



# **KATEEL ASHOK PAI MEMORIAL COLLEGE, SHIVAMOGGA**

**ON OCCASION OF MENTAL HEALTH  
AWARENESS WEEK 2021**

***National Level***

## ***Intercollegiate Competitions***

**Rules & Regulations**

**Last Date : 17th October, 2021 (ALL  
SUBMISSIONS)**

### **General Instructions :**

1. The competitions are conducted virtually.
2. The submissions should be in the specified format for each event.
3. Theme of every event is mentioned adjacent to the name of the event.
4. Judges' decisions are final.
5. Please adhere to the deadline given.
6. Name, Course Details & College's Name should also be sent along with the submissions, for each event.



# **Digital Poster Making : Fear of Missing Out (FOMO)**

## **INDIVIDUAL EVENT**

### **Rules**

1. Usage of editing programs (Eg -Word Processor) is allowed.
2. Posters shall be judged on creativity & relevance to the theme.
3. Use of more than 3 fonts is prohibited.
4. Use of offensive language is prohibited.
5. File size should not exceed more than **5-10 MB**.
6. Send the posters in **PDF** format to **[pgpsychology@kapmi.edu.in](mailto:pgpsychology@kapmi.edu.in)**

For More information & registration visit : **<https://kapmi.edu.in/events/>**



# **Hand-Made Poster Making : Digital Addiction**

## **INDIVIDUAL EVENT**

### **Rules**

1. Posters to be made on a cardboard.
2. Posters shall be judged on creativity & relevance to the theme.
3. Use of offensive language is prohibited.
4. Scan the hand-made poster & send it as a **PNG file**.
5. File size should not exceed more than **5 MB**.
6. Send the posters to **[pgpsychology@kapmi.edu.in](mailto:pgpsychology@kapmi.edu.in)**

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registration visit : **<https://kapmi.edu.in/events/>**



# **Lenstories : Mental Health in Unequal World**

## **INDIVIDUAL EVENT**

### **Rules**

1. Photos should be **original & realistic**.
2. Usage of both camera & mobile phones is allowed.
3. A **short story(5 mins)** is to be narrated with the photos.
4. Minimum of **4 photos** & maximum of **6 photos**.
5. Send the photos as a **PNG file** with a separate **story narration (audio file)** or record the story narration in the background and send it in **MP3 format**.
6. File size should not exceed more than **5-10 MB**.
7. Send the photo-story to **[pgpsychology@kapmi.edu.in](mailto:pgpsychology@kapmi.edu.in)**

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registration visit : **<https://kapmi.edu.in/events/>**



# **Manokatha: Story Telling for Mental Health**

## **INDIVIDUAL EVENT**

### **Rules**

1. Record yourself narrating a story related to mental health within **5 mins** as creatively as possible.
2. Video must be submitted in **MP3** format.
3. **Any language** is allowed.
4. Time limit- 5 minutes
5. Submit to – **[clinicalpsychology@kapmi.edu.in](mailto:clinicalpsychology@kapmi.edu.in)**

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registration visit : **<https://kapmi.edu.in/events/>**



# **Monoacting : In Pursuit of Joy**

## **INDIVIDUAL EVENT**

### **Rules**

1. Record yourself acting out a situation according to the event theme
2. The dialogue should be loud and clear
3. Time limit : **8-10 minutes.**
4. Submit it in **MP4** format only.
5. Size of the file should be within **10 MB**
6. Submit to - **[clinicalpsychology@kapmi.edu.in](mailto:clinicalpsychology@kapmi.edu.in)**

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registration visit : **<https://kapmi.edu.in/events/>**



# **Caricature: Proponents of Psychology**

## **INDIVIDUAL EVENT**

### **Rules**

1. Draw any well-known proponents of psychology as creatively as possible.
2. Final drawing must be submitted as a scanned document with **time and date** mentioned.
3. Submit it in **PNG** format only.
4. Size of the file should be within **5 MB**
5. Submit to - **[clinicalpsychology@kapmi.edu.in](mailto:clinicalpsychology@kapmi.edu.in)**

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# **Mandala: Psychological Disorders**

## **INDIVIDUAL EVENT**

### **Rules**

1. Portray any psychological disorder in a mandala along with the name of the disorder.
2. Colors are allowed.
3. Final drawing must be submitted as a scanned document with **time and date** mentioned.
4. Submit it in **PNG** format only.
5. Size of the file should be within **5 MB**
6. Submit to – **[clinicalpsychology@kapmi.edu.in](mailto:clinicalpsychology@kapmi.edu.in)**

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