained them until the AY 2020-2021.

The content must be consistent with fostering a healthy and nurturing learning environment. The message should:

- Feature commitment to promoting Mental Health and Well-being in the Philippine context
- Promote inclusiveness in promoting Mental Health
- Uphold UP's principles of Honor, Excellence, and Service
- Communicate messages of Hope and Bayanihan in their activities
- Feature the organization of activities and projects that can be sustained and can be replicated by other student groups and organizations
- Not be racially, sexually, morally, or culturally offensive.

The above criteria will be used to determine the entries to be nominated at the System-level.

All submitted entries must be **original** and must not be derived from any pre-existing videos. All entries should not have been submitted to any other competitions or search and should not infringe any existing intellectual property right.

Participants must rigidly observe laws on intellectual property rights. If a complaint arises due to similarities or likeness of submitted entries with other designs,

the participant shall be held accountable and responsible for proving the originality and authenticity of his work.

Entrants must submit one-page information about their organization (i.e., accreditation number in their CU, nature of the organization, mission of the organization). Participants must also submit a description of the initiative featured in the video. The report should not exceed 1,000 words.

¹ WHO (2002) Prevention and Promotion in Mental Health. Geneva: World Health Organization https://www.who.int/mental_health/media/en/545.pdf

² Started anytime between 1st semester/term and Midyear AY 2020-2021

³ Projects conceptualized between AY 2018-2019 and AY 2020-2021 may be considered to feature those supported by or connected with the Mental Health Act of 2018 and the 2018 UP Summit on a Healthy and Nurturing University.

CONDITIONS FOR JOINING THE SEARCH

- **Submission of entries** constitutes permission to use the organization's name and information provided on the entry form for learning and publicity purposes without any remuneration.
- Entries with incomplete requirements or documents or otherwise found to be not in accordance with these official guidelines will be declared invalid. The University reserves the right to disqualify from participation any entrant who, in its sole opinion, misrepresents or otherwise acts not in accordance with these official guidelines and rules.
- All submitted entries may be included in a compendium or a learning resource to be consolidated by the University. The University reserves the right not to use any submission or any part thereof in the compendium produced by the University.
- All property rights relating to all entries shall become the sole and exclusive property of the University. The University may modify, alter, or adapt its use for purposes it deems in support of Mental Health Promotion in the University, with due acknowledgment to the producers of the videos.
- Participants agree that any misrepresentation or violation of these official guidelines and regulations will be grounds for withdrawing any benefit granted based on the entry.
- Participants agree to inform the University immediately in writing any changes to circumstances affecting the entry or affecting any warranty or representation made by them.

Screening and Nomination

Participants shall submit their entries to the Office of Student Affairs (OSA) or the CU Office of the Vice-Chancellor for Student Affairs (OVCSA) of their campus.

The OSA or OVCSA shall constitute a Screening Committee to evaluate entries to be nominated to the UP System. The CU shall nominate up to three (3) entries.

A UP System constituted Panel shall choose the top ten (10) videos.

CRITERIA FOR JUDGING

The following criteria will be applied to determine the top ten (10) entries:

- **RELEVANCE (25%).** The initiative is aligned with Mental Health Promotion that can foster a healthy and nurturing learning environment.
- **REPLICABILITY (25%).** The initiative can be sustained by the organization and can serve as a model Mental Health Promotion initiative for other student groups and organizations.
- **ORIGINALITY (25%).** The entire work (video, content, concept) exhibits original design, creativity, and innovation.
- **AESTHETIC QUALITY (25%).** The video entry catches attention, displays visual balance and color coordination, and shows appeal. All the elements of the video must work together to create a unified and inspiring message.

The selected videos shall be chosen with finality by the Panel. The Panel may make special citations.

Cash Incentive

Each selected entry shall be awarded a P10,000 cash incentive. The amount is intended to support the group to sustain their advocacy effort on Mental Health Promotion.

