

Our Lady of Pillar Convent School
Gangana Road, Pal Village, Jodhpur 342001 (Raj.)

NOTICE FOR CLASSES I to V

Dear Parents,

There will be “Yoga Asanas” Competition for Classes I to V on **15th May’2021(Saturday)**

Name of the Incharges –

For Classes I and II -Mrs. Priyanka Gehlot (Contact No. 7339778556)

For Classes III and IV- Ramesh Sir (Contact No. 8949010718)

For Class V – Raghuvveer Sir (Contact No. 9799638822)

Theme- **Good Health and Well Being**

Time Duration – **2-3 minutes**

Size of Video- **Should be less than 25MB**

Classes – **I to V**

Timing-**9 AM to 5 PM**

Guidelines:

- Any 5 Asanas to be performed.
- Brief introduction in Hindi/English of the asanas to be given.
- Music may be played in the background.
- Dress code: comfortable sports shirt and yoga pants or gymnastic costume.
- Duration of performance must not exceed 2 to 3 minutes.
- The video should be recorded with a clear and appropriate backdrop, good lighting, and in closed space.
- The video must shoot in landscape mode. And the size of the video should be less than 25MB.
- Parents have to upload the Final Video on the given Mail ID-
olopcscompetitions@gmail.com
- Students must mention their NAME, CLASS, SECTION, and name of the Competition while sending the mail.

Criteria of Judgement:

- Correctness of posture
- Flexibility
- Balance
- Style of performance
- Overall Presentation

NOTICE FOR CLASSES VI to VIII

Dear Parents,

There will be “**Photography**” (**Capturing Photos**) Competition for Classes VI to VIII on **15th May’2021(Saturday)**

Name of the Incharge- **Mr. Deepak Panwar (Contact Number- 9928071079)**

Mrs. Rupam Shukla (Contact Number-9079672710)

Mrs. Priyanka Rai (Contact Number- 7073796299)

Theme- **Capturing 1-1 Picture of a plant, Flower, Flower Vase, and Sunrise**

Mode of Submission – **Images**

Classes – **VI to VIII**

Timing-**9 AM to 5 PM**

Guidelines:

- The participants should use their creativity to capture the picture using their Smart Phones/DSLR.
- Photographs should not have dates or text on the image.
- Editing/Cropping of the pictures is not allowed.
- No filters should be added.
- Participants must submit a set of all 4 photographs mentioned above with a caption and a brief description of the pictures (in approximately 50 words) well labeled with Name of the Competition, Participant’s Name, Class and Section.
- Students can write the caption and a brief description about pictures in PDF format and attach that in the mail or can directly write it in the mail box while sending the email.
- Parents have to upload the final Images on given Mail ID- olopcscompetitions@gmail.com.

Criteria of Judgement:

- Relevance to the Topic/Theme
- Uniqueness
- Clarity and Quality of Image
- Caption and Description

NOTICE FOR CLASSES IX to XII

Dear Parents,

There will be “**E-Poster Making**” (Using any Graphics Software) Competition for Classes IX to XII on **15th May’2021(Saturday)**

Name of the Incharges - **Mrs. Sherly Masih (Contact Number-8094030774)**
Mrs. Sukanya Sen Sharma (Contact Number-9079156635)
Ms. Priyanka Arora (Contact Number-8005714589)

Theme- **Five Elements of Nature**

Software to be Used- **Any Graphics Software**

Mode of Submission – **Images**

Classes – **IX to XII**

Timing-**9 AM to 5 PM**

Guidelines:

- The participants will design a Poster on the given theme using any Graphics Software.
- Poster should have the combination of Five Elements of Nature (Earth, Water, Fire, Wind, and Space)
- Save the Image of Your Poster and it should be well labeled with Name of the Competition, Participant’s Name, Class, and Section.
- Students have to upload the final Images on given Mail ID-
olopcscompetitions@gmail.com.

Criteria of Judgement:

- Relevance to the Topic/Theme
- Creativity
- Overall Presentation