



# Sacred Heart Girls' High School



# POIESIS 2025

INTERSCHOOL/COLLEGIATE CULTURAL FEST

1<sup>st</sup> & 2<sup>nd</sup> AUGUST 2025



# ABOUT SHGHS



Sacred Heart Girls' High School, administered by the Good Shepherd Sisters, offers an enriching educational experience to students from grades 1 to 12. Emphasising values and holistic development, the school combines academics, co-curricular activities, and top-notch sports facilities. With a dedicated faculty inspiring active participation and nurturing a sense of responsibility, the school cultivates confident and well-rounded individuals. Experience the transformative journey at Sacred Heart Girls' High School, where every student thrives.



# ABOUT POIESIS



Creative thinking is a crucial cognitive skill in our rapidly changing world. It enables us to adapt, tackle challenges, and seize opportunities in our dynamic environment.

Inspired by the Greek term "Poiesis," meaning creation, our festival celebrates the inherent creativity within each individual. It serves as a reminder that creativity thrives within us all, waiting to be unleashed. Through Poiesis, students have an exceptional platform to exercise their imagination, learn and infuse every endeavour with a creative touch.



# GENERAL RULES AND GUIDELINES



- Participation eligibility: Students of grades 9 to 12,  
Undergraduates- 1<sup>st</sup> year to 3<sup>rd</sup> year.
- Participants are expected to be present at the main gate (Gate 20,21- Residency Road) by 8:30 a.m. to confirm their registrations. On-spot registrations will be available. The registration desk will be closed by 10:30 a.m.
- Participants and visitors must be willing to submit their bags or any carry-ons for checking. A list of restricted items and the dress code is provided on page 6.
- Suitable identification proof (school/ college/ government photo ID cards) must be displayed at the gate for entrance to be permitted.
- Stamps will be provided on entry. If found without a stamp, visitors will be escorted out of the campus and re-entry will not be allowed.



# GENERAL RULES AND GUIDELINES

- The school will not be responsible for the provision of internet.
- Food and water will be available in the school campus.
- Participants are requested to refrain from wearing their institution's uniform to avoid chances of bias during judgement or general interactions.
- Inappropriate attire or conduct, including vulgarity and mockery, will not be tolerated and will lead to appropriate action being taken, which may include negative marking or disqualification of the participant(s). Reports may also be submitted to the respective participant(s)/visitor(s) institution.
- In more severe cases, it may be reported to the nearest police station, based on the judgement of the management.
- Participants and viewers are requested to follow the instructions shared with them by the event heads and volunteers.



# GENERAL RULES AND GUIDELINES

- Restricted items include but are not limited to:
  1. Any sort of weaponry, such as knives, nail clippers, scissors, pepper spray, etc.
  2. Inflammable substances including pressurised containers such as deodorants and perfumes.
  3. Illegal and restricted items, such as alcohol, drugs, cigarettes, vapes, etc. Laser pointers are not permitted.
  4. Outside food/drinks/water bottles.
- The dress code must be strictly followed:  
Shorts/skirts/sleeveless/ripped clothing is prohibited.  
Only trousers and sleeved shirts will be allowed.

events



# TERPSICHORE

"To watch us dance is to hear our hearts speak." -Hopi Indian saying



## Terpsichore

The ultimate dance event that beckons you to embrace the magic of movement and grace! Just like the Muse herself in Greek mythology, *Terpsichore* celebrates the art of dance in all its forms and offers you a captivating platform to showcase your talent, passion, and dedication.

Prepare to immerse yourself in a world where the rhythm of your heart finds its perfect match with the beat of the music. Let your dance spirit soar as you take center stage and shine under the spotlight of our awe-inspiring event!



# RULES AND GUIDELINES



## Team:

- Participants per team: 6+2
- Time duration: 4+1 minutes
- Categories: Eastern, Western

## Duo:

- Time duration: 3+1 minutes
- Open category

## Solo:

- Time duration: 2+1 minutes
- Open category



# RULES AND GUIDELINES



- Exceeding the beforementioned time limit may lead to the deduction of points.
- The required music is to be submitted at least 2 hours before the event through a pendrive.
- Participants are required to be on time. Any delay must be supported by a relevant reason given to the event head.
- Participants must be in appropriate attire. Overtly inappropriate dance moves will not be permitted and, if performed, may lead to a deduction of points.



# ELYSIAN



"Music, once admitted to the soul, becomes a sort of spirit, and never dies" - Edward Bulwer Lyttonn



Prepare to be immersed in a world of delightful melodies and infectious rhythms that will leave you craving for more. Elysian invites you to experience the enchantment of music firsthand, offering you a captivating opportunity to showcase your musical talents. Our event promises to awaken your senses and provide a platform to captivate the crowd with your exceptional musical abilities. Are you ready to mesmerize the audience and create an unforgettable musical journey? Join us at *Elysian* and let your melodies create a lasting impact.



# RULES AND GUIDELINES



## Solo Singing/ Duet Singing (Western)

- Time duration: 2 +3 minutes. Exceeding the time limit will lead to a deduction of marks.
- Only Original/Cover/Album songs are allowed.
- Singers may use a karaoke track or instruments. Singers must bring their instruments (maximum 3). The required karaoke track must be submitted 3 hours before the event through a pendrive.
- Kindly note karaoke tracks should not have backing vocals.
- Use of vulgar, sexually explicit, or violent language and lyrics is strictly prohibited.
- The participants should be dressed appropriately during the performance. Indecent exposure is NOT allowed.



# RULES AND GUIDELINES

## Group Singing

- Categories: Western, Indian Classical
- Team size : 3 to 8 members (This includes the singers and the instrumentalists).
- Time duration : 3 +5 minutes. Exceeding the time limit will lead to a deduction of marks.
- Only Original/Cover/Album songs are allowed.
- Singers may use a karaoke track or instruments. Singers must bring their instruments (maximum 3 ). The required karaoke track must be submitted 3 hours before the event through a pendrive.
- Kindly note karaoke tracks should not have backing vocals.
- Use of vulgar, sexually explicit, or violent language and lyrics is strictly prohibited.
- All participants should be dressed appropriately during the performance. Indecent exposure is NOT allowed.





# ELIXIR



"An idea can turn to dust or magic, depending on the talent that rubs against it." -Bill Bernbach



Elixir

Experience the enchanting world of "MAD ADS," a unique event where comedic genius and marketing prowess intertwine. Prepare to be captivated as participants showcase their imaginative and exaggerated advertisements for fictional products, leaving you in stitches of laughter. Within this realm of creativity and strategy, witness the battle of wit and infectious energy as contestants vie for the coveted title of the 'Best Mad Ad' of the day. Join us on this unforgettable journey, where absurdity meets innovation, and let your comedic brilliance shine amidst a backdrop of excitement and entertainment.



# RULES AND GUIDELINES

- Objective: The team must present a conceptual advertisement for a new product or service. The primary objective of the event is to entertain the audience with humorous advertisements while displaying their wit.
- New Product Name and Punch Line: Participants should come up with a new product name and a catchy punch line for their ad.
- Time Limit: 5+2 minutes.
- Creative Enhancements: Participants are encouraged to utilize props, visuals, and creative displays to enhance their mad ads.
- Team Size: 5-8 members.



# RULES AND GUIDELINES



- Originality: Participants must avoid copying existing advertisements.
- Content Guidelines: Performances must not include any offensive, discriminatory, or inappropriate content. Bias against any caste, community, or religion is strictly prohibited. Any form of vulgarity, profanity, or obscenity will lead to immediate disqualification of the team.
- Note: The guidelines aim to create an entertaining and inclusive atmosphere, encouraging creativity and humour while maintaining respect and appropriateness throughout the event.



*Entelechia*

# ENTELECHIA

"Strut, Shine, Slay!"

Celebrate the transformative power of fashion, where participants showcase their journey from humble beginnings to dazzling elegance.

From thrift store treasures to haute couture creations, each outfit tells a story of personal growth and style evolution. Designers and models alike bring forth their interpretations of transformation through fashion, embracing the ethos of starting small and dreaming big.

Do you have what it takes ?





# RULES AND GUIDELINES

- Theme: The Gatsby Garden: Dreams in Bloom and Decay  
Reimagining the tragedy of the Jazz Age using natural and biodegradable materials alongside recycled fashion materials like thrifted lace, suits, fabric scraps, dry flowers, leaves, sticks, bark, moss etc. Participants should reimagine the opulence of the 1920's using a blend of natural elements and recycled clothes.
- Participants per team: 5 to 7
- Round 1: Ramp-A Walk for 3+1 minutes.
- Round 2: Threads on thoughts- Participants will be questioned on their costumes.
- Exceeding the time limit will lead to deduction of points.
- Participants are to keep the theme in mind and plan accordingly.
- All costumes must be modest. Inappropriate outfits will lead to disqualification.
- Participants must bring their own materials. Music tracks must be submitted atleast 2 hours before the event, through a pendrive.



# INTAGLIO

“Sculpt beauty into every bite”



Step into a world where food isn't just meant to satisfy your palate – but to mesmerize your eyes.

Unleash the hidden potential of nature's produce as you sculpt, carve, and breathe life into vibrant vegetables and fruits. Transform ordinary ingredients into extraordinary masterpieces, where every cut tells a story and every creation sparks awe.

Let your creativity blossom and turn the edible into the exceptional. Join us in celebrating the art that transcends cultures, borders, and plates – where craftsmanship meets cuisine and beauty is served fresh.





# RULES AND GUIDELINES



- Theme- Garden Dreams & Marine Reefs - Showcase your talent by carving mythical flowers, incredulous sharks, delicate butterflies, or an astounding starfish, the choice of carving is yours. Stick to the wonders of nature, its fauna or the creations of the sea, it's corals, but nothing beyond.
- Solo event
- Time duration- 1 hour + 15 minutes (for presentation)
- 1 round only
- Ingredients, knives, carving tools and serving materials to be brought by the participants.
- Carving and presentation to be done ONLY at the venue, otherwise the participant will be disqualified.
- Apron and cap will be provided by the institution.
- Hygiene has to be maintained at all times.

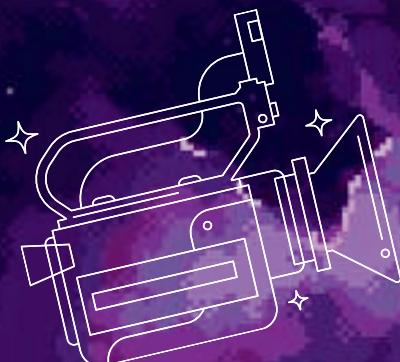


# EIKOSMOS

“A Universe of Perspectives”



“Where Every Frame Tells a Story”



Eikosmos is a term derived from Greek, often interpreted as "image-world" or "visual world," referring to the construction and interpretation of meaning through images. In the context of film and film reviews, it relates to the way films create immersive visual environments that communicate narrative, themes, and emotions beyond just words or plot summaries. So step into this vibrant universe of Eikosmos, an immersive film review event designed to spark engaging conversations and deepen appreciation for cinematic storytelling.



# RULES AND GUIDELINES

- No use of internet, Chat gpt, AI, etc.
- Participants are required to bring a notepad and stationery.
- Participants will be given a specific amount of time to construct their review after the screening.
- Participants should be mindful of the time allocated to complete and submit their reviews. Late submissions typically lead to disqualification.
- Participants should focus on film themes, cinematic techniques, narrative, performances, and impact rather than personal attacks or biased opinions. Criticism should be constructive and culturally sensitive.
- Participants must maintain decorum within the event premise, any form of misbehavior, disrespect towards judges, organizers, or other participants will result in disqualification.



# EIKONOGRAPHIA

"A poster made by hand holds not just colour- but character"



"In a world rushing towards the digital, let your hands bring stories to life — raw, real, and beautifully personal. Eikonographia presents the ultimate stage for creators who believe in the power of handmade magic.

With just paper, colour, and your imagination, craft a masterpiece that speaks straight from the heart. Every line you draw, every shade you blend is a window into your mind — bold, expressive, and unforgettable.



# RULES AND GUIDELINES



- Participants per team : 2 to 4
- Time duration: 2 hours
- Theme: “The World Through My Phone Screen”.
- Message: Reflect how social media, apps, and digital habits shape what we see, feel, and believe – the filtered reality we live in.
- Posters must clearly reflect the given theme.
- Materials Allowed: Participants must bring their own cartridge paper [Size A 1 (594 mm X 841mm)], sketch pens, crayons, watercolours, markers, etc. Only handmade work is allowed – no stencils, or digital elements.



# EMINENTIA



"The strongest force in the universe is a human being living consistently with his or her identity." - Tony Robbins



*Eminentia*

Personality encompasses cognitive, behavioural, and emotional aspects, involving continuous personal development and self-improvement. Reflecting on oneself, learning from experiences, and embracing new ones can boost self-awareness, confidence, resilience, and overall quality of life. At *Eminentia*, we value the power of uniqueness, where body language, stage presence, etiquette, poise, and oratory skills win hearts. Join us to design an experience that leaves a lasting impression!

Guidelines will be provided after registration.



# PRIZE POOL

## INSTITUTIONAL PRIZES

(APPLICABLE ONLY FOR INSTITUTIONAL REGISTRATIONS)



WINNER: ₹ 5000/-

1ST RUNNER-UP: ₹ 3000/-

2ND RUNNER-UP: ₹ 2000/-



# SCHEDULE



## DAY I

-TERPSICHORE  
(DANCE)

-EMINENTIA  
(PERSONALITY)

-EIKONOGRAPHIA  
(POSTER MAKING)

-INTAGLIO  
(VEGETABLE CARVING)

## DAY 2

-ELYSIAN  
(MUSIC)

-ELIXIR  
(MAD ADS)

-ENTELECHIA  
(FASHION SHOW )

-EIKOSMOS  
(FILM REVIEW)



# REACH US



## SOCIALS:



**poiesis.shghs**



**shghs\_official**



**shghs.alumni**

CONTACT NUMBER : 89707 11094

**poiesis25.shghs@gmail.com**

Online registrations open from July 15<sup>th</sup> onwards.

[www.shghs.edu.in](http://www.shghs.edu.in)