



INDIAN DIETETIC
ASSOCIATION
CHENNAI CHAPTER



QUEEN MARY'S COLLEGE (AUTONOMOUS)
POST GRADUATE DEPARTMENT OF HOME SCIENCE
IN ASSOCIATION WITH
INDIAN DIETETIC ASSOCIATION CHENNAI CHAPTER AND NET PRO FAN

Is organizing a series of contests to celebrate *World Breastfeeding Week*
On
2nd August 2022

The general theme of all the contest is

"மழலையின் அமுது
உயிரின் விழுது"

Candidates interested in participating in the events are to give their names on or before **29th July 2022**.

ONE PARTICIPANT PER DEPARTMENT FOR EACH COMPETITION

CASH PRIZE FOR THE WINNERS

I PRIZE - RS. 500/-

II PRIZE - RS. 200/-


III PRIZE - RS. 100/-

The competitions and the rules are given below:

1. POSTER MAKING

Rules for Poster Making Competition:

- Each Participant can post only one Poster (Individual Participation).
- The poster must be made on the A3 size (11.7 * 16.5 inches) sheet.
- Poster can be made using pencil, crayon, watercolour, oil paint, etc.

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- It should be original and handmade.
 - The Topic of poster and theme should be clearly mentioned at the Top Margin of the Poster.
 - Poster should not contain any personal details like Name, Class, College etc. of the participants.
 - Poster can be in English and Tamil.
 - Submission of poster both in hard copy and soft copy is mandatory.
 - Scanned copy of the poster is to be submitted in online through mentioned E mail ID.

2. RECIPE COMPETITION

Rules for Recipe Competition

- Recipes should be prepared at home and displayed in competition venue at mentioned time.
- Each Participant can display only one recipe (Individual Participation).
- Each recipe should include the suggested number of servings (2 Servings).
- Recipes will be judged by a panel of food experts/enthusiasts, based on theme, taste, creativity, ease of preparation and Justification for the ingredients chosen for effective breastfeeding.
- Usage of preserved and readymade foods in recipes is restricted.


3. FLIP ANIMATION BOOK MAKING

Rules for Flip animation book making

- Flip book is constructed using at least 30 pages, the pages are all the same size
- Papers & scissors *or* small pads of paper, sticky notes with at least 30 pages, Pencil and eraser, colours, Binder clips, rubber bands, or heavy-duty stapler can be used.
- It should be original and handmade.
- Flip animation book will be judged by a judges, based on theme, creativity and neatness.
- Printouts strictly prohibited.
- Flip animation book should adhere to the theme given.

4. HAIKU KAVITHAI

Rules for Haiku Kavithai

- Individual participation.
 - It should not exceed 3 lines.
 - The syllables should not be more than 17 .
 - The first line should have 5 words, the second line 7 words and the third line 5 words
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5. MIME - ONE GROUP PER DEPARTMENT

CASH PRIZE FOR MIME WINNERS

I PRIZE - RS. 1000/-

II PRIZE - RS. 500/-

III PRIZE - RS. 200/-

Rules for Mime competition

- Each team should have 5 members.
- The teams will be given maximum 5 minutes to act.
- Negative points for exceeding the time.
- The act should not contain any dialogues, lip sync, properties.
- No act shall contain any offensive, obscene, disrespectful actions or gestures.

For any queries please contact:

Home Science Department - 7598177137
9952057620
9677214164