



VIDEO COMPETITION GUIDELINES

33rd ANNUAL CONGRESS OF THE COLLEGE OF OPHTHALMOLOGISTS OF SRI LANKA
20th – 21st SEPTEMBER 2025

You are invited to participate in the **Surgery Video Competition** organized by the **College of Ophthalmologists of Sri Lanka**, to be held during the **33rd Annual Congress** on the **20th and 21st of September 2025**.

1. Submission Guidelines

- **Number of Submissions:** Each participant may submit a maximum of **two videos**.
- **Duration:** Each video should be no longer than **4 minutes**, submitted as a single high-resolution audio-visual file.
- **Format:** Videos must be in **MP4 format**, Full HD (1920 x 1080 pixels).
- **Discussion Time:** Each submission will be allocated additional time for discussion following the video presentation.

Judging Criteria

Videos will be evaluated based on the following:




- Clarity and quality of the video
- Clarity of audio narration or commentary
- Originality of content
- Relevance and significance of the surgical theme
- Creativity and presentation

2. Submission Process and Deadlines


- **Deadline:** All video submissions must be sent by **15th August 2025**.
- **Submission Details:** Email your video(s) along with a **brief description**, including the **title** and **key highlights**, to: info@cosl.lk

3. Awards

Winners will be awarded **certificates** and **substantial cash prizes**:

-  **Best Surgical Video** – Rs. 100,000/=
-  **1st Runner-Up** – Rs. 75,000/=
-  **2nd Runner-Up** – Rs. 50,000/=

Contact Information

For further information or assistance, please contact: **Ms. Samanmalie Wewalwala** or **Ms. Kithuni Elshika**  011-2693924 / 011-4710338 / 077-3141335 / 076-6192487