



TATTVVA/2.0

-A PSYCHOLOGY

FEST

GENERAL RULES

1. Only Class 11 and Class 12 Psychology students are eligible to participate in TATTVA 2.0.
2. One student can only participate in TWO events with the exception of participating in AATMA (the title event).
3. All eligible students can participate in AATMA.
4. All submissions must be in English only.
5. Any kind of plagiarism will lead to immediate disqualification.
6. Any kind of vulgarity or any use of bad words, offensive statements or targetting of a particular group will lead to immediate disqualification.
7. All events are individual, no pair or group submissions will be allowed.
8. The registration form will be considered complete only if the respective Google Form is submitted along with a soft copy of the respective psychology teacher's Identity card uploaded through the registration form.

9. The registration lasts from 17.08.2021 (Tuesday) to 28.08.2021 (Saturday).

10. Only registered students will be allowed to participate in the events.

11. All submissions must be made to the respective Email IDs on or before the dates mentioned.

12. The organizers are not responsible for any issue that may arise out of this contest.

13. The organizers are not responsible for any network issue or similar issues faced by the participants in the due course of the competition.

14. The organizers reserve the right to take any action against unethical, wrongful or unprofessional conduct.

15. The organizers reserve the right to amend the rules. However, due notice shall be provided to all participating teams.

16. All participants are requested to be formal and ethical in their conduct.

17. A personal Gmail address for the participant is mandatory. The participant will be contacted using that particular Gmail-id. Registration should also be done using that Gmail-id.

18. All further information regarding TATTVA 2.0 will be emailed. Hence, keep track of your Gmail account for updates.

19. All decisions of the organizing committee are final and binding.

C O N T A C T

Queries may be mailed to:
eventtattva@gmail.com

For any queries, the student coordinators may be contacted:

- Reel making: Ms Shivani at 9500644448.
- Singing: Ms Priyangekaa at 9659133967.
- Poem writing: Ms Tharshini at 9342560670.
- Quote writing: Ms Ridah at 9655412229.
- Potpourri: Ms Snehaa Rajesh at 8111099944.
- Quiz: Ms K.Karunasri at 8667541417.
- Comic strip: Ms K.Karunasri at 8667541417.
- Meme competition: Ms Tharshini at 9342560670.
- Photography: Ms Piyusha at 9100505055.
- AATMA: Ms Snehaa Rajesh at 8111099944

C O N T A C T

For any queries, the teacher coordinator, Mrs S.Abineya may be contacted at 9600793091.

Contacting the student/teacher coordinators regarding any queries should only be done by the teacher-in-charge of the participating school.

All information will be available on our website:

<https://eventtattva.wixsite.com/mysite>

REEL MAKING

1. *Individual event*
2. A maximum of 5 individual participants can participate from each school.
3. Any **ONE** of the following emotions should be expressed (similar to a mime) in a reel (provided by Instagram):
 - Disgust
 - Apprehension
 - Desire
4. The reel must be of the duration 15 to 30 seconds.
5. Appropriate music must be used.
6. No words and properties must be used.
7. No filters must be used.
8. The emotion expressed must not be mentioned anywhere.
9. The reel must be shot properly and downloaded with good quality and clarity
10. The reel must be sent to
“tattvareelmaking@gmail.com” on or before **01.09.2021** (Wednesday).

SINGING

1. *Individual event*
2. A maximum of 4 individual participants can participate from each school.
3. A mashup of songs must be shot as a video.
4. All songs of the aforementioned mashup must be based on ONE of the following scenarios and the emotions invoked by the given scenario:
 - Your best friend gets a new best friend.
 - You lost your job and your landlord threw you out of your apartment.
 - You return to your school for the first time since graduation after 20 years.
5. The mashup must be original. Plagiarism will NOT be accepted and will lead to immediate disqualification.
6. The mashup can be multilingual.
7. No editing and dubbing will be allowed.
The video must be shot in one take.
8. The entire mashup must be of duration: 2 to 3 minutes.

9.The mashup must consist of a minimum of 3 songs.

There is no maximum limit on the songs as long as they don't exceed the time limit.

10.The video must not contain any captions, words, or properties.

11.Background music is strictly prohibited.

12.The video must contain only the participant singing the song.

13.The video must be sent to “tattvasinging@gmail.com” on or before 01.09.2021 (Wednesday).

P O T P O U R R I

1. *Individual event.*
2. A maximum of 6 individual participants can participate from each school.
3. A Google form containing a crossword puzzle based on emotions will be mailed to the participants through the Mail IDs given during registration.
4. The Google form will be sent **29.08.2021**.
5. The Google Form containing the potpourri will be timed and can be accessed only once from the mail ID provided during registration.
6. The participants are required to complete the puzzle using the clues provided and type in their answers in the aforementioned Google form within the time limit.
7. The participant with the most number of correct answers will be declared as the winner and the participant with the second most number of correct answers will be declared as the runner-up.

8. In case of a tie, the participant who answered in a lesser time will be declared the winner.
9. No discussion with others will be allowed.
10. No source of aid, especially the internet will be allowed.
11. In case, the organizing committee speculates any cheating, the participant will be immediately disqualified with no further justification provided.
12. The Google Form must be submitted on or before 01.09.2021 (Wednesday).

Q U I Z

1. *Individual event.*
2. A maximum of 6 individual participants can participate from each school.
3. The event will consist of two rounds.
4. **The first round: Connections**
 - Participants will be mailed a Google Form containing clues based on psychology which must be connected to identify the answers.
 - The Google Form must be submitted on or before 28.08.2021 (Saturday)
5. **The second round: Treasure Hunt**
 - The selected participants will be mailed a Google form containing cryptic clues based on psychology which must be decoded to identify the answers on 30.08.2021 (Monday).
 - The answered Google Form must be submitted before 03.09.2021 (Friday).
6. All mails and the Google form will be sent to the mail ID mentioned in the registration form.

7.The Google form will be sent within two days of registration.

8.The participants are required to type in their answers in the aforementioned Google form within the time limit.

9.The participant with the most number of correct answers will be declared as the winner and the participant with the second most number of correct answers will be declared as the runner-up.

10.In case of a tie, the participant who answered in a lesser time will be declared the winner.

11.The Google Form containing the quiz will be timed and can be accessed only once from the mail ID provided during registration.

12.No discussion with others will be allowed.

13.No source of aid, especially the internet will be allowed.

14.In case, the organizing committee speculates any cheating, the participant will be immediately disqualified with no further justification provided.

15.Any submission after the given deadline will not be accepted.

P O E M

1. *Individual event.*

2. A maximum of 6 participants can participate from each school.

3. The participants will have to write a poem based on any ONE of the prompts given:

- You have always been an introvert who doesn't like to put yourself in the spotlight. But a drastic change of events has caused you to deliver a speech in front of a ginormous gathering. Based on this prompt, write a poem on all the different emotions you will be feeling at that moment.
- You and Anne have been best friends since second grade. But life had different things in store for you as both of you drifted apart after school. It's been 7 years since you spoke to her and you miss her dearly but still hesitate from contacting her. You're mulling over this when you turn on your TV to the news that Anne just won a bronze medal in the Olympics for Triathlon. Based on this prompt, write a poem on all the different emotions you will be feeling at that moment.

- You wanted to eat healthily and cleanse your body from all the toxins that you used to subject it to. You've started a healthy diet and have had a 99-day streak of eating healthy. However, you come home and your father has made your favourite dish and the smell welcomes you at the door. Based on this prompt, write a poem on all the different emotions you will be feeling at that moment.

6. The title of your prompt should be indicative of the prompt you've chosen.

7. The poem must be given a suitable title.

8. The poem must be sent to

“tattvapoeetrycontest@gmail.com” on or before 01.09.2021 (Wednesday).

9. Any sort of plagiarism in the poems would result in the immediate disqualification of the participant.

QUOTE WRITING

1. *Individual event.*
2. A maximum of 6 participants can participate from each school.
3. The quote should be a minimum of 2 sentences and a maximum of 6 sentences.
4. A participant will have to choose ONE of the given emotions and base their quote on it:
 - Betrayal
 - Regret
 - Fear
5. The quote must be sent to “tattvaquotewriting@gmail.com” on or before 01.09.2021 (Wednesday).
6. Any sort of plagiarism in the poems would result in the immediate disqualification of the participant.

MEME COMPETITION

1. *Individual event*
2. A maximum of 6 individual participants can participate from each school.
3. Any ONE of the following meme templates must be chosen and a meme must be created expressing the relevant emotion:
<https://drive.google.com/drive/folders/1g0SRGhGjCET7LeLKk8sIqGMYzSbmo7uK?usp=sharing>
4. No vulgar, immoral, discriminatory and unparliamentary words shall be used. Any statement containing such words may lead to immediate disqualification.
5. Participants are required to create the meme using ONLY the templates provided.
6. Only 1 meme can be uploaded by an individual participant.
7. The meme must be sent to
“tattvamemescompetiton@gmail.com” on or before 01.09.2021 (Wednesday).

PHOTOGRAPHY

1. *Individual event.*
2. A maximum of 5 individual participants can participate from each school.
3. Only ONE photo can be submitted based on only ONE emotion by each of the participants.
4. The photograph should be taken inside their house capturing an emotion featuring live subjects and people experiencing it, not objects and abstracts.
5. Participants are limited to ONE submission per person and the same photo cannot be submitted more than once.
6. Pictures must NOT show the name of the participant, school, or date and time, or any other personal information. (These details can be included in the metadata of the pictures but must not be visible on the picture itself).
7. ONE of the following emotions must be depicted by the photo:
 - Happiness
 - Peace
 - Annoyance

8. Basic editing, including colour enhancement, the use of filters, and cropping of the photo is acceptable, provided any such editing does not affect the authenticity and genuineness of the photo.

9. Photos that portray or otherwise include inappropriate and/or offensive content, including violence or environmental violation, and any other contents deemed to be contrary to the law and practices of India, are strictly prohibited and will be immediately disqualified.

10. Images should be no larger than 5MB and photos must be in PNG format.

11. The PNG must be sent to “tattva2.0photography@gmail.com” on or before 01.09.2021 (Wednesday).

COMIC STRIP

1. *Individual event*
2. The comic strip should be based on:
"Whatsapp emojis talking to each other about emotions".
3. A maximum of 6 individual participants from each school can participate.
4. The comic must have a minimum number of 20 panels and a maximum of 40 panels within 8 A-4 sheets.
5. The comic strip should be photographed properly and converted to PDF format.
6. The comic strip can be in black and white/colour pencils/oil pastels.
7. Dialogues can be added to the comic strip.
8. No filter should be applied to the photograph.
9. The comic strip should be given a title.
10. The comic strip should be ORIGINAL – any plagiarism will result in immediate disqualification.
11. Step by step working photos (4-7 images)/ short video of the participant working should be submitted along with the entry for the entry to be taken into consideration.
12. The PDF must be sent to
"tattvacomicstrip@gmail.com" on or before
01.09.2021 (Wednesday).

AATMA (THE TITLE EVENT)

1. *Individual event.*
2. There exists no maximum limit on the number of participants from each school.
3. Only students who have participated in at least ONE OTHER EVENT will be eligible to participate in AATMA.
4. The event will consist of 3 rounds, which are as follows.

=> **FIRST ROUND (Questionnaire):**

- All registered participants will be mailed a Google form consisting of a subjective questionnaire.
- The Google Form will be sent within two days of registration.
- The Google Form containing the quiz will be timed and can be accessed only once from the mail ID provided during registration.
- There are no right or wrong answers to the questionnaire.

- The participants are required to fill the questionnaire and submit the same within the time limit.
- Content that portrays or otherwise includes inappropriate and/or offensive content, including violence or environmental violation, and any other contents deemed to be contrary to the law and practices of India, is strictly prohibited and will be immediately disqualified.
- Please be genuine and candid while filling the questionnaire.
- The purpose of the questionnaire is for the organizing committee and the judges to understand the participants better.
- The participants are required to submit the respective Google Form on or before 28.08.2021 (Saturday)

SECOND AND THIRD ROUND: SURPRISE ROUNDS

The second level of AATMA will be conducted on 29.08.2021 from 5-6 PM.

The participants for the second round will be mailed personally on the morning of 29.08.2021.

The finalists for the third round will be mailed personally on 04.09.2021.

The final round of AATMA will be conducted on 05.09.2021 (Sunday) from 11-12PM.

5. No justification can be demanded for the selection of participants.
6. Participants are expected to participate upholding the spirit of the competition.
7. The “**Miss Aatma**” and “**Mr Aatma**” titles will be given to one girl and one boy (respectively) chosen from the participants in the third round.
8. Any submission after the given deadline will be immediately disqualified.

BEST OF
LUCK

An abstract graphic design featuring the text "BEST OF LUCK" in a white, hand-drawn, brush-stroke font. The text is centered and overlaid on a black background. Surrounding the text are large, expressive splatters of red, teal, and green paint. The red splatters are the most prominent, with some forming large, flowing shapes. The teal and green splatters are smaller and more scattered, often appearing as fine droplets or small blotches. The overall effect is one of dynamic energy and artistic spontaneity.