



Parvatibai Chowgule College of Arts and Science  
Autonomous

Accredited by NAAC with Grade 'A' (CGPA Score 3.41 on a 4 Point Scale)  
Best affiliated College-Goa University Silver Jubilee Year Award



# THE PSYCHOLOGY FORUM IN COLLABORATION WITH CLUB 'CEREBRO' PRESENTS, Social Outreach Programme to Commemorate International Day of Persons with Disabilities



Every year on the 3rd of December, IDPD is celebrated to promote the rights and well-being of persons with disabilities in all spheres of society.

The UNESCO theme for IDPD 2021 is

**"Leadership and participation of persons with disabilities toward an inclusive post-Covid-19 world"**

Inviting all the students of our college to participate in this social outreach programme.

**The competitions to be conducted are as follows:**

- 1) POETRY WRITING COMPETITION**
- 2) PHOTOGRAPHY COMPETITION**
- 3) POSTER MAKING COMPETITION**

**Read further for more details**





# Poetry Writing Competition

Compose a Poem on any 'one of the below-mentioned topics



**1) Not All Disabilities Are Visible**

**2) You are not disabled by the disabilities you have, you are able by the abilities you have - Oscar Pistorius**

## RULES

- The participant must register with the student in charge before sending in their poems
- The poem must be an original work of the participant.
- It can be in any of the following languages:  
English, Hindi, Marathi or Konkani.
- The poem must be typed in Times New Roman, with a font size of 12.
- Use of vulgar and inappropriate language is prohibited.
- The final entry should be mailed to the respective student in charge in pdf format on or before 2nd December 2021 5 p.m.
- Name your file in the following format: Name, roll number, Class, Language, IDPD, and competition (eg. CarlYung\_AU190211\_TYBA\_Eng\_IDPD\_PoetryWriting)
- The participants are free to use any style of poetry; interpret the given topics and title the poem as per their will.
- The decision of the judges will be final and binding.
- For further queries, contact the student in-charge.

### Criteria for Judgement:

10 marks- Content (language and relevance to the theme)

10 marks- Originality of the write-up

10 marks- Creativity

10 marks- Coherence of form and structure

10 marks- Overall Impact

Total- 50 marks.

Student In-Charge  
Anika Haldankar  
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# ***Photography Competition***



The photograph should be related to the theme as follow :

**" Living in a kinder, more inclusive world"**

## **RULES**

- The participant must register with the student in charge before sending in their photographs.
- The photograph must be an original work of the participant.
- The only form of editing that will be allowed is color grading.
- Participants can add a short caption to their picture.
- The final entry should be mailed to the respective student in charge in JPG format on or before 2nd December 2021 5 p.m.
- Name your file in the following format: Name, roll number, Class, IDPD, and competition. ( Eg. CarlYung\_AU190211\_TYBA\_IDPD\_Photography)
- The decision of the judges will be final and binding.
- For further queries, contact the student in charge.

### **Criteria for Judgement:**

10 marks - Significance to the theme

10 marks - Originality

10 marks - Creativity

10 marks - Quality of the image

10 marks - Overall impact

Total - 50 marks

Student In-Charge  
Alyssa Colaco  
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# ***Poster Making Competition***

Design a Poster along  
with a slogan on any 'one of the below  
mentioned topics:

**1) "Leadership and participation  
of persons with disabilities..."**

**2) "Different Not Less" - Temple Grandin**



## **RULES**

- The participant must register with the student in charge before sending in their posters.
- The poster and slogan must be the original work of the participant.
- Any vulgar and inappropriate expression in the poster is prohibited.
- The poster should be submitted as a scanned copy of the hand-painted poster in PDF format (using apps like Adobe Scan). If it is created digitally then it can be submitted in PNG, JPEG, or PDF format.
- The poster should be mailed to the respective student in charge on or before 2nd December 2020 5 p.m.
- If the participant wishes, a write-up explaining their idea behind the poster in about 100-150 words can also be attached separately with the poster.
- Name your file in the following format: Name, roll number, Class, IDPD, and competition ( Eg. CarlYung\_AU190211\_TYBA\_IDPD\_PosterMaking )
- The participants are free to interpret the topics in their own way.
- The decision of the judges will be final and binding.
- For further queries, contact the student in charge.

### **Criteria for Judgement:**

10 marks- Expression of Theme

10 marks- Originality

10 marks- Creativity

10 marks- Relevance (of the slogan with poster and theme)

10 marks- Overall Impact

Total- 50 marks.

**Student In-Charge**  
**Azelia Fernandes**  
**+918308231892**  
**aze002@chowgules.ac.in**

# ***Some Important Details To Keep In Mind!***



**REQUESTING THE STUDENTS WHO ARE WILLING TO PARTICIPATE  
TO REGISTER THEIR NAMES FOR  
THE COMPETITION USING THIS LINK:  
[HTTPS://FORMS.GLE/HHQVKEMNMVGQKMJG8](https://forms.gle/HHQVKEMNMVGQKMJG8)**

- Once you've registered, please follow up with the respective in-charge of the competitions and inform them of your registration
- All the competitions will be held online.
- Students who are interested in participating in any of the competitions must register their names to the student in charge of the following competition. This must be done on or before 30th November 2021.
- Participants are requested to submit their work to the respective student in charge on or before 2nd December 2021. Any submissions done after the given date will not be accepted.
- Participants of the poster making and photography competitions are requested to bring the physical copies of their work to college on 4th December to be displayed during the programme.
- All participants will be given an E-certificate.

**RESULTS OF THE COMPETITION AND PRIZE  
DISTRIBUTION WILL BE HELD ON 4TH DECEMBER  
2021**

**\*Further details with regards to prize distribution on 4th  
December 2021 will be informed later\***

**For any queries, get in touch with:**

Sabrin Shaikh - President  
+919145528719

Azelia Fernandes - Treasurer  
+918308231892

**The Psychology Forum and Department looks forward to your  
enthusiastic participation in this programme!**

**All further details will be communicated by the forum members.  
Stay Tuned!**