



# Youth Health Mela

September, 2021

Email id: [youthhealthmela2021@gmail.com](mailto:youthhealthmela2021@gmail.com)

## Youth Health Mela-2021

Non-communicable diseases (NCDs) like cardiovascular disease, cancer, diabetes, chronic respiratory diseases and so on are the leading global cause of death and are responsible for 70% of deaths worldwide. These non-communicable diseases at 2008 have killed about 52 lakh people accounting 10 per minute. These NCDs share key modifiable behavioral risk factors like tobacco use, unhealthy diet, lack of physical activity, and the harmful use of alcohol, which in turn leads to overweight and obesity, raised blood pressure, raised cholesterol, and ultimately non-communicable disease.

At present, due to the unhealthy lifestyle, the youngsters are prone to many non-communicable diseases which poses a major threat to their livelihood. If no further action against this is taken, it may cause a major loss of about 6 crore people in the next 10 years. They continue to be an important public health challenge in all countries, including low- and middle-income countries, where more than three quarters of NCD deaths occur.

Taking this into consideration, Cancer Institute (WIA) Adyar, has been taking various initiatives towards spreading awareness about NCD among the youth by organizing various awareness programs targeting numerous population. **Youth Health Mela** is such an initiative focused towards creating awareness and motivating the public towards healthy lifestyle. It works at different levels such as setting up of stalls, workshops, symposiums, programs and competition targeted towards the youth, thereby achieving the motto. But due to COVID-19 pandemic, the Cancer Institute (WIA) has planned to host the 'YHM 2021' through online platform. All the entries should be scanned or captured and emailed to [youthhealthmela2021@gmail.com](mailto:youthhealthmela2021@gmail.com). All the entries should contain the title, name of the participant, class, school / institution, address, contact number and participant email id. The result will be announced through email to the respective participant and their institution. To prevent NCDs among children & youth and to make this event successful, we request your support in terms of participation of students from your esteemed institution, in the competitions.

### Key Focus Area

1. Substance abuse (Tobacco and Alcohol)
2. Diet and Nutrition
3. Physical Inactivity and Exercise
4. Hygiene: Personal and Environmenta

**Event Secretariat: Cancer Institute (WIA), Department of Psycho-Oncology No.38, Sardar Patel Road, Adyar, Chennai – 36**

[youthhealthmela2021@gmail.com](mailto:youthhealthmela2021@gmail.com) Contact-9789039208, 8148760887, 6383650541

## Guidelines for online competitions

(All entries should reach us on or before 30<sup>th</sup> September 2021)

### **General instructions:**

- Students between the age group of 12 years to 23 years can participate in this event.
- The participant must select one topic of interest from the options provided under each event.
- There is no restriction on the number of registrations allowed from each institution.
- All individuals can participate in any number of events and only one entry per participant is allowed for each event.
- The entries can be in English or in Tamil.
- All entries must be an original idea of the participant and should not be taken/copied from any source. Plagiarism will not be encouraged.
- All the entries and creation must be written or drafted in either an A4 sheet or chart & scanned copies should be sent to e-mail ID- **youthhealthmela2021@gmail.com** or through courier (Department of Psycho-Oncology & RCTC, Cancer Institute (WIA), No:38, Sardar Patel Road, Adyar, Chennai-36 Contact – 9789039208, 8148760887, 6383650541) on or before **30th September 2021**.
- Each entry should have the title, participant name, class, school/institution, address, contact number, and email id.

### Events

#### **1. Pen it Down (Essay Writing)**

##### **Topics:**

- No junk; Know health
- Stopping Pollution is the Best Solution
- Physical health gone wrong in work from home

##### **Specific instructions:**

- This is an individual event.
- The participant must select one topic of interest from above three topics.
- Word limit should not exceed 1500 words.

#### **2. Poetry writing**

##### **Topics:**

- Passive Smoking
- Fast food – Lost health
- When dustbin speaks

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**Specific instructions:**

- This is an individual event.
- The participant must select one topic of interest from above three topics.
- The poem can be between 10 to 15 lines on any one of the given topic, and the content of the poem should not be offensive.

**3. Slogan Writing****Topics:**

- Millets – The secret of health
- The voice of the lungs
- Say ‘No’ to sedentary lifestyle

**Specific instructions:**

- This is an individual event.
- The participant must select one topic of interest from above three topics.
- Each slogan can be between 2 to 4 lines

**4. Click (Photography)****Topics**

- Alcohol- Temporary fun, Permanent consequences
- Plastic is not fantastic
- Fitness in lifestyle – The traditional way

**Specific instructions:**

- This is an individual event.
- The participant must select one topic of interest from above three topics.
- Only one photography will be accepted per participant.
- Photos should not be offensive and should be the original, individual work of the participant.
- Entries should not have been previously published.

**5. Shades (Pencil shading)**

**Description:** Participants will express their views on the given topic artistically only using pencil shades.

**Topics:**

- Litter makes the world bitter
- Tobacco -free educational Institutions
- Stay fit - Stay away from diseases

**Specific instructions:**

- This is an individual event.
- The participant must select one topic of interest from above three topics.
- Use only white chart paper and black pencil shades for the event.

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## 6. Poster Designing

### Topics:

- Healthy food for a wealthy life
- Oral hygiene
- Warning designs for packing cigarettes

### Specific instructions

- This is an individual event
- The participant must select one topic of interest from above three topics.
- Participants can make use of any computer software for designing.
- The designing poster size should be in A4 and the participant should share their design in pdf format through given e-mail id.

## 7. Piece it together (Collage)

### Topics:

- Alcohol: The family breaker
- Reusing oil: A step closer to diseases
- Recycling at home

### Specific instructions

- This is an individual event
- Participants must use only white chart paper.
- The participant must select one topic of interest from above three topics.
- Participants can express their creativity on the given topic, artistically using materials such as newspaper or magazine clippings, bits of colored or hand-made papers, portions of other artwork or texts, photographs and other found objects, glued to a piece of chart.

## 8. Memes creation

### Topics:

- Tobacco free city \ village
- Health is wealth
- Being active in work from home

## **Specific instructions**

- This is an individual event
- The participant must select one topic of interest from above three topics.
- Only one memes will be accepted per participant.
- Memes should not be offensive towards any particular individual/celebrity/politician or criticize anyone.
- Participants should use their creativity to create their memes.

## **9. Short Film**

### **Topic:**

- 2030: An alcohol-free society
- Investing in Nutrition: Harvesting health
- Stay away from COVID 19

### **Specific instructions**

- Only students of 11<sup>th</sup> & 12<sup>th</sup> standards and college students can participate in this event.
- This is a group event and any number of teams can participate from each institution.
- Each team should comprise of 5 to 8 members.
- The participant must select one topic of interest from above three topics.
- Registration is restricted to 15 teams in total, on a first-cum-first-serve basis.
- The shorter, the better. The short film must not exceed 3 mins.
- Short film should not contain any irrelevant graphic content.
- All the entries must contain a title card/slide at the beginning of the movie which contains the name of the institution, participants, title of the short film.
- Participants should share short film through their google drive link to the given mail id ([youthhealthmela2021@gmail.com](mailto:youthhealthmela2021@gmail.com)).

**Overall trophy will be provided to the institution with more winners!!**

Prizes will be distributed to the winners.  
Participation certificates will be provided for all the students taking part in the events.

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