

RULES AND REGULATIONS

Day- 1

1) Yuva Sansad- Youth Parliament

- "Youth Parliament" is a program where each group will be assigned a topic on mental health for further deliberation and discussion. Some of the rules to keep in mind while the session is on are:
- The topics will be allocated to each team, giving them 20 mins to present their ideas and thoughts.
- The Moderator will guide the discussions, maintain discipline and enforce rules.
- Respectful Conduct: Students must maintain a respectful and non-judgmental tone throughout the discussion.
- Active Listening: Everyone should actively listen to others when they are speaking, without interrupting.
- Equal Participation: Each team member must actively participate in giving ideas, plans and policies during the session.
- Stay on Topic: Keep the discussion focused on the given mental health topic and avoid going off on unrelated tangents.
- Confidentiality: Emphasize the importance of respecting the privacy and confidentiality of personal experiences shared during the discussion.
- Constructive Feedback: Providing feedback or sharing personal experiences should be done in a constructive and supportive manner.
- Time Management: Allocate a specific amount of time for each discussion to ensure that all topics are covered within the allotted timeframe.
- Encourage Empathy: Promote empathy and understanding among participants, encouraging them to consider different perspectives.
- Avoid Stigmatisation: Discuss mental health topics without perpetuating stereotypes or stigmatising individuals with mental health challenges.

2) Natyalaya

- Duration of the Indian Classical Dance Performances: 11:00 am -1:00 pm.
- Venue: BIA Block Auditorium.
- One participant per school for the competition.
- The participant is to be ready for the dance performance by 10:00 a.m. The time duration for a dance performance is 5 minutes.
- The participant must introduce herself/himself, and the dance form and give a brief synopsis The theme and the topics for the Indian Classical Dance Form have been given in the brochure.

- Classical Dance Forms: Kathak, Bharatnatyam, Kuchipudi, Odissi etc. about her/his performance.
- Ensure that the music and lyrics used in the performances are appropriate and align with the event's theme.
- Prohibit the use of explicit or offensive music.
- No Bollywood music is permitted.
- Students must wear appropriate costumes suitable for the dance performance.
- Students reporting late for the dance competition will be disqualified.
- Stage set-up and props need to be carried out by the respective schools for the stage performance.
- We will not be able to take responsibility for anything misplaced or lost.

3) Stall exhibition highlighting best practices on life skills education and mental well-being

- The stalls need to exhibit the best practices of Life Skills and Mental Health Awareness campaigns organised by the participating schools.
- Pathways to Peer Leadership: An illustrated timeline showcasing the evolution of Peer Leadership in your schools or Life Skills /Mental Health Awareness Campaigns by students/ Student Council.
- Various mediums of displays can be used in the exhibition for example brochures, posters, and digital content for an interactive show.
- Remember to design the stalls with vibrant visuals, interactive elements and clear messages to create an immersive experience

Day-2

4) Nukkad Natak (Multilingual with English narration)

- The maximum Participants in this event is a minimum of 4 to a maximum of 5 students for this competition.
- It can be enacted in any language, however, the narrative is to be explained to the judges and audience in English.
- The Duration of this competition is 5-7 minutes considering the constraint of time. Students will have very limited time to get ready for the competition.
- Kindly be ready with props, musical instruments and costumes before 9:00 a.m.
- The Timing for this event is 9:00 am -11:30 am.
- Reporting Date, Time and Venue: 7th October and by 8:30 am near the Amphitheatre.
- The First warning bell will be sounded after 5 minutes and the final bell after 7 minutes.

- Mind Matters 2023 Evolve Engage Enable Empower 19 The Young Adolescent Peer Leadership Conclave in collaboration with Expressions India If the team takes more time than permitted, there will be negative marking.
- Use of foul/obscene language of any kind is prohibited.
- Students need to carry their props for this competition and they need to be handmade.
- Musical Instruments can be carried by respective schools for this competition.

5) Whispers In The Wind

- The duration of the film should not exceed 5 minutes. Films that exceed the time limit will be disqualified.
- If the short film, is presented in any other language, English subtitles are mandatory.
- Each school can send one entry in this category by 4th October, 2023.
- Participants are requested to send the movie to soumali.or.debnath@gmail.com or Films will not be accepted beyond the deadline.
- Explicit content (offensive or graphic) will be grounds for automatic disqualification. The film should be shot and submitted in landscape orientation [16:9 ratio].
- The film must be submitted in an MP4 format, along with the Google Drive link.
- Each entry must be accompanied by a synopsis, giving a gist of the content, people involved Creating a multilingual Live Action /Animation video on mental health can be an effective way to reach a diverse audience and promote awareness and understanding of the topics given.
- contact Ms. Soumali Debnath on 9742479622 between 3-5 pm for any queries.
- Any device can be used for shooting. Access to the Google Drive link should be given.
- Each entry must be accompanied by a synopsis, giving a gist of the content, people involved in each role and what inspired the participants to make their film.

6) Just A Minute (JAM)

- 1 Participant per school
- The Timing for this event is 12:30 pm -2:00 pm
- The Venue is the German lab, Aidos Block (2nd Floor).
- Reporting time and date is noon on 7th October 2023.
- Each Participant will be given a topic at random.
- Each participant will be given 60 seconds to speak on the topic.
- The medium of Speech will be English.
- Participants must speak continuously without long pauses or hesitation.
- Hesitation and momentary pauses can give rise to a successful challenge by the judge.
- The Young Adolescent Peer Leadership Conclave in collaboration with Expressions India Mind Matters 2023 Evolve Engage Enable Empower 25 The participant must avoid repeating the same words or phrases during the one-minute talk.

- Other participants can challenge the speaker if they believe there was hesitation, repetition, or deviation.
- They can say "Just a minute!" and explain the issue.
- The buzzer will be pressed twice, once when 45 seconds have passed and the final at the end of a minute.
- The Participants will be judged on Spontaneity, Method, Content and Fluency.
- Usage of foul language will lead to disqualification.