



Weill Cornell Medicine-Qatar
Global Institute for Population Health

Say 'YES' to life. Say 'NO' to Smoking and Addictive Substances.



Competition dates: September 1 - 30, 2026

#CommitToQuit tobacco products & harmful
addictive substances.

Become an advocate against smoking and high-risk substance use. There is a global increase in the use of tobacco and other harmful, addictive substances. Help us raise awareness by submitting your creative entry to the competition and win gift vouchers!

**Submit a photo, infographic, meme or poster with a tagline
about any of the following:**

Tobacco | Medwakh | Vaping/E-cigarettes

Shisha/waterpipe smoking | Addictive substances (drugs)

Top entries will receive gift vouchers | Open to Qatar residents only

**Scan QR code to
submit your entry**



Winners will be announced on October 22, 2026

Contact: giph@qatar-med.cornell.edu |    

Lifestyle Medicine Week 2026



SAY 'YES' TO LIFE

SCORING CRITERIA

Relevance

Is it relevant to the theme & does it adhere to guidelines?

Composition

*Are the items of interest placed well?
Are there distracting elements?*

Impact

Does it evoke a response from the viewer and tell a story?

Creativity

*Is it new, original & exciting?
Is the tagline/message interesting?*

Overall impression

THEMES

- Tobacco
- Medwakh
- Vaping/E-cigarettes
- Shisha/waterpipe smoking
- Addictive substances (drugs)

CATEGORY

- Meme
- Infographic
- Photograph
- Poster

TAGLINE

Maximum 10 words

Competition Guidelines

1. The submission must be your own (original) work. You may submit more than one entry.
2. All information in your submission must be factually correct. Please include relevant references.
3. The tagline for your submission should not exceed 10 words.
4. Your tagline should be featured in your submission.
5. Acceptable formats for submission: PDF/jpg/jpeg.
6. Only Qatar residents are eligible to participate.
7. If generative AI tools (e.g., for image, or design creation) are used in the development of the submission, this must be clearly disclosed as part of the entry.

Technical Quality

1. Photographs or images used must be royalty-free or taken by you.
2. Photographs or images must be of high resolution and free of pixelations.
3. Submitted entries may be used by WCM-Q, in whole or in part, for social media, educational, advertising, or other promotional content.

