



Where Alliance Meets Action



ACTIVITIES HANDBOOK

The Happy Place is a fun mental health festival, led by us, the students of Aditya Birla World Academy, and supported by Mpower.

Through the fest, our aim is to encourage students to explore and share their understanding of mental health in our society, in their own unique way.

All the competitions have been carefully crafted to bring out various themes related to mental health, as well as students' talents in different fields, such as dance, music, film-making, photography, drama, public speaking, and research.

We believe that mental health is widely misunderstood and stigmatized in our society, and it is only through open discussion on such platforms, that we can catalyze positive change.

The Happy Place- India's first student-led mental health festival, has set out to do just that... set in motion the wheels of change.

We hope to see you there with all your zest and spirit!

- Students of Aditya Birla World Academy



Street Play



STAMP OUT STIGMA

In this competition, participants must perform an original street play, addressing the **rampant stigma** related to mental health in our country. Examples of issues that can be covered include lack of employment opportunities, lack of access to quality treatment, inhumane treatment, and the shame and secrecy surrounding mental health.

Through the medium of a street play or “nukkad natak”, participants can drive home the point of social change through igniting action. By involving the youth, this competition aims to sensitize individuals towards the social repercussions of discrimination and stigma in mental health, and encourages them to take action.

Competition Rules :

1. One entry per school/college. Each team to have a maximum of 10 participants.
2. No props will be provided.
3. The competition will be conducted in a “Street” like open place and hence no microphones, speakers, music systems will be allowed. Teams can sing / dance by themselves to create the necessary music or sound.
4. No Props or costume or any material will be provided by the organizers.
5. All members of the team will have to participate in the “Street Play.”
6. Time Limit: Teams should restrict their play in 12 minutes (10 + 2) time +1 min allotted for introduction of theme.
7. 1 min introduction of theme
 - » 2 minutes set up
 - » 8 minutes: Warning Bell
 - » 10 minutes: Final Bell
 - » Teams exceeding the 12 minutes Final Bell will attract negative marks
8. Language of the Play: Teams can use English/Hindi as the language of their play.
9. Theme of the Street Play: Stamp Out Stigma.
10. Teams using any props or costumes must bring all their requirements and must be ready well in time as per instructions of the organizer. No props or costume or any material will be provided by the organizers.
11. Teams must rehearse / practice the play well in advance. No time for rehearsal / stage practice / final rehearsal will be given during the fest.
12. Participants must report to the registration desk on the morning of the competition, between 8 am and 9 am.

General Instructions:

13. Participants are requested to be present at the venue at least 15 minutes prior to the start of the event.
14. Teams using any props / costumes must bring all their requirements and must be ready well in time as per instructions of the organizer.
15. Teams must rehearse / practice the play well in advance. No time for rehearsal / stage practice / final rehearsal will be given during the fest.

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16. Use of any unfair means or non-compliance to rules will result in immediate disqualification.
 17. Decision of judges will be final and binding on all teams.
 18. Submission after the given date on the entry form will not be considered for the contest.

Judgment Criteria :

Creativity -15

Depth of message -10

Clarity of Message -10

Music -5

Props -5

Costume /Dressing -5

Total points- 50

Photo Series



MIND'S EYE :

In this competition, participants must identify a story that reflects themes of mental health. This story is to be depicted through the medium of photography, and the student must create an original photo series.

Participants can choose from one of the following themes:

Conquer Anxiety (Anxiety)

Depression Let's Talk (Depression)

Face the Bully (Bullying)

Say Yes To Life (Suicide)

I Will Survive (Depicting hope in those living with mental illnesses)

Document a Hero (Documenting the story of a person living with a mental health concern)

I Learn Differently (Learning Disabilities)

Examples and references can be found at- www.fragmentary.org

Competition Rules :

1. A school /college may send up to 3 entries for this event.
2. Each contestant may send 1 photo series consisting of minimum of 4 and maximum of 7 photographs.
3. The photos in the series must tell a story to reflect the theme.
4. Contest photographs must be submitted on photo paper. The minimal acceptable photograph size is 8X10" with mounting of 1" on all sides.
5. The series must have a title. Contestants may use captions for each photograph with details of date & location.
6. Photographs sent via email will not be judged.
7. Photographs which have previously won awards, been distinguished or presented at exhibitions in other competitions will not be eligible for this contest.
8. All participants must submit a sealed envelope containing the printed entry form as well as a CD with the electronic version of the submitted photographs.
9. Participants must report to volunteers at the registration desk on the morning of the competition, between 8 am and 9 am. Participants must submit the envelopes (with the photographs and CD's) at this time, following which they will be allotted a substantial wall space on a first-come-first serve basis. Volunteers will be in charge of setting up the photographs to ensure uniformity in display.
10. Submission after the given date on the entry form will not be considered for the contest.

Labelling and submission of works.

11. For identification purpose, each photograph submitted for the competition should contain the following information :

Title:

Serial order no:

Caption:

Initials of the contestant:

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12. The prize winning entries may be used for possible publication in the post-contest catalogue and on the organizer's website.
 13. Submission after the given date on the entry form will not be considered for the contest.

Judging Criteria

Creativity-10

Impact-10

Use of medium-10

Relevance to theme -10

Personal touch (Vision)and Presentation-10

Total Points- 50

Short Film Making



TRIUMPH AGAINST ALL ODDS

In this competition, participants must submit an original short film on the theme of "TRIUMPH AGAINST ALL ODDS" where they choose to depict a fictional or non-fictional story of an individual who has lived with a mental health concern and overcome pressures and difficulties to achieve success. Individuals with mental health concerns are often seen as weak and unproductive, but, it is important to underscore the resilience, strength, and tenacity they possess.

Participants are free to utilize any film genre they think will convey the theme most effectively.

Competition Rules :

1. Every school can send 1 group/individual entry only; in case of group, a maximum of 5 students will be allowed.
2. Contestants must submit a film of between **1.5 to 2 minutes** in length.
3. The screening of the film will be followed by a **2 minute** Q and A with the judges.
4. Participants must submit an original film relevant to the theme.
5. The film should also be available for download as a media file meeting any or all of the following specification:
Video file
codec: avc, mpeg2 or mpeg4
container: mpeg, mp4 or avi
resolution: not less than 1280x720 (16:9 aspect ratio)
bitrate: not less than 3 Mb/s
sound: 16 bit stereo, 44.1 kHz
file size: not more than 1GB
6. Each entry must be entirely the original work of the entrant (or in the case of group entries, the original work of the entrants in the group), other than music for which the entrant holds all intellectual property and other rights necessary to enable them to use the music in the entry.
7. No entry may contain any individual's photograph, likeness, name, voice, or other element of persona and identity unless the entrant has obtained all releases and consents from such individuals necessary to enter the entry in the Contest.
8. No entry must infringe, misappropriate, or violate any intellectual property rights, privacy rights, publicity rights, or other proprietary rights of any third party.
9. All information provided in the entry must be true, accurate, and correct in all respects.
10. Each entry must comply with applicable norms/policies of the social media platforms where the selected movie could be uploaded upon discretion of the organizer. (Vimeo or YouTube, as applicable).
11. Entries must be suitable for publication to a general audience and must not contain anything (a) that is illegal, abusive, tortious, defamatory, pornographic, sexually explicit, obscene, libelous, invasive of another's privacy, hateful, or otherwise objectionable; (b) that promotes any kind of discrimination.

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12. Participants must report to volunteers at the registration desk on the morning of the competition, between 8 am and 9 am. Participants must submit a pen drive containing the movie file at this time.
 13. Submission after the given date on the entry form will not be considered for the contest.

Judging Criteria:

Content – subject investigated-10
Creativity -Artistic creativity and originality- 10
Effectiveness of Message- 10
Production elements (Editing, lighting, etc.)- 10
Overall presentation- 5
Questions and Answer with judges- 5
Total points- 50

Solo/ Duet singing



THE SOUND OF EMOTIONS

In this competition, participants must perform an original song or cover song on the theme of **emotions**, wherein the participant is free to choose a song that depicts **one or more** of the following emotions- Gratitude, Joy, Hope, Inspiration, Love, Anger, Grief, Sadness, Jealousy, Fear, Betrayal.

Music is a form of expression, which helps an individual channelize their inner emotions and conflicts and express it in a constructive manner. Elements of a song such as lyrics, melody, tone, rhythm, harmony as well as the performer's aura, amalgamate to create a musical piece that resonates a particular emotion within the listener. Through this competition, we encourage participants to use this form of self-expression to immerse in a cathartic experience and convey their inner feelings to the audience.

Competition Rules :

1. A school /college may send 1 entry of solo or duet participants.
2. The singer must select an appropriate song relevant to the theme of EMOTIONS. Inappropriate lyrics will attract negative marks.
3. Duration 3 minutes. (Plus one minute allotted for introduction of theme)
4. A contestant may perform solo or a duet, not both.
5. Contestants MAY NOT utilize any live props. Costumes and other accessories are permitted.
6. Contestants are permitted the use of 1 live musical instrument (Self or with accompanist), but no additional points will be given for the same.
7. Contestants are not permitted to leave the stage or stage area during their performance. This includes singing or performing within the audience.
8. Contestants must submit a background track on a pen drive, in case there is no accompanist or instrument. However use of Karaoke is not permitted.
9. Participants must report to volunteers at the registration desk on the morning of the competition, between 8 am and 9 am. Participants must submit the pen drive containing the background track at this time.
10. Submission after the given date on the entry form will not be considered for the contest.

Judging Criteria:

Vocal range - 10

Rhythm - 10

Stage presence - 5

Voice modulation – 5

Expression - 10

Overall performance – 10

Total points- 50

Dance



BREAK(FREE) DANCE

This competition consists of a solo or group dance performance, where original choreography is to be performed on the theme of BREAK FREE. The term "break free" carries varied meanings for different individuals. It may mean breaking free from societal pressures, from one's own emotions and conflicts, or from harmful relationships. Regardless of the personal meaning it carries for each individual, the term is associated with liberation and autonomy. It gives one a sense of accomplishment, of taking charge of their own life, and taking steps towards their own well-being.

Through eclectic dance styles, participants may express their own interpretation of the term "break free".

Competition Rules :

1. Schools may send 1 entry only - solo/group. The maximum number of participants for a group entry is six.
2. Time allotted: 3+1 minutes (1 minute for introduction of theme + 3 minutes for dance performance).
3. Use of props is allowed.
4. Exceeding time limit will result in negative marking of the group.
5. Participants must report to volunteers at the registration desk on the morning of the competition, between 8 am and 9 am. Participants must submit a pen drive containing the music track at this time.
6. Submission after the given date on the entry form will not be considered for the contest.

Judging Criteria:

- Choreography (Variety, Difficulty, Visual effect)- 10
 - Floor craft (Spacing, Formations, Transitions and Flow)- 10
 - Expression, energy and costumes- 10
 - Stage coverage-5
 - Innovation and presentation (Audience appeal, Costumes, Music, Folk cultural elements)-15
- Total points- 50

Research Proposal Poster



LET'S DELVE DEEPER

Participants must prepare a **research proposal** and present it in the form of an **academic poster**. Specifications for the proposal are provided below.

The proposal should be designed to address a mental health concern (chosen by the participant) in their school environment, for example– Bullying, Peer pressure, Use of social media, Exam stress, Depression, Self Esteem of Students.

Participants will be required to come up with (1) A research question/problem (2) Hypothesis (3) Rationale for Study (4) Methodology (Design, Participants, and Measures) (5) Discussion (6) References (7) Acknowledgements

Note: The discussion section must contain concrete steps to effectively address the issue in the school environment.

Competition Rules :

1. A school/college may send up to 3 Poster presentations
2. Poster Guidelines:
 - Size: 36" Tall by 48" Wide
 - Font Size:
 - Title- 100 pt
 - Authors- 80 pt
 - Headings -40 pt
 - Sub- Headings- 30 pt
 - Text- 25 pt
 - Main Headings (**Research Question, Hypothesis, Rationale for study, Methodology, Discussion, References, Acknowledgements**)
 - Posters can be printed in matt or glossy finish
 - Microsoft PowerPoint, Adobe Illustrator, or InDesign can be utilized for the creation of the poster.
 - Microsoft Excel can be utilized for creating tables and graphs.
 - All citations and headings must follow the APA (American Psychological Association) guidelines
 - Print your poster in good time and bring it with you to the Conference.
 - Please note: Ready- made academic poster templates are freely available on various websites. Use of these templates are encouraged, keeping in mind the above specifications
3. **Please note** that participants will be provided five minutes to present their poster at the event.
4. No entry must infringe, misappropriate, or violate any intellectual property rights, privacy rights, publicity rights, or other proprietary rights of any third party.
5. All information provided in the entry must be true, accurate, and correct in all respects.

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6. Participants must report to volunteers at the registration desk on the morning of the competition, between 8 am and 9 am. Participants must submit the printed academic poster at this time.
 7. Submission after the given date on the entry form will not be considered for the contest.

Judging Criteria

- Research Content (50%)
- Novel research project/project proposal- Identification and rationale for choosing relevant topic, Significant impact of project, Clear and sound methodology
- Poster Organization (30%)
- Neat, organized, concise and well-written. It must also have clear definition of problem and solution along with quality and relevance of figures, if any.
- Communication Skill (20%)
- Student can clearly explain research to audience, Ability to answer questions, Ability to receive suggestions and criticism.

Extempore Speech



STAND UP SPEAK UP

In this competition, participants will be asked to draw from a pool of topics related to mental health, and prepare and deliver a 3–5 minute extempore speech. According to the extempore speech format, participants will be randomly allotted a topic, following which they will be given 10 minutes to prepare the speech.

Examples of topics that participants may expect include,

- Increasing stress and its impact on mental health of school children
- Bullying on the playground
- Is Depression an indication of a weak mind?

Competition Rules:

1. Each school can send 2 entries only.
2. The speech is intended to reveal a competitor's ability to develop a point of view on a general topic and to deliver an impromptu speech within limited preparation time.
3. The contestants will speak on a topic and will be given 10 minutes to prepare. They are expected to speak for 3 to 5 minutes, and are not allowed to seek any outside help.
4. Participants are permitted the use of electronic devices during preparation time. However, no electronic devices will be permitted in the room during the delivery of the speech.
5. Cue or palm cards are permitted; however, their use is to be unobtrusive and should not affect the speaker's visual engagement with the audience.
6. The contestant is not allowed to read out the speech. There will be warning bell after 4 minutes and a final bell at the end of the 5th minute.
7. Participants must report to volunteers at the registration desk on the morning of the competition, between 8 am and 9 am.
8. Submission after the given date on the entry form will not be considered for the contest.

Judges will be looking for clarity of thought, logical organization, conviction and sincerity as well as the effective use of English.

Judging criteria

- Comprehensive knowledge of subject -10
- Organization - continuity of ideas orderly flow of thoughts- 10
- Originality - approach to the topic- 10
- Skillful use of fact, examples descriptions and analogies- 10
- Voice and diction- 10
- Total points- 50

In addition, there will be:

- Free wellness workshops such as nutrition, yoga, art therapy, and pet therapy.
- Panel discussions and Keynote speakers. Professionals from the mental health field will engage students in discussion on pertinent topics.

Please note, the deadline for submission of entry forms is 30th August, 2017.
Refer to the entry form for further details.

See you on the 7th and 8th of October!



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