

Patience is the state of endurance under difficult circumstances without acting on negative annoyance or exhibiting forbearance when under strain, especially when faced with longer-term difficulties. "A handful of patience is worth more than a bushel of brains." Experience often shows that a patient person will make better decisions and see more favourable outcomes in life than a very intelligent person who doesn't have the patience to wait for the right time and opportunity. In a world filled with discourteous, selfish, thoughtless people, personality conflicts with others and the constant demands of children and family, we often need patience just to keep it together! As women have always tried to keep their families in conjunction and patriots have tried to unify the whole country ...so they are the living legends of patience ...but patience comes with perseverance that is persistence in doing something despite difficulty or delay in achieving success. No matter how difficult it may look, but patriots and women have always stood for the well being of the country, society and families with patience and persistence. Patience and perseverance is not a long race, but it is many short races one after another. "Women and patriots have suffered for aeons, and that has given them infinite patience and infinite perseverance to win these small and big battles of life.

Dedicating to the spirit of womanhood and to the patriotism of shaheeds like Bhagat Singh, Whose never ending patience and perseverance has brought our country in the forefront of international map, here we host inter college competitions on the theme "**Patience and Perseverance**". Hopefully Patience and perseverance will put their magical effect on you. Your difficulties will disappear and **obstacles will vanish**.

Dear sir/Madam

Kindly encourage and support our efforts by sending your team for participation and oblige. We look forward to your positive response

Hoping for your sincere cooperation in our endeavour

Thanking you  
Yours sincerely

Dr. (Mrs.) Satpal Kaur Grewal  
Principal

**1. On the spot preparation**

- Slogan writing } Patriotism
- Collage making }
  
- Poster Making } Women
- Card Making } Empowerment

**Note :**

- Each college can send only one participant in each category.
- Time allowed for all items is 2<sup>1/2</sup> hrs.
- Size of the ivory sheet for slogan writing should be ½ chart
- ½ size ivory sheet should be used for collage making.
- Size of the card is A2
- All the participants are requested to bring their own material.
- Pre-made decorations or items shall be disqualified.

**2. Rangoli (2 participants/ 2hrs)**

- Team has to bring its own material
- Theme will be given on the spot

**3. Mehandi (2 Participants/2hrs)**

- Team has to bring its own material
- Judgement will be based on creativity, style and theme depiction
- Theme will be given on the spot

**4. Face painting**

- Participants should bring their own colour, brushes etc.
- Glitters are allowed
- The creativity should be theme based
- Theme will be given on the spot

**5. Power Point Presentation**

Themes (choose any one) :-

**1. My patriotic heart beat orange, white & green**

**2. To call woman the weaker sex is a libel**

- A college can send only one participant.
- Time allotted is 5-7 minutes
- Full length presentation in the form of two hard copies and one soft copy should be deposited in the host college before presentation.
- The participant may use any of these languages English, Hindi, Punjabi.

**6. Debate**

**Theme:**

- A college can send 2 participants. One will speak for and one against the motion.
- Time allotted is 3 to 4 minutes.
- Theme will be given 24 hours before the debate
- Warning bell will be struck after three minutes and the final bell will be after four minutes.
- The participant may use any of these languages English, Hindi, Punjabi.
- Paper reading is not allowed.
- Weightage will be given to the content, articulation ,pronunciation, adaptation and style of presentation

**7. Elocution**

- A college can send one participant.
- Time allotted is 3 to 4 minutes.
- The participant may use any of these languages English, Hindi, Punjabi.

- Theme will be given 24 hours before the programme

### 7. Poetry writing & Recitation

- Each college can send 2 participants
- Time allotted for composition is 1 hrs
- Time allotted for recitation 3 to 4 minutes.
- The participant may use any of these languages English, Hindi, Punjabi
- Theme will be given on the spot

### 9. Ad Mad Show

- Each college can send a team of 3 participants
- Time limit will be 5-7minutes.
- The idea should be humorous & novel.

### 10. Fashion show

1. Dress up the patriotic way
2. My passion is my fashion

- The participants can choose any theme
- They should bring their own props and dresses.
- They are requested to bring two CDs to avoid technical disturbance.
- They are requested to submit one CD with the coordinator of the event

### GENERAL INSTRUCTIONS:

- Reporting time for all the competitions is 9.00 a.m.
- Avoid participating in two items.
- Participants are required to bring their Identity cards and Authority letters from the Principal of their institution.
- Creativity, presentation and imaginative expression of ideas will be the deciding factors for the judgement.

- Individual 1st and 2nd prizes will be given for each item.
- Overall Running Trophies will be awarded in all the Competitions for which participation in each of the items of the said competitions, is essential.
- The Running Trophies will remain in the safe custody of the winning college but they will be required to return them before our next Inter-College competitions.
- The decision of the judges will be final
- The prepared item will be the property of the host college.

For further details and information, please feel free to contact :-

College Office : 0172-6531275

E-mail : siermohali @gmail.com

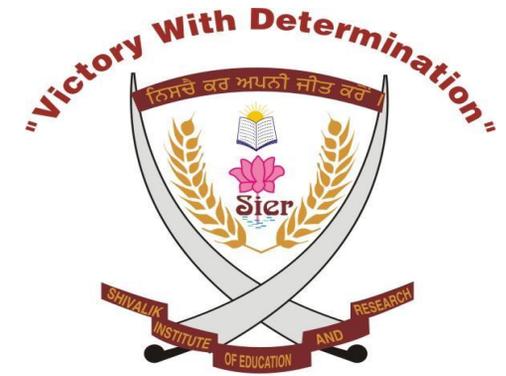
Please confirm your participation by

telephone/e-mail latest by

14.3 2016

## Shivalik Institute of Education & Research

Phase-VI, Mohali, Distt. SAS Nagar -160055



Cordially invites you to Inter-College Competitions on the Theme

*“Patience & Perseverance”*

On 30<sup>th</sup> March, 2016

at

9.00 a.m.

Patron  
Mr. D.S. Bedi

Convener  
Dr.(Mrs.) Satpal  
Kaur Grewal

Organiser  
Dr.Devinder Kaur