



श्रीचन्द्रशेखरेन्द्रसरस्वतीविश्वमहाविद्यालयः
**SRI CHANDRASEKHARENDRASARASWATHI
VISWA MAHAVIDYALAYA**

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NATIONAL SERVICE SCHEME

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YOGA CLUB, SCSVMV

ORGANISE

Contests on International Day of Yoga (IDY)-2022

21st JUNE, 2022

(Theme of IDY 2022: Yoga for Mind, Body and Soul)

- ❖ **Poster Painting**
- ❖ **Slogan Writing**
- ❖ **Quiz**
- ❖ **Short Film**
- ❖ **Essay Writing**
- ❖ **LOGO Creating**

Guidelines

1. Poster Painting

- Each participant can submit only one poster.
- Students are free to choose a topic that is original and related to the theme. The poster's topic and theme should be clearly stated at the top of the poster's margin.
- The poster must be made on the A3 size (11.7 * 16.5 inches) sheet with margins (0.5 inches) drawn with black pen/marker.
- Poster can be made using pencil, crayon, water color, oil paint, etc.
- Photographs, wires, other 3D objects, print-outs won't be acceptable. It should be original and handmade only.
- Poster should not contain any personal details like Name, Class, College etc. of the participants. These details should be mentioned at registration only.
- Every participant will be given five minutes to discuss the concept and content of the poster. Student can explain their posters in English.

Judgment Criteria:

Relevance to the theme., Originality, Artistic composition., Creativity, Message conveyed by the poster, Effectiveness in communicating the intended message.

2.Slogan Writing

- How do you sum up an important message in three or four words? That is where slogans come into play. So a slogan must not be longer than 10 words.
- It may be written in Sanskrit or in Tamil or in Hindi or in English.
- A student can submit a maximum of three Slogans on International Day of Yoga 2022.
- Students can choose the topic related to theme of IDY 2022, it must be original, cannot be plagiarized from the internet or other sources.

Judgment Criteria:

Relevance to the theme, Originality, Creativity, Message conveyed by the slogan, Effectiveness in communicating the intended message.

3. Quiz

Topic : Yoga and its general uses

- Only team entries are eligible, and team shall consist of three persons.
- The decision of the quiz-master will be final and will not be subjected to any change.
- The participants shall not be allowed to use mobile or other electronic instruments.
- The questions shall be in the form of multiple choice, True / False statement, Specific answer question etc.
- Audience/Supporters shall not give any hints or clues to the competitors.
- Replacement of any participant of a team is not allowed after registration.

Judgment Criteria:

Quiz master will judge on the basis of the scores .

4. Short Film

Topic – Prevention of Life style disorder by Yoga.

- The entries can be short digital animation films too on theme and the topic.
- Time duration of the films shall not be more than 5 (five) minutes and minimum length should be 2 minutes, including the beginning and end credits.
- Films exceeding this time limit are liable to be rejected.
- A batch of students can do practical demonstration of yoga asanas reflecting the theme with any five asanas and with explanation, Three video per batch can be submitted.

Judgment Criteria:

Relevance to the theme, Originality, Creativity, Message conveyed by the short film, Effectiveness in communicating the intended message.

5. Essay Writing

Topic – Role of Yoga in prevention of stress and promotion of psychological health.

- The essay should be original.
- The essay must be hand written in English / Sanskrit / Tamil.
- Copied entries will not be considered under the contest.
- The participant must be the same person who has written the write-up and plagiarism would not be accepted.
- It should be in PDF format, font must be "times new roman" with "font size 12" and "line spacing 1.5".
- Only one essay per participant shall be submitted, and it must be copy of hand written.
- Naming of the PDF file should be "name of the student - register number"
- It must be related to the topic and should be at least 1000 words and should not be more than 1500 words.

Judgment Criteria:

Relevance to the theme, Originality, Creativity, Message conveyed by the essay, Effectiveness in communicating the intended message.

6. LOGO Creating

The logo is to be created for SCSVMV Yoga Club, it is a group of SCSVMV faculty members who participate and arrange activities such as yoga demonstrations, lectures, and meditation, etc.,

- **Theme – Yoga for Mind, Body, and Soul.**
 - Only one Logo per participant shall be submitted.
 - It may be prepared in A4 size paper, watercolor, pencils, etc., may be used.
 - The LOGO should be innovative, informative, and intended for the theme.
 - The photocopy of the logo created must be submitted either online (in a jpeg or pdf format) or through straight submission to mentioned faculty on or before the last date.

Judgment Criteria:

Relevance to the theme, Originality, Creativity, Message conveyed by the logo.

The winners will receive certificate/ special prizes for 1st and 2nd places.

Sri Jayendra Saraswathi Ayurveda College and Hospital, Nazarathpet, Chennai.

All of the above mentioned International Day of Yoga -2022 contests will take place on the Nazarathpet campus of SJSACH. For registration and other queries, SJSACH students should contact any one of the program coordinators listed below.

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1. Dr.K. Guru Prasad,	drswasthaguru@sjsach.org.in	7200715452.
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