

Nurses Day Celebration 2026

Faculty of Nursing

University of Colombo

Instructions for Speech Competition Participants

Dear Participants,

Thank you for joining the Speech Competition as part of our International Nurses Day Celebration, 2026. Please carefully follow the instructions below to ensure a smooth and successful event:

1. Reporting Time

- All participants must report to the event coordinator **15 minutes before** the competition begins.

2. Speech Theme

- The speech should be centered around Nursing: **“Our Nurses, Our Future, Empowered Nurses Save Lives.”**
- Ensure your speech is original and aligned with the given theme.

3. Language:

- You may speak in **English**.
- Clarity, pronunciation, and fluency will be judged.

4. Time Limit

- Each speaker is allowed **5 minutes** to deliver their speech.
- A warning bell will ring at **4 minutes**. The final bell will ring at **5 minutes**.
- Exceeding the time limit may result in point deductions.

3. Speech Delivery

- Use of notes or cue cards is allowed, but reading the entire speech is discouraged.
- Focus on voice clarity, body language, eye contact, and engagement with the audience.
- Avoid inappropriate content or language.

4. Judging Criteria

- Participants will be judged based on:
 - Content relevance and structure
 - Clarity and fluency
 - Confidence and stage presence
 - Persuasiveness and impact
 - Time management

5. Other Rules

- No use of multimedia or props unless previously approved.
- Disruptive behavior will result in disqualification.
- Respect fellow participants and judges at all times.
- The judges' decision will be final and binding.

6. Awards and Recognition

- The best speakers will be announced at the end of the event.
- Certificates will be provided to all participants for their participation.

We look forward to hearing your inspiring words and celebrating the spirit of nursing through your voices. Best of luck to all participants!

Organizing Committee
Nurses Day Program,
Faculty of Nursing,
University of Colombo.