



Rajiv Gandhi National University of Law, Punjab

(Established under Punjab Act No. 12 of 2006)

(Accredited with 'A' Grade by NAAC)

in collaboration with

Kamaljit Neuropsychiatry Centre, Mukerian

Multani Dental Hospital, Kapurthala

Kanish Clinics, Patiala

announces

EXPRESSIONS@RGNUL

All India Inter-University Competition

30th October 2018

About RGNUL, Punjab

Rajiv Gandhi National University of Law (RGNUL) Punjab is a premier educational institute. It has been established by the State Legislature of Punjab by Punjab Act No.12 of 2006. The University acquired approval of the Bar Council of India (BCI) in July 2006. In 2007 the University got registered with the University Grants Commission (UGC), New Delhi under Section 2(f) of the UGC, Act, 1956. The University has been Accredited with 'A' Grade by NAAC in 2015.

About *EXPRESSIONS@RGNUL*

Rajiv Gandhi National University of Law, Punjab, Patiala invites one and all to *EXPRESSIONS@RGNUL*, All India Inter-University Competition. *Expressions@RGNUL* is an academic event with a vision to promote new perception in the young generation. It provides a platform to the young minds to test their perspectives on various issues. It also tests the reading, writing, comprehending and speaking skills of the students. The theme for 2018 is **Healthcare and Lifestyle Diseases**. RGNUL invites Undergraduates, Postgraduates and Research Scholars of all disciplines to articulate their thoughts on Healthcare and Lifestyle Diseases through the written and the spoken word. The changing lifestyles and wrong food habits make young generation vulnerable to many diseases – Obesity, Diabetes, hypertension and malnutrition. The event offers the students several activities to test their awareness and knowledge about the health issues in the contemporary times. These activities provide an opportunity to the students to reflect on the health issues ailing the modern man.

The students shall choose online and offline activities for participation.

List of Activities and Guidelines for the Competition:

Online

1. Essay Writing (English)

Topics for Essay Writing: (Select One)

Word limit for the Essay is 2000-2500 words

- Drug Abuse, De-Addiction and Rehabilitation Centres
 - Cancer is a Modern Disease
 - Lifestyle Diseases
 - Health is Wealth
 - Smartphone- A Health Risk
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- ❖ Only two co-authors allowed
 - ❖ Only original essays on the given topics that have not been published or have not been accepted for publication should be mailed to **expressions@rgnul.ac.in**
 - ❖ The Essays should not carry any mark of Identification.
 - ❖ The Essay must be type-written in MS-Word, Times New Roman, 12 font size and 1.5 line space.
 - ❖ Last date to submit Soft Copy of Essay: **19th October 2018**
 - ❖ Late Entries shall not be accepted
 - ❖ Entries must be mailed to **expressions@rgnul.ac.in**

Offline

1. Debate

Topic: **We are Healthier than our Forefathers**

Time: 03 to 05 Minutes

- ❖ Team of Two Participants (For and Against the motion)
- ❖ Participant will not announce his/her name or the name of his/her institute
- ❖ Paper reading and use of smart devices is prohibited
- ❖ No separate rebuttal round
- ❖ Rebuttals within the stipulated time
- ❖ Team that opens the debate shall also close the debate

2. Poetry Recitation (Hindi/English/Punjabi)

Time: 05 to 07 Minutes

3. Extempore

Time: 04 to 06 Minutes

- ❖ Topic shall be given on the spot
- ❖ Smart devices are not allowed
- ❖ Paper reading is not allowed

4. Elocution

Topics (Select One)

- ❖ Junk Food and Obesity
- ❖ Early to bed and early to rise makes a man healthy, wealthy and wise.
- ❖ Mental Health Awareness

Time: 05 to 07 Minutes

Use of mobile/ smart devices/ paper chits would lead to disqualification

5. Book Talk

Time: 05 to 07 minutes

- ❖ Students of all courses/ streams are eligible
- ❖ Participants shall make a presentation on a book (Fiction/ Non-fiction)
- ❖ The presentation must include introduction to the author and the book, thematic issues and relevance of the book to the contemporary times
- ❖ Paper reading is not allowed
- ❖ Smart devices will not be allowed

❖ **Date: 30th October 2018**

❖ **Venue – RGNUL Campus, Sidhuwal Bhadson Road, Patiala-147006, Punjab**

❖ **Reporting Time: 09:00 am**

❖ **Online Registration** portal shall remain active from **29th September 2018 to 24th October 2018**

❖ Participants must carry their Institutional ID on the day of the Event

Eligibility Criteria and Rules for the Competition:

- ❖ The Competition is open to students pursuing Undergraduate (BA.LL.B/ BA/B.Sc./BCA/B.Com/BBA/B.Tech/MBBS) or any other Undergraduate and Postgraduate courses (MA/LL.M./MSc./ M.Phil/ PhD) in any University/College/ Institute in India.
- ❖ Registration form can be downloaded from the University website **www.rgnul.ac.in**
- ❖ Online Registration Form must be filled.
- ❖ Student can select a maximum of two Activities for participation(Debate and Elocution shall be organized at the same time)
- ❖ Soft copy of the filled Registration Form, Institutional ID and e-receipt must be mailed to **expressions@rgnul.ac.in** on or before **24th October 2018**
- ❖ For Debate teammates shall fill separate forms and mail scanned copy of filled form from one email ID only.

❖ **Registration fees:**

Single Activity

Rs. 500/-

Two Activities

Rs.900/-

Co-Authors(essay)

Rs. 900/

Accommodation

Available* (if required)

Rs. 500/- per day

*Participant must intimate number of days accommodation is required while mailing the registration form

(Fee for accommodation to be deposited on arrival)

Mode of Payment:

Online- sbi.com/prelogin/icollecthome.htm

Online Registration portal shall remain active from **29th September 2018 to 24th October 2018**

Awards

- Prize Cheques/ Cash and Certificates of Merit shall be awarded to the Winners of all Activities.
- Certificates of Participation shall be given to all.
- Trophy- Best Team and Runners up
- 2 Best Speakers: Trophy
- 2 Special Prizes- Ambassador *Expressions@RGNUL* Certificate, Rs. 2000/- & Rs. 1000/- (Anyone who registers 2 or more participants can apply for the prize to expressions@rgnul.ac.in on or before 20th October 2018. Only students from other institutions are eligible for this Award. Applicants can claim the award by mailing scanned Registration forms/ excel sheet (details of the participants- name, institute and activity). In case no one from other institutes is found eligible, RGNUL students shall be considered for the award. The winners shall receive intimation by 25th October 2018.).

Essay Writing:

1st Prize: 3000 INR

2nd Prize: 1000 INR

Debate (team)

1st Prize: 6000 INR

2nd Prize: 4000 INR

Poetry Recitation

1st Prize: 2500 INR

2nd Prize: 1500 INR

3rd Prize: 1000 INR

Extempore

1st Prize: 3000 INR

2nd Prize: 2000 INR

Elocution

1st Prize: 3000 INR

2nd Prize: 2000 INR

Book Talk

1st Prize: 2000 INR

2nd Prize: 1000 INR

Special Prize: Ambassador *Expressions@RGNUL*

1st Prize: 2000 INR

2nd Prize: 1000 INR

Programme Schedule

Programme Schedule	
Registration, Allocation of Code and Attendance	9:00AM - 9:45AM
Debate	10:00AM onwards
Elocution	10:00AM onwards
Poetry Recitation	10:30AM onwards
Extempore	11:00AM onwards
Book Talk	10:00AM onwards
Lunch	1:30PM onwards
Prize Distribution	3:00PM – 4:00PM

ADVISORY COMMITTEE

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