



SEETHALAKSHMI RAMASWAMI COLLEGE



(AUTONOMOUS)

Affiliated to Bharathidasan University

Tiruchirappalli

Accredited with A+ by NAAC (4th cycle)

DEPARTMENT OF NUTRITION AND DIETETICS

National Nutrition Month' 2024

Swasthya Utsav

Theme: Nutritious Diets for Everyone

PLACARD MAKING COMPETITION



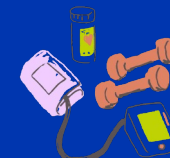
20/09/2024



10:00 am - 12:30 pm



Manicka Vinayagar Open-Air Theatre



Placard Making Competition

Rules and Regulation for the competition

Eligibility: Two individual entries from each department.

Materials:

- The size of the placard should not exceed A3 (297 x 420 mm) or chart paper size.
- Participants should bring their own materials, including markers, paints, sketch pens, paper, and any decorative items.
- Digital designs or pre-made templates are not allowed. Placards should be hand-made on spot only.

Registration

Fee

Rs.30

Design Guidelines:

- 1. Originality:** The design must be original and created by the participant. Plagiarism will lead to disqualification.
- 2. Theme:** The placard must reflect the assigned theme. Theme will be revealed on the spot. Creativity and clarity in delivering the message related to the theme will be judged.
- 3. Content:** The content should be clear, positive, and socially appropriate.
- 4. Text Usage:** Placards should contain minimal text and focus on visual impact. Any text used must complement the visuals and be easy to read from a distance. English or Tamil text can be used.
- 5. Time Limit:** Participants will be given 1 hour to complete their placards on the day of the competition. All designs must be completed within the allocated time.

Prize

**The 2 winners will be announced, and prize will be given along with certificates.
E-Certificates will be given to the participants.**