

## Invitation to Participate in “Well Being And Compassion” Inter College Competitions

Respected Madam/Sir,

In the entire evolution of life, human life is the most precious one. We have ability to think, have emotions, imaginations and unique skills and talent. One who consistently help others is happier and less stressed. This is the rule of nature. So, we have chosen the theme ‘Well being and Compassion’ for our competitions to make every individual stress free.

It is our pleasure and privilege to invite the multi skilled and adept scholars of your venerated institution to our college to participate in the annual saga of inter college competitions “Well being and Compassion”, a cornucopia of literary and fine arts competitions, to be held in the college campus on **March 7, 2017**.

These competitions are organised every year to hone the intrinsic and latent abilities in pupils and demonstrate their inherent talents. The details of the competitions are enclosed for your perusal. Please mail your entries to [siermohali@gmail.com](mailto:siermohali@gmail.com) on or before **February 13, 2017**.

Any changes in names of participants should be intimated two days prior to the concerned coordinators.

**Please bring the confirmation mail where we acknowledge your entry on the day of the competition.**

We are looking forward to an enthusiastic and whole hearted participation from your college to make this event a success.

With warm regards

**Dr Daljit Singh**  
*Principal*

**Co-ordinators:**

Dr. Suman Deep Kaur(8968998366)

Ms. Ankita Singh(8146340764)

### 1. POETIC MAGIC

**Themes:-**

- **Environment Conservation**
- **Gender Sensitization**
- **Women Empowerment**
- **Drug Abuse**

**Note :**

- Each college can send one participant
- Time allotted will be 3 to 4 minutes

- The participant may use any language English, Hindi, Punjabi
- Hand gestures or actions not allowed

### 2. ‘NUKKAD NATAK’

**Theme - Environment conservation.**

- No. of Participants: 6-10
- Time allowed: 8-10 min.
- The participants may use any language English, Hindi, Punjabi

### 3. CREATIVE HANDS AT WORK (Art and Craft) –

- Card making
- Collage making
- Poster making
- Glass painting
- Tie and dye (dry)
- File decoration
- Pot decoration
- Slogan Writing

**Themes:-**

- **Litter Makes the Planet Bitter (Swatch Bharat Abhiyan)**
- **Environment Conservation**
- **Gender Sensitization**
- **Women Empowerment**
- **Drug Abuse**
- **Sustainable Development**

**Note :**

- Each college can send only one participant in each category.
- Time allowed for all items is 2½ 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 should be A2
- All the participants are requested to bring their own material.
- Pre-made decorations or items shall be disqualified.

### 4. POWER POINT PRESENTATIONS

**Themes-**

- **Dare to be a force of nature**
- **Don't be mean be green**
- **Gender sensitization**
- **Drug abuse**

- **Inclusive education**
- **Digitalisation**

**Note :**

- One college can send 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 language English, Hindi, Punjabi.

### 5. DEBATE-

**Themes:-**

- **Modern Look Vs Modern Outlook**
- **Gender Equality is not only a women's issue ,it's a human issue**
- **Demonetisation**
- **Online learning Vs Bookish Learning**

**Note :**

- Each college must send 2 participants. One will speak for and other will speak against the motion.
- Time allotted will be 3 to 4 minutes.
- Warning bell will be struck after three minutes and the final bell will ring after four minutes.
- The participant may use any language English, Hindi, Punjabi.
- Paper reading is not allowed.
- Weightage will be given to the content, articulation ,pronunciation, adaptation and style of presentation

### 6. CULTURAL ATTIRE WALK(FASHION SHOW)

**Themes:-**

- **Taur of Punjabi Mutiyaar (only girls)**
- **Desi Boyz Walk (only boys)**
- **Wear Your Cultural Swag (boys and girls)**

**Note :**

- Number of participants 10 to 15
- 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

### 7. EXTEMPORE

**Note:**

- Each college can send one participant.
- Each participant will be given 1 hour to prepare and 2 mins. to speak on a topic picked up by him/her by draws of lots.
- A bell will ring twice one before ending and ultimately at the end of two minutes.
- Marks will be deducted if the speaker exceeds the timelimit.
- Participant can use any language –Hindi, English & Punjabi.

## 8. LIBRARY: REPOSITORY OF KNOWLEDGE

Themes: Reading, Types of Books, Types of Libraries, Electronic Resources

### ITEMS:

- Slogan Writing
- Collage Making
- Book jacket Making
- Book mark Making
- Biographical Sketch of Authors

### Note:

- Students have to prepare following items in advance and submit it in our college on Registration desk on 07-03-2017
- Use ivory sheet
- Size as follows:
  - Slogan writing and collage making: half chart
  - Book jacket making: 20cm \*15 cm
  - Book mark making: 15cm\*5 cm
  - Biographical sketch of authors: It includes both biography and sketch. Size has no constraints.

### GENERAL INSTRUCTIONS:

- One participant can take part in one item only.
- Participants are required to bring their Identity cards and authority letters from the Principal of their college.
- Individually 1st and 2nd prizes will be given for each item.
- The Running Trophy will remain in the safe custody of the winning college but they will be required to return that before our next Inter-College competitions.
- Creativity, presentation and imaginative expression of ideas will be the deciding factors for the judgement.
- The decision of the judges will be final.

- The prepared item that will be the property of the host college.

*For further details and information, please feel free to contact*

**Co-ordinators:**

**Dr. Suman Deep Kaur (8968998366)**

**Ms. Ankita Singh (8146340764)**

**E-mail**

**siermohali@gmail.com**

*Please confirm your participation by telephone/e-mail latest by 13.2.2017*

**Shivalik Institute of Education**

**&**

**Research**

**Phase-VI, Mohali,**

**Distt. SAS Nagar -160055**



**Cordially invites you**

**at**

**Inter-College Competitions**

**on the Theme**

**“Well Being and Compassion”**

**On 7<sup>th</sup> March, 2017**

**at**

**9.00 a.m.**

**Patron**

**Mr. D.S. Bedi**

**Convener**

**Dr. Daljit Singh**

**Co-ordinators**

**Dr. Suman Deep Kaur(8968998366)**

**Ms. Ankita Singh(8146340764)**