### Guidelines for competitions

### Pre Event Competitions

### (All entries should reach us on or before 25th January 2024)

**Pen it Down (Essay Writing)**

**Topics:**

* **Popular Health Drinks – Do they make children healthy?**
* **It is my responsibility to keep my surroundings hygienic.**

**தலைப்புகள்:-**

* பிரபல ஊட்டச்சத்து பானங்கள் –குழந்தைகள் உடல் நலனை மேம்படுத்துகின்றனவா?
* என் சுற்றுப்புறத்தை சுகாதாரமாக வைத்துக்கொள்வது எனது பொறுப்பு.

**Rules and Regulations:**

* Individual event; one entry per participant.
* Essays should be in English/Tamil.
* Word limit: 1500.
* Focus on one of the given topics.
* Entry details: title, participant's name, class, school/institution, address, contact number, and email id.
* Results announced and displayed on February 2024 at the venue.

**Words Worth (Poetry writing)**

**Topics:**

1. **Alcohol: A Social Disease (or)**
2. **The Endangered Traditional games**

**தலைப்புகள்:**

1. மது – ஒரு சமூக நோய் (அ)
2. அழிந்து வரும் பாரம்பரிய விளையாட்டுக்கள்

**Rules and Regulations:**

* Individual event; one entry per participant.
* Poems should be in Tamil/English.
* One poem per student (no more than 15 lines) on one of the given titles.
* Original work; no plagiarism.
* Entry details: title, participant's name, class, school/institution, address, contact number, and email id.
* Results announced and displayed at the venue.

**Slogan Writing**

**Topics: Diet & Nutrition, Tobacco and Alcohol**

*Description:* Participants express views on the given topic through slogans.

**Rules and Regulations:**

* Individual event; one entry per participant.
* Slogans in Tamil/English.
* Maximum 4 lines.
* Focus on one of the given topics.
* Original work; no plagiarism.
* Entry details: title, participant's name, class, school/institution, address, contact number, and email id.
* Results announced and displayed at the venue.

**Click (Photography)**

* ‘Drunk & Driving – human bomb on the road’ ;குடித்துவிட்டு ஓட்டுபவர்- ஒரு மனிதவெடிகுண்டு’ ‘(OR) “Curse of the ‘Use and throw’ culture” ‘பொருட்களை பயன்படுத்தி தூக்கி எறிதல் கலாச்சாரம்’

**Rules and Regulations:**

* Individual event.
* Participants can submit more than one entry.
* Original work; no plagiarism.
* Photos focus on one of the given topics.
* Entry details: title, participant's name, class, school/institution, address, contact number, and email id.
* Results announced and displayed at the Venue.

### Off-stage competitions

**Last date for Registration: 5 Feburary 2024** (No spot registrations)

**Shades (Pencil shading)**

**Date: From 15th to17th February, 2024 at Anna Centenary Library, Chennai**

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

### Topic:

### Substance abuse (Tobacco and Alcohol)

### Diet and nutrition

### Physical Inactivity and Exercise

### Hygiene: Personal and environmental

**Rules and Regulations:**

* Individual event.
* Topic given on the spot.
* White chart paper and pencil provided
* Time allotted: 1 hour

**Piece it together (Collage)**

**Date: From 15th to17th February, 2024 at Anna Centenary Library, Chennai**

### Topic:

### Substance abuse (Tobacco and Alcohol)

### Diet and nutrition

### Physical Inactivity and Exercise

### Hygiene: Personal and environmental

**Description:** Participants will be given any one of the topic (on spot) to express their views 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 paper or canvas.

**Rules and Regulations:**

* **Only 3 members per team**
* **Only one team per school**
* **Only white chart paper will be provided. All other required materials should be brought by the participant.**
* **Time allotted will be 1 hour.**

### Competitions on Feb 2024

### Off Stage Events-Competitions

### (All entries should reach us on or before 5 Feburary 2024)

### (No spot registrations)

**Cook it up (Cookery)**

**Date: From 15th to17th February 2024 at Anna Centenary Library, Chennai**

**Description:** Participants will only display their dishes based on the different categories.

**Categories:** Healthy Breakfast/Packed Lunch/Light Dinner/Healthy Snack/Dessert

**Rules and Regulations:**

* **This is an individual event**
* **Only precooked food can be displayed.**
* **Participants should present millet-based food (Ragi, Kambu, Sorgam, Saamai, Thinai, or any organic food, etc)**
* **Food cannot be cooked or prepared at the venue**
* **Participants must bring their materials to display the food.**
* **Participants are encouraged to display nutritional and caloric information.**

**Color Canvas (Poster Painting)**

**Date: From 15th to17th February 2024 at Anna Centenary Library, Chennai**

**Topic** – “Tobacco and Alcohol” – “a threat to development”- individual, family, and National.

தலைப்பு:- “புகையிலை மற்றும் மது” – “வளர்ச்சிக்கு ஓர் அச்சுறுத்தல்” தனிமனிதன், குடும்பம் மற்றும் நாடு.

### Description: This competition encourages participants to think of health and lifestyle-related issues and to express their views artistically. Participants should use their imagination and have lots of fun.

**Rules and Regulations:**

* This is an individual event
* Students should paint only on the themes provided.
* Only plain white charts will be provided. All required painting materials should be brought by the participant.
* Time allotted will be 1 hour

There is no restriction on the number of participants

### On-stage Events- Competitions

**Last date for Registration: 5 February 2024** (No spot registrations)

### Curtain Call (Street Play)

Date: **From 15th to17th February 2024 at Anna Centenary Library, Chennai**

### Registration: Restricted to 15 teams on a first cum first serve basis.

**Topic:** Cycling and Walking – The need of the hour

தலைப்பு: **மிதிவண்டி பயன்படுத்துதல் மற்றும் நடைப்பயிற்ச்சி – இன்றைய அவசியத்தேவைகள்**

**Description:** Participants will express their views on the given topic with a brief theatrical presentation.

### Rules and Regulations

* **Maximum of 8 members per team**
* **Time allotted will be 5 minutes.**
* **Use of props is generally discouraged.**

**Music without lyrics may be used and is the responsibility of the participating team.**

**Move to Music**

**Date: From 15th to17th February 2024 at Anna Centenary Library, Chennai**

**Registration:** Limited to 15 teams on a first cum first serve basis

**Theme: ‘Health is wealth’**

**தலைப்பு: நோயற்ற வாழ்வே குறைவற்ற செல்வம்**

**Description:** Participants will display the theme through movements (aerobatic, gymnastic, natural) not necessarily representing any dance form but use movement as an expression of human thoughts and emotions.

**Rules and Regulations:**

* **Maximum of 8 members allowed per team**
* **Only one team per institution**
* **Use of props is generally discouraged.**
* **Only instrumental music (without any lyrics) should be used**
* **No restrictions on the nature of music**
* **Performance time is 7 minutes.**
* **Participants will be judged for innovativeness, creativity and use of movements not pertaining to any specific dance style.**

**Act it out (Mime)**

**Date: From 15th to17th February 2024 at Anna Centenary Library, Chennai**

**Registration:** restricted to 15 teams on a first cum first-serve basis.

**Topic:** Environmental hygiene

**Description:** Participants will express their views on the given topic with a brief theatrical presentation using only gestures, emotions, and movement, without any use of words.

### Rules and Regulations

* **Maximum of 6 members per team**
* **Time allotted will be 5 minutes.**
* **Use of props is generally discouraged.**
* **Music without lyrics may be used and is the responsibility of the participating team.**

**Stand Up Comedy**

**Topic: Tobacco and Cancer**

* It is an individual competition.
* Limited entries based on a first come first serve basis.
* Time limit is 4-5 Minutes.
* Participants will be judged based on content, fluency, spontaneity, presentation & sense of humor.
* No participant can point out any individual or religion in any way, and any dual-meaning obscene content is strictly not allowed.
* Negative marking for exceeding the time limit.
* The decision of the judges will be final and binding.

**Ad zap**

**Topic: Healthy Life-style**

* ADZAP is not an individual event; the team should consist of 4 members.
* Topics are given on the spot and 20 minutes is given for preparation.
* Every team has to present a 5-minute pitch on the stage.
* In case participants exceed the time limit, judges will be free to disqualify the team.
* Teams can choose different forms of expression like Role play, short skits, jingles, short talk, or any
* other innovative form. (English and Tamil)
* Teams are allowed to bring the properties they need

**Fashion Show**

**Topic: Food Fashion Fusion**

The theme for the event will be: Be Bold for Change.

* It is a team event. A team can have 6 members.
* Time limit for every team would be 7 minutes (Including setup and the performance both).
* Should carry their tracks in pen drive and should be submitted in advance.
* Vulgarity is strongly prohibited. Any form of obscenity will lead to debarring the team from the contest.
* No tube tops, no single strip tops, dress should be knee length, no cleavage showing, and no backless (unless traditional).
* Teams will be judged on costumes, theme, walking stance, attitude and tag line.
* Each group should have one tag line representing their group and the theme (Be Bold For Change).
* Decision of the judges will be final and binding.
* All costumes are permitted, which maintain decency including original costumes & fashion designs.
* 12. Purchased, professionally made, or rented costumes are permitted.

**Impromptu (Extempore)**

Date: **From 15th to17th February, 2024 at Anna Centenary Library, Chennai**

### Registration: Restricted to 30 on a first cum first serve basis.

### Topic:

### Substance abuse (Tobacco and Alcohol)

### Diet and nutrition

### Physical Inactivity and Exercise

### Hygiene: Personal and environmental

**Description:** Participants will give a short speech on the given topics

### Rules and Regulations

* **This is an individual event**
* **Topic will be given on the spot from the given areas**
* **Time allotted will be 4 minutes.**
* **Languages allowed – English & Tamil only**

**Judge’s decision in all matters is final.**

**Prizes:** 1st, 2nd and 3rd prize for all competitions. Participation certificates will be provided for all the students taking part in the events.