



**National
Competitions
(Online - Free of Cost)
On the Occasion of
159th Birthday Celebration of
Bharat Ratna, Mahamana, Pandit
Madan Mohan Malviya Ji
25th Dec. 2020**



Organised by

**FACULTY OF AYURVEDA
INSTITUTE OF MEDICAL SCIENCES
BANARAS HINDU UNIVERSITY
VARANASI- 221005, INDIA**

www.bhu.ac.in

WhatsApp no. 9415813194

Registration Link

<https://forms.gle/cd9LqcunEK6fFW4v7>

Link for Joining Telegram Group

[https://t.me/joinchat/Nfs_tx1NODz747NXCPLr](https://t.me/joinchat/Nfs_tx1NODz747NXCPLr_vg)

[vg](#)

**The Result will be declared on dated 25th Dec.
2020 at 17:00 -18:00 in online Seminar on
Birthday of Mahamana's. Link:**

<https://meet.google.com/dxz-uhrq-cam>

Introduction: We are happy to announce that the Faculty of Ayurveda, IMS, BHU, Varanasi is organising following 15 competitions (Online - Free of cost, for All), on the Occasion of 159th Birthday Celebration of Bharat Ratna, Mahamana, Pandit Madan Mohan Malviya Ji, Founder of Banaras Hindu University, Varanasi, on Dated 25 December 2020.

1. Essay Competition- (500 words, in pdf/jpg form) on "Online Education"

Rules:

1. Maintain word limit.
2. The essay is to be written in English/ Hindi / Sanskrit language.
3. It should be clear & readable.

Criteria for Judges:

1. Originality of article
2. Grammar and language
3. Word limit used
4. Content of essay
5. Theme relevance

2. Speech Competition - (5 Minutes video) on topic: "Role of Mahamana in Nation Building"

Rules:

1. Participants will be given 5 minutes time.
2. The speech script is being prepared by the participants.

Criteria for Judges:

1. Mastery of Topic
2. Grammatical Point
3. Fluency
4. Pronunciation
5. Body Language

3. Slogan Competition - on topic "Great Thoughts of Mahamana" (2 lines slogan in pdf/jpg form)

Rules:

1. Slogan should not exceed two lines.
2. Slogans should be catchy.
3. Try to keep it short.

Criteria for Judges:

1. Relevance to theme, originality & creativity.
2. Slogans should be originally written by the author.

4. Dance Competition- Folk/Classical (3 minutes video)

Rules:

1. Calls entries only for Solo dance.
2. Time Limit: 3 minutes.
3. All contestants should be dressed appropriately.
4. Indecent exposure is NOT allowed.

Criteria for Judges:

1. Costumes
2. Props used
3. Expressions
4. Choreography
5. Coordination/ synchronization
6. Interpretation of the theme/ Originality of the idea.

5. Singing Competition - Patriotic (Desh Bhakti) Song without any aid (music etc.) - 3 minutes video

Rules:

1. Genre of songs: English/Hindi/Sanskrit.
2. Use of vulgar or violent language and/or lyrics is strictly prohibited.
3. All contestants should be dressed appropriately.
4. Indecent exposure is NOT allowed.

Criteria for Judges:

1. Vocal pitch
2. Vocal range and quality
3. Content of song
4. Expressions and Body language

6. Playing of Musical Instrument Competition - on a Patriotic Song (3 minutes video)

Rules:

1. Time Limit: 3 minutes

Criteria for Judges:

1. Melody 2. Fluency/Continuity 3. Clarity

7. Drawing / Painting Competition- Photograph of Mahamana (A4 size)

Rules:

1. Entries must follow the competition theme. Only one entry per person. No group participation is allowed.

2. White Handmade paper or chart of A4 size can be used.

3. The art must be original, created in pencil (including water-soluble, pastel, graphite, charcoal pencils).

4. Photographs, paintings or digital art are not accepted for this contest.

5. Finished art should not contain any material that is offensive or disgraceful towards any person, profession or community.

Criteria for Judges:

1. Beauty of presentation 2. Technique and skill

3. Use of elements and principles of art. 4. Clarity

8. Recitation (Gayan) of Shlokas of Shrimad Bhagvad Gita Competition - (3 minutes video)

Rules:

1. Time limit is 3 minutes

Criteria for Judges:

1. Memorization & Pronunciation 2. Time limit: 3 minutes 3. Quality of speech 4. Fluency

5. Melody of voice

9. Yogasana Competition - (3 minutes video)

Rules:

1. Artistic Yoga consists of presentation of various Asanas (postures) including forward and backward

bending, balancing, lying postures, sitting postures, etc. performed with music.

2. It is synchronization of body movement with music (without break). 3. Time duration: 3 minutes 4. The competitor will maintain each posture for at least 3-5 seconds during the performance. 5. The transition from one posture to another posture should be slow & Artistic.

Criteria for Judges:

1. Synchronization of body movement with music.

2. Balance during each posture. 3. Transition during different postures. 4. Flexibility of body during postures. 5. Time limit used.

10. Nature Photography Competition - (one photo, size - 6 inch x 4 inch)

Rules:

1. Photos submitted must be at least 640 pixels on the shorter side, and no more than 2000 pixels on the longer side. Images should be no larger than 2MB. Photos must be in jpg format.

2. You are required to provide a unique title & description for nature photography submission.

3. Advanced editing used to create illusions, deceptions and/or manipulations, and the adding and removing of significant elements within the frame is prohibited.

4. Photos that portray or otherwise include inappropriate and/or offensive content, including provocative nudity, violence, human rights and/or environmental violation, and/or any other contents deemed to be contrary to the law, religious, cultural & moral traditions and practices of India,

are strictly prohibited and will be immediately discarded.

Criteria for Judges:

1. Clarity of picture 2. Title and description of image 3. Quality of picture 4. Creativity

11. Fancy Dress Competition - related to Mahamana (Front Pose full size - one photo in Fancy Dress)

Rules:

1. Wear proper attire. 2. Weapons are not allowed.

3. Mask on face is not allowed.

4. Full size front pose photo required.

Criteria for Judges:

1. Relevance to theme 2. Clarity 3. Makeup

4. Dress 5. Pose

12. Recitation (Gayan) of Vedic Mantras / Ayurveda Samhita Shlokas Competition - (3 minutes video)

Rules:

1. Mantra/ Shloka should be from any standard classical literature and participant should provide its reference. 2. Time limit: 3 minutes

Criteria for Judges:

1. Memorization & Pronunciation 2. Time limit: 3 minutes 3. Quality of speech 4. Fluency

5. Melody of voice

13. Debate Competition - topic "Mahamana's vision is useful in solving the problem of unemployment" (5 minute video)

Rules:

1. Only Individual Participation is allowed.

2. Participant should firstly clear that whether they are in FOR (in favour) or AGAINST of topic.

3. Time limit: 5 minutes. 4. Any matter that is offensive or disgraceful towards any person, profession or community is not allowed.

Criteria for Judges:

1. Content quality
2. Timing: 5 minute
3. Language Clarity
4. Confidence level
5. Vocabulary

14. Rangoli Competition - theme BHU Gate/ any one National Symbol (jpg)

Rules:

1. Rangoli art should be of 3 ft x 3 ft.
2. Rangoli should be Theme relevant.
3. The participants will not be allowed to refer to any printed material etc. for preparing Rangoli.
4. Multiple entries by one person are not allowed.

Criteria for Judges:

1. Overall Appearance and appeal
2. Details and Clarity in Rangoli art.
3. Color combination.
4. Creativity
5. Relevance of theme

15. Seminar Presentation Competition- presented through video (maximum 10 slides of ppt) Topic: 'Vision of Mahamana on Ayurveda / Bhartiya Sanskriti' (5 minutes video).

Rules:

1. Seminar is to be done in the form of PPT presentation and maximum of 10 slides are applicable.
2. Language should be English, Hindi or Sanskrit.
3. Time : 5 minutes
4. Any material that is offensive or disgraceful towards any person, profession or community is not allowed.
5. Participants have to submit their PPT to the organizer team.

Criteria for Judges:

1. Presentation skill
2. Clarity of speech
3. Content
4. Organisation and Integration
5. Logic and coherence of material.

Note:

1. Registration is Free of Cost but mandatory to participate in the competition.

Link for the registration form (google form) is- <https://forms.gle/cd9LqcunEK6fFW4v7>

2. The Submission of entries will be on telegram group- Bharat Ratna, Mahamana, Pandit Madan Mohan Malviya Ji, "BHU Competitions 2020".Link

https://t.me/joinchat/Nfs_tx1NODz747NXCPLr_vg

3. If any query message on Telegram Group and WhatsApp Number: 9415813194 with your introduction. Email Id: hhawasthi10@yahoo.in

4. Important Dates: a. Last Date of Submission of Entries are upto 20 Dec. 2020

b. The Result will be declared on dated 25th Dec. 2020 at 17:00 -18:00 in online Seminar on Birthday of Mahamana's. Link:

<https://meet.google.com/dxz-uhrq-cam>

c. e-Certificate will be issued on 31st Dec. 2020

5. Awards 1st, 2nd and 3rd for each Competition. Only e-certificate will be given.

6. Certificate will not be given on Mere Registration means entries is compulsory for e-certificate within time.

7. Participants may participate in one or more than one competitions.

8. e-Certificates to participants will be given.

9. Judges decision will be final.

10. Who Can Participate -

I. Diploma II. U.G. III. P.G. IV. Ph.D.

V. Faculty Members VI. Alumini

VII. Government Employee VIII. Private Employee IX. Self Employed X. Project & Contractual Staff XI. Children XII. Retired

XIII. Other Followers of Mahamana

-:Organising Committee:-

1.Chief Patron: Vice Chancellor BHU - Honourable Prof. R.K. Bhatnagar

2. Patron: Director IMS- Prof. B. K. Das

3. Chairman- Dean Ayurveda - Prof. V. P. Singh

4. Organising Secretary-

Student Advisor- Prof. H. H. Awasthi

5. Joint Organising Secretaries-

i. Dr. Mohd Ashraf Khan (Senior Resident)

ii. Dr. Varsha Gupta (Senior Resident)

Registration Link

<https://forms.gle/cd9LqcunEK6fFW4v7>

Link for Joining Telegram Group

https://t.me/joinchat/Nfs_tx1NODz747NXCPLr_vg

The Result will be declared on dated 25th Dec. 2020 at 17:00 -18:00 in online Seminar on Birthday of Mahamana's. Link:

<https://meet.google.com/dxz-uhrq-cam>

Please forward in different WhatsApp Groups & Colleagues for wide publicity & participation.