



**Disha Group of Institutions**  
Nehtaur Road, Dhampur (Bijnor) U.P  
[www.dishacollege.ac.in](http://www.dishacollege.ac.in)

## **UDBHAVA 2021**

### **Guidelines**

#### **Activity-1**

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##### **RULES FOR ESSAY WRITING COMPETITION**

1. Only one topic is allowed (**Beti Ek Vardaan**).
2. Language for the essay is Hindi only.
3. You should be the only author of your essay. Co-authorship is not allowed.
4. Maintain word limit: your essay should be in between 800 to 1000 words.
5. Time limit: 40 min.
6. The essay should be an original piece of work. It should be written in the participants own words and not copied from any books, articles or from the internet.
7. Drawings of pictures are not allowed.
8. Sentence should be brief and effective.
9. The decision of the judges will be final and cannot be challenged.
10. Every Participant must bring their school ID card with them, without ID card Participant is not allowed to Participate.

#### **Activity-2**

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##### **RULES FOR GROUP SKIT**

1. Theme of Group Skit is (**Unity with Humanity**)
2. Students have to perform the skit according to the theme which must convey a message.
3. The team participating in the skit must have 5-8 members.
4. Medium of language is Hindi.
5. Time limit is 5 minutes.
6. No abusive or provoking words are allowed in skit.
7. It will be judged on the basis of script, dialogues, facial expressions, co-ordination, stage mannerism and message conveyed.
8. The decision of the judges will be final and cannot be challenged.
9. Every Participant must bring their College ID card with them, without ID card Participant is not allowed to Participate.

#### **Activity-3**

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##### **RULES FOR HIGH JUMP (For both Boys & Girls)**

The sports in which people try to jump over a bar in order to find out who can jump the highest.

1. Jump must be made with one foot only.
2. Dislodging of the bar or breaking the plane near the edge of the bar before clearing will not be counted as successful jump.
3. Jumping height is decided by the chief judge.

4. All competitors will have 3 attempts per height.
5. If the competitor fails to jump the required height in all the three attempts, he/she will be disqualified from the competition.
6. During the final match, whoever clears above the bar with highest height is declared as Winner.
7. In case there is a tie, following two conditions may be applied to decide the winner.
  - (a) The player who has fewer misses at the height, at which the tie has occurred, is declared as winner.
  - (b) The player who has fewest misses in the overall tournament is declared as winner.
  - (c) The jumpers have to face a jump –off if there is a tie for the first place.
8. The height will be greater than the previous level .Each player will be given.
9. The decision of the judges will be final and cannot be challenged.
10. Every Participant must bring their College ID card with them, without ID card Participant is not allowed to Participate.

#### **Common High Jump Failures:-**

1. Taking off with both feet.
2. Hitting the bar during the jump, causing it to fall off its supports.
3. Touching the area beyond the uprights before jumping and clearing the bar.
4. Deliberately steadying the bar during the jump or replacing it after you jump.

#### **Activity-4**

##### **हिन्दी भाषण के निर्णय के दिशा- निर्देश (लॉक डाउन के प्रभाव)**

1. भाषण का माध्यम हिन्दी होना चाहिए।
2. प्रत्येक प्रतिभागी को 3 मिनट का समय निर्धारित किया गया है।
3. अनुचित व्यवहार पर प्रतिभागी को प्रतियोगिता से वंचित कर दिया जायेगा।
4. निर्णायक मंडल का निर्णय अन्तिम एवं सर्वमान्य होगा।

##### **हिन्दी भाषण के निर्णय के लिए मानदण्ड**

1. भाषण सामग्री (50 प्रतिशत)
  - क. मौलिकता
  - ख. अनुपूरक प्रमाण
  - ग. स्रोत सामग्री
2. प्रस्तुति (50 प्रतिशत)
  - क. आत्मविश्वास
  - ख. भाव भंगिमाएँ
  - ग. शारीरिक संचालन
  - घ. भाषा का शुद्ध उच्चारण एवं प्रवाह

#### **Activity-5**

##### **RULES OF KABADDI (Only for Boys)**

##### **1) Team:**

Minimum 10 players & Maximum 12 players  
But 7 players play the match in the ground and the remaining are substitutes who can replace the players on the ground at any time necessary.

##### **2) Duration:**

Match consists of two halves each as long as **10 min** with interval of 5 min.

##### **3) Score:**

1 point for each member made (out).

#### **4) Substitution:**

- 5 reserved players can be substituted.
- If any player is suspended, no substitutions are allowed for that particular player. Team plays with less number of players.
- Substitution is not allowed for Out players.
- Referee decision will be final.

#### **5) Bonus points:**

- It is active when there are minimum of 6 players in the court.
- 1 point is awarded to the raider if he crosses the bonus line. If the raider gets caught, the opponent team will also be awarded 1 point.

#### **6) Result:**

The team with better score wins.

#### **1) Warning cards:**

**Green card:** It is a warning sign. If green card is given twice to a player, the next card shall be directly yellow card.

**Yellow card:** That member is temporarily suspended for 2 min. If yellow card is given twice to a player, the next card shall be directly red card.

**Red card:** Suspension from match or debarred from tournament decided by Referee.

#### **Note:**

- After every match losing Team will be eliminated.
- The decision of the referee will be final and cannot be challenged.
- Every Participant must bring their College ID card with them, without ID card Participant is not allowed to Participate.

### **Activity-6**

#### **RULES FOR KHO-KHO (Only for Girls)**

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##### **Rules for Chaser team-**

1. There are 9 players in a playing team. In which 8 will sit in the blocks with alternate face and 1 person will chase the runner of opposite team and try to touch him, he can give kho to other player from his back side.
2. According to old rules, while chasing you can go only in the first direction of face (left or right). But now at the place of face we see the direction of your shoulder.
3. There are 2 center lines between the two poles. you should not cut those lines. Otherwise there will be a foul.
4. While giving kho to other player, touch and sound of kho should be at the same time.
5. The runner will not be out if you will touch him from the block without receiving kho (that will be the foul of early get up).
6. The chaser cannot cross the side (left or right) between two poles.
7. You can change your direction only in the free zone.
8. After touching a runner, if you will change your direction (except free Zone) before giving a kho, the runner will not be out.
9. For every foul you should make a back kho (kho in opposite direction of runner).
10. The decision of the judges will be final and cannot be challenged.
11. Every Participant must bring their College ID card with them, without ID card Participant is not allowed to Participate.

##### **Rules for Runner-**

1. They will come in the batches of 3.
2. They can go anywhere in the field .They can cross or cut any line no matter.
3. If by chance they go out of field then that runner will be out

4. If you're even a small portion of the body is inside the field, they you will not be out.

## **Activity-7**

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### **RULES FOR LONG JUMP (for both Boys & Girls)**

The sports in which people try to jump as far as possible.

1. The number of trials varies depending upon the number of competitors. If the number of competitors is more than eight ,then each one will be given three trials and best eight among them may be given additional three trials .However ,if the number of competitors is less than eight ,then each may be given six trials.
2. Markers are provided by the organizing committee to the players to mark their take-off and run off points. No other substances like chawks should be used which can leave indelible marks.
3. Soon after the athlete jumps, measurement is done from the nearest point that has touched the take-off point.
4. The performer has to complete his jump within one minute.
5. If there is a tie between two players after scoring ,chances are given to them till the time one performs better than the other and gain more points.
6. The decision of the judges will be final and cannot be challenged.
7. Every Participant must bring their College ID card with them, without ID card Participant is not allowed to Participate.

#### **Foul in LONG Jump:-**

If the competitor starts the leap with any part of the foot past the foul line , the jump is declared a foul and no distance is recorded .

The board to detect this occurrence .An official will also watch the jump and make the determination.

## **Activity-8**

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### **RULES FOR PAINTING**

1. Topic: **GLOBAL WARMING**
2. Time limit for Painting is 90 minutes.
3. Entries must follow the competition theme only one entry per person. No group participation is allowed.
4. Competition is open to all dimensional artists.
5. White chart paper can be used.
6. The art must be original, created in pencil (including water-soluble, pastel, graphite, charcoal pencils).
7. Photographs, paintings or digital art are not accepted for this contest.
8. Finish art should not contain any material that is offensive or disgraceful towards any person/religion.
9. The painting must not include word, national flags, or slogans.
- 10.The painting must not represent any particular individual organization or brand name and not depict any religious theme.
- 11.Name and age of participant as college's name and address must be clearly mentioned on the poster side in English Language.
- 12.Once submitted, pencil art cannot be withdrawn or replaced by another.
- 13.The submitted art which does not follow these rules will be subjected to disqualification.
- 14.A participant has to bring their own stationary/materials which will be used in their Art work.
- 15.The decision of the judges will be final and cannot be challenged.

16. Every Participant must bring their College ID card with them, without ID card Participant is not allowed to Participate.

## **Activity-9**

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### **RULES FOR POETRY COMPETITION**

**Poetry Competition** which gives young poets an opportunity to display their talent via scribbled rhymes.

Rules:

1. Theme: **Desh Bhakti**
2. Entries must be the original work of the entrant.
3. All poems must have a title.
4. Entries should be in Hindi.
5. Each poet will get three minutes to read a poem.
6. Entries will be judged based on certain criteria.
7. It will be judged on the basis of facial expressions, creativity, originality and stage mannerism.
8. The decision of the judges will be final and cannot be challenged.
9. Every Participant must bring their College ID card with them, without ID card Participant is not allowed to Participate.

## **Activity-10**

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### **RULES FOR SINGING**

#### **Ten Rules for Healthy Singing:-**

1. Prepare Your Body
2. Prepare Your Mind
3. Avoid Sight Reading
4. Memorise Your Song
5. Sing with Good Breath Support
6. Maintain Good Posture
7. Sing with a Darker Tone
8. Balance the Tensions in Your Body
9. Sing in the Correct Register
10. Develop Your "Off-Stage Bit"

#### **Rules for Solo Singing Competition:-**

1. Solo Singing Competition in Two Categories and Result of all two categories to be announced separately. Categories are: **Hindi Songs & Folk Songs**
2. Time Limit for Solo Singing is 2-3 minutes per Category.
3. Exceeding the time may lead to deduction in marks.
4. One Participant should participate in only one category.
5. Participant must bring instrument or instrumental music with self to perform.
6. Every Participant must bring their College ID card with them, without ID card Participant is not allowed to Participate.
7. No Solo singing participant is allowed to participating in Group Singing.
8. The decision of the judges will be final and cannot be challenged.
9. Music on mobile phone will not be accepted.

#### **Rules for Group Singing-**

1. Category for Group singing is only **Folk Songs**
2. A team of 3 participants.
3. Minimum time is not less than 2-3 minutes only and not more than 2-3 minutes.

4. Vulgarity or obscenity must be avoided in action, costume and gesture of the Singing or else.
5. Group Participant must bring instrument or instrumental music with self to perform.
6. No Group Participant is allowed to participate in Solo singing.
7. The decision of the judges will be final and cannot be challenged.
8. Every Participant must bring their College ID card with them, without ID card Participant is not allowed to Participate.

## **Activity-11**

### **RULES FOR VOLLEYBALL**

1. 6 players on a team, 3 on the front row and 3 on the back row
2. Maximum of three hits per side
3. Player may not hit the ball twice in succession (A block is not considered a hit)
4. Ball may be played off the net during a volley and on a serve
5. A ball hitting a boundary line is "in"
6. It is legal to contact the ball with any part of a players body
7. It is illegal to catch, hold, or throw the ball
8. If two or more players contact the ball at the same time, it is considered one player and either player involved may make the next contact (provided the next contact isn't the teams 4th hit.
9. The decision of the judges will be final and cannot be challenged.
10. After the serve, front line players may switch positions at the net

### **Basic Volleyball Rules Violations**

The following are some basic volleyball rules violations.

The result of a violation is a point for the opponent.

1. Failure to serve the ball over the net successfully
2. Contacting the ball illegally (lifting, carrying, throwing, etc.)
3. Touching the net with any part of the body while the ball is in play. Exception: If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
4. When attacking a ball coming from the opponents court, contacting the ball when reaching over the net is a violation if the ball hasn't yet broken the vertical plane of the net.
5. Crossing the court centreline with any part of your body. Exception: if it's the hand or foot, the entire hand or entire foot must cross for it to be a violation.
6. After Every match losing team will be eliminated.
7. Every match will be of 15 or 20 points (As per the number of entries).

### **Champion ship Trophy Rules...**

#### **Evaluations Points:-**

<b>Group Events:</b>	<b>Gold</b>	<b>Silver</b>
<b>Bronze</b>		
<b>Points</b>	<b>75</b>	<b>50</b>
		<b>25</b>
<b>Solo Events:</b>	<b>Gold</b>	<b>Silver</b>
<b>Bronze</b>		
<b>Points</b>	<b>45</b>	<b>30</b>
		<b>15</b>

**Note: Last date for Registration in any event is 25<sup>th</sup> January 2021.**

**For any Query: 8006690016, 8868839394, 9027163863.**

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**BY**

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