



ADITYA BIRLA  
WORLD ACADEMY



Where Alliance Meets Action

ACTIVITIES HANDBOOK

## 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. It is a fun mental health festival, led by 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, ad 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 catalyse positive change.

## MPOWER

Mpower perseveres to empower individuals and their families with mental health concerns by creating awareness and alleviating stigma; we aim at fostering education, around mental health in schools, for students & teachers. A strong foundation of knowledge is the first step towards de-stigmatization of mental health problems.

Youth Mental Health First Aid (YMHFA) is a certificate training program for teachers working with young adults. YMHFA is the help given to a young person developing a mental health problem, a worsening of an existing mental health concern, or in a mental health crisis. The training equips teachers to tackle concerns confidently, appropriately & without bias, and also equips them with lifelong skills.

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

- Students, Aditya Birla World Academy

# Street Play EVERYDAY HEROES



In this competition, participants must perform an original street play on the theme of “Everyday Heroes”. A hero is a person who is admired for their courage, achievement, or noble qualities. We often look for exalted versions of heroes, but miss out on those people around us who embody this definition through big or small acts in their everyday lives.

Through this competition, participants are encouraged to reflect on identifying everyday heroes in their environment as well as think about how they can be everyday heroes. What makes someone an everyday hero? What are the positive qualities they embody? How do these qualities, or the actions they carry out, make their life meaningful? Eventually, how does that contribute to one's mental wellness?

## Competition Rules:

- One entry per School/college. Each team to have a maximum of 12 participants
- No props will be provided
- 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
- No Props or costume or any material will be provided by the organizers
- All Members of the Team will have to participate in the “Street Play”
- Time Limit: Teams should restrict their play in 12 minutes (10 + 2) time + 1 min allotted for introduction of theme
- 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
- Language of the Play: Teams can use English/Hindi as the language of their play
- Theme of the Street Play: Everyday Heroes
- Teams using any props / Costume / Dressing 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
- Teams must rehearse / practice the play well in advance. No Time for rehearsal / Stage practice / final rehearsal will be given during the fest
- Participants must report to the registration desk on the morning of the competition, between 8 am and 9 am

## General Instructions:

- Participants are requested to be present at the venue at least 15 minutes prior to the start of the event
- Teams using any props / Costume / Dressing must bring all their requirements and must be ready well in time as per instructions of the organizer
- Teams must rehearse / practice the play well in advance. No Time for rehearsal / Stage practice / final rehearsal will be given during the fest
- Use of any unfair means or non-compliance to rules will result in immediate disqualification
- Decision of Judges will be final and binding on all teams

## Judgement Criteria:

- Creativity -10
- Depth of message -10
- Clarity of Message -10
- Music -5
- Props -5
- Costume /Dressing -10
- Total points- 50



# Solo / Duet Singing

## SONGS THAT FEED THE SOUL



In this competition, participants must perform an original 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, Inspiration, Love, Awe, Serenity, Hope, Optimism, Victory, and Contentment.

The power of experiencing positive emotions has a lot of psychological benefits. It helps to broaden our minds, expand our awareness, and builds one's resources including knowledge, skills, abilities, and relationships. They allow for creativity in thought and action, and lead to an overall sense of well-being. Through this competition, participants can reflect on the importance of positive emotions in the life, and how music can be a medium through which they can invoke these emotions.

### Competition Rules:

- A school/college may send 1 entry of solo or duet participants
- The singer must select an appropriate song relevant to the theme of EMOTIONS. Inappropriate lyrics will attract negative marks
- Duration 3 minutes. ( 1 minute- Introduction of theme)
- A contestant may perform solo or a duet, not both
- Contestants MAY NOT utilize any live props. Costumes and other accessories are permitted
- Contestants are permitted the use of 1 live musical instrument. (Self or with accompanist), but no additional points will be given for the same
- Contestants are not permitted to leave the stage or stage area during their performance. This includes singing or performing within the audience
- 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
- 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

### Judgement Criteria:

- Vocal range - 10
- Rhythm - 10
- Stage presence - 5
- Voice modulation - 5
- Expression - 10
- Overall performance - 10
- Total points - 50

# Photo Series

## SILVER LINING



In this competition, participants must identify a story that reflects the theme “Silver Lining”. This story is to be depicted through the medium of photography, and the student must create an original photo series.

Silver Lining- Hope and optimism are positive emotions that play a very important part in overall life satisfaction. Through this competition, participants learn to delve deeper into the significance of hope and optimism, and how that may contribute to overall well-being and quality of life.

### Competition Rules:

- A school/college may send up to 3 entries for this event
- Each contestant may send 1 photo series consisting of minimum of 4 and maximum of 7 photographs
- The photos in the series must tell a story to reflect the theme
- Contest photographs must be submitted on photo paper. The minimal acceptable photograph size is 8X10” with mounting of 1” on all sides
- The Series must have a title. Contestants may use captions for each photograph with details of date & location
- Photographs sent via email will not be judged
- Photographs which have previously won awards, been distinguished or presented at exhibitions in other competitions will not be eligible for this contest
- 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
- 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

#### LABELLING AND SUBMISSION OF WORKS:

- For identification purpose, each photograph submitted for the Photo Contest should contain the following information :
  - » Title
  - » Serial order no.
  - » Caption
  - » Initials of the contestant
- The prize winning entries may be used for possible publication in the post-contest catalogue and on the organizer's website
- Submission after the given date on the entry form will not be considered for the contest

## Judgement Criteria:

- Submissions will be judged on
- Creativity-10
- Impact-10
- Use of medium-10
- Relevance to theme -10
- Personal touch (Vision)and Presentation-10
- Total Points- 50

# Ad Film Making

## CAMPAIGN FOR WELLNESS



Participant must develop an advertising campaign pitch on a Public Service Announcement promoting mental wellness among the population.

Mental health is defined as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

However, the term mental health is highly stigmatized in our society, and only associated with a psychological illness or concern. Through this competition, the idea is to destigmatize the term “mental health”, and discuss ways in which every person can pay attention to their mental health and wellness, as they do their physical health and how that is beneficial.

### Competition Rules:

- Every school can send 2 group entries only; a maximum of 4 students will be allowed in each group
- Contestants must submit a film of no more than 1 minute in length
- The screening of the film will be followed by a 2 minute Q and A with the judges
- Participants must submit an original film relevant to the theme
- 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
- Each entry must be entirely the original work of the entrants, 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
- 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
- No entry must infringe, misappropriate, or violate any intellectual property rights, privacy rights, publicity rights, or other proprietary rights of any third party
- All information provided in the entry must be true, accurate, and correct in all respects
- 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)
- 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

- 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

### Judgement Criteria:

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

Dance

# METAMORPHOSIS



The term metamorphosis signifies change and transformation. As human beings, we are constantly evolving. Often, we hit a point of stagnation, where we are unable to move or make progress. This may impact our mental wellness. However, only if we get over the limitations of our mind and surroundings, can we continue on a growth trajectory. Through this competition, participants may think of depicting a journey of “metamorphoses” within the purview of mental health and wellness.

## Competition Rules:

- Schools may send 1 entry only - solo / group. The maximum number of participants for a group entry is 6
- Time allotted: 3+1 minutes (1 minute for introduction of theme + 3 minutes for dance performance)
- Use of props is allowed
- Exceeding time limit will result in negative marking of the group
- 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

## Judgement 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

# 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 include-

- 1) What brings happiness in life?
- 2) Can everyone be happy?
- 3) Is playing video games a mental health concern?
- 4) What is the importance of gratitude in one's life?
- 5) How can positive social connection enhance one's life?

### Competition Rules:

- Every school can send 2 entries only
- The speech is intended to reveal a competitor's ability to develop a point of view on a general topic and to deliver impromptu speech within limited preparation time
- 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
- 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
- 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
- The contestant is not allowed to read out the speech. There will be a warning bell after 4 minutes and a final bell at the end of the 5th minute
- Participants must report to volunteers at the registration desk on the morning of the competition, between 8 am and 9 am

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

### Judgement Criteria:

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

# Research Proposal Poster

## LET'S DELVE DEEPER



Participants must prepare a research proposal or display the results of a study, and present it in the form of an academic poster.

The proposal or study should address a topic related to promotion of mental wellness among students and teachers in schools. This could entail overall mental well-being or addressing specific areas which may then contribute to overall well-being (eg. Bullying, physical health, stress). The study or proposal should incorporate concrete measures to promote or enhance mental well-being.

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:

- A school/ college may send up to 3 Poster presentations
- Poster Guidelines:
  - » Size: 36" Tall by 48" Wide
  - » Font Size: Title, Authors, Headings (50 point)
  - » Sub-Headings (40 point)
  - » Text: (30 point)
  - » Main Headings (Research Question, Hypothesis, Rationale for study, Methodology, Discussion, References, Acknowledgements)
  - » 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
- Please note that participants will be provided 5 minutes to present their poster at the event
- No entry must infringe, misappropriate, or violate any intellectual property rights, privacy rights, publicity rights, or other proprietary rights of any third party
- All information provided in the entry must be true, accurate, and correct in all respects
- 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 and mounted academic poster at this time



## Judgement 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.

# Band ONE LOVE



In this competition, participants must present an original composition/cover song/medley of songs, which reflects the theme- Diversity and Inclusivity.

We are living in a time where intolerance and bigotry are on the rise. Discrimination on the basis of caste, creed, colour, ideas, and views is higher than ever. As responsible citizens of tomorrow, it becomes our duty to actively work towards raising awareness as well as encouraging practices that counter this discrimination and hatred.

Through the universal language of music, the hope is that participants deeply reflect on this theme and convey it through the eclectic use of lyrics, tone, music styles and genres, instruments, and cultures.

## Competition Rules:

- One Love - Each band will be given the opportunity to play two songs. Bands choose song difficulty levels at their own discretion
- Each band's set must fill approximately 7 minutes but must not exceed 10 minutes. 5 minutes extra time will be provided for sound check
- There is no limit to the number of bands who wish to apply for the competition
- One entry in is defined as a band of four to six players, all of whom must be present throughout the competition and must both be present at check-in. At no time may there be a switch in players. Switching partners is illegal and will result in disqualification of the band. Further, no player may belong to more than one band
- The band cannot use backing tracks in their performance
- All performers will use the same stage with the same lighting state
- The conveners will allocate bands to setups as they become available

## Judgement Criteria:

- Originality – 10 Points
- Attitude and improvisation) – 10 points
- Presentation (Rhythm, Team work) – 20 points
- Entertainment factor (Crowd connect) – 10 points
- Total 50 Points

Wellness Workshops

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📍 **ADITYA BIRLA WORLD ACADEMY**  
Vastu Shilp Annexe, Gamadia Colony  
J. D. Road, Tardeo, Mumbai - 400 007

☎ **+91 22 2352 8400 / +91 22 2352 8401**

✉ **thehappyplace@adityabirlaworldacademy.com**

🌐 **www.adityabirlaworldacademy.com**