1. **RULES AND REGULATIONS FOR VARIOUS COMPETITIONS UNDER THE THEME “UNSUNG HEROES OF NORTH EAST”**

**LAST DATE FOR ALL THESE COMPETITIONS :- 10th FEBRUARY 2022**

1. **Rules for Essay Competition**
2. The topic of the essay “ My Freedom Hero”
3. Participants must submit a copy of their student identity card along with the essay.
4. The essay must be handwritten in very legible handwriting.
5. The essay along with a copy of the student identity card must be sent through PDF format to the email below on or before the last date i.e. the 5th of January 2022.
6. Only original essays will be accepted for the competition.Any form of plagiarism will result in disqualification .
7. The maximum number of words for the essay will be 3000 words .
8. Details to be given on the cover page

 Name of the participant,

 Name of the Department,(P.G student or Research Scholar)

 Contact number and email id.

1. Email ID for essay competition:- essay75aam@nehu.ac.in
2. **Rules for Poetry Composition (English and Khasi)**
3. The poetry should be the original work of the participant.Any form of plagiarism will result in disqualification.
4. All poems must have a title abased on the theme “Unsung heroes of the North East”and must not exceed 30 lines.
5. The poem along with a copy of the student identity card must be sent through PDF format to the email below on or before the last date i.e. 5th of January,2022.
6. Details to be given on the cover page :-

 Name of the participant,

 Name of the Department,(P.G student or Research Scholar)

 Contact number and email id.

1. Email ID for Poetry competition :- poetry75aam@nehu.ac.in
2. **Rules for Song writing and singing.**
3. Songs should consist of the participant’s own composition and should not infringe any copyrights or any other rights of any third parties.
4. Participants must check audio files before submitting.
5. The lyrics of the song should reflect the theme “Unsung Heroes – freedom fighters of the North East.”.
6. The song should be recorded as a video with the lyrics .
7. All entries must be sent through google drive.
8. The participant must include details of Name,Department ,Contact number through email. While submitting the song.
9. Email ID for song composition :- songs75aam@nehu.ac.in
10. **Rules for Painting Competition**
11. The theme “Women freedom fighters of India”
12. It should be an original work of the participant.
13. Pen, pencil, markers, paints, oils, charcoal, watercolors, canvas, and paper can be used.
14. The participant must include details of Name,Department ,Contact number through email.
15. Please click the picture in landscape mode and send through PDF only in the following email id on or before the 5th of January 2022.
16. Email id for painting competition :- paint75aam@nehu.ac.in

**5.RULES FOR PHOTOGRAPHY COMPETITION**

* The theme for photography competition is “I Love my India”
* Photo may be black & white or color, JPEG, PDF, or PNG (No RAW or PSD image files accepted).
* “Overall Color Enhancement,” Increased Contrast, Overall Lightening or Darkening, and Image Cropping are the only acceptable enhancements for the above categories.
* All images must be original photos taken by the participant . No pictures from the internet or other sources will be accepted.
* Send your photographs via email to the following email ID with full details of
* Participant’s name,Department ,Address and Contact Number .

Email ID for Photography Competition :- photo75aam@nehu.ac.in

Convener : Dr. Rekha M Shangpliang

 Dept. of Sociology

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