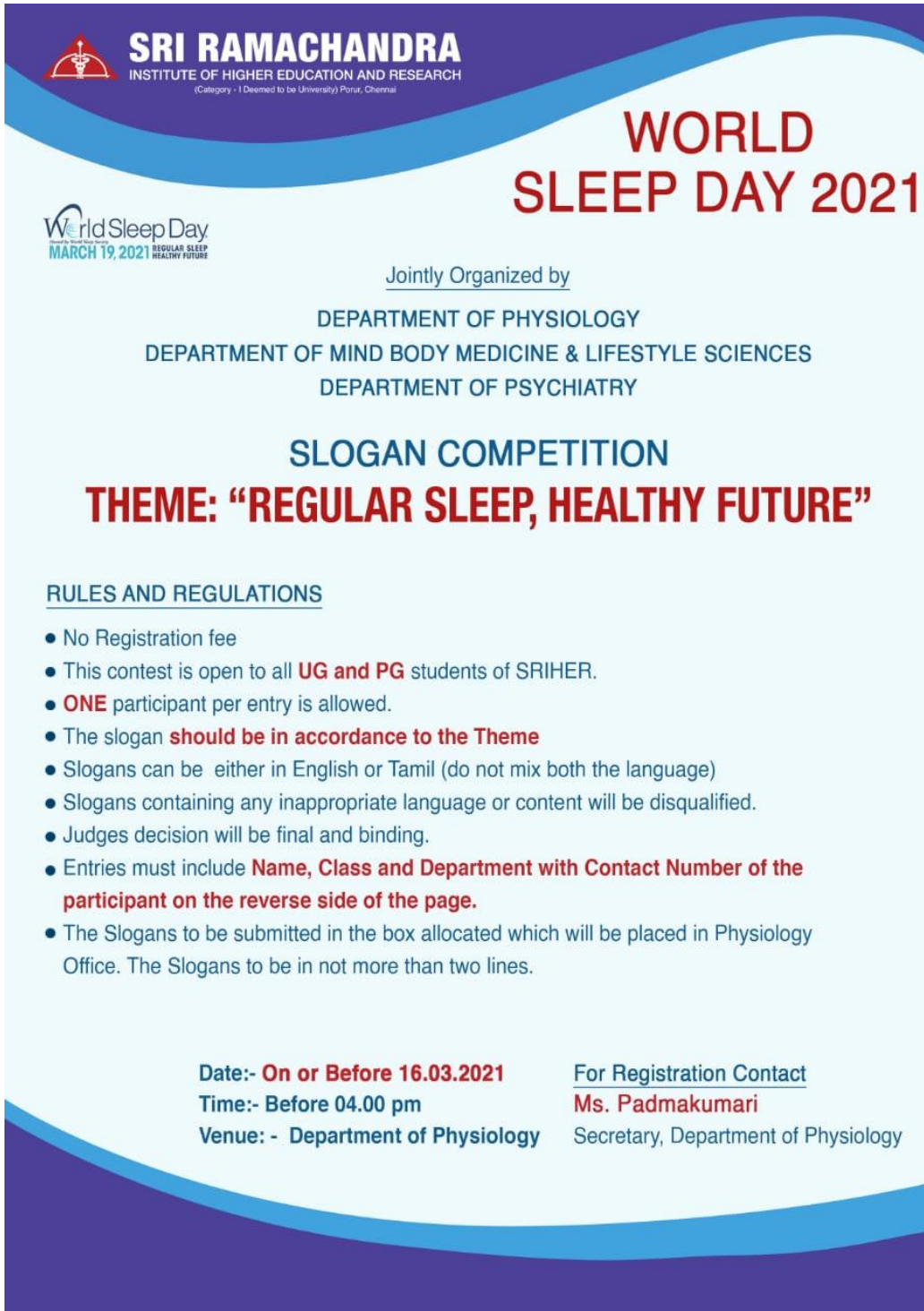# World Sleep Day – Student Specific Events

World Sleep Day was celebrated at SRIHER on 19th March 2021 by organizing several awareness and scientific programs by Departments of Physiology, Mind Body Medicine & Lifestyle Sciences and Psychiatry with the theme "Regular sleep, healthy future" given by World Sleep Society.

Competitions for students

SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Category - I Deemed to be University) Porur, Chennai

WORLD SLEEP DAY 2021

World Sleep Day
MARCH 19, 2021 REGULAR SLEEP HEALTHY FUTURE

Jointly Organized by

DEPARTMENT OF PHYSIOLOGY
DEPARTMENT OF MIND BODY MEDICINE & LIFESTYLE SCIENCES
DEPARTMENT OF PSYCHIATRY

DRAWING COMPETITION
THEME: "REGULAR SLEEP, HEALTHY FUTURE"

Rules & Regulations for Drawing Competition

- No Registration fee is required and one participant per entry.
- **Poster to be made only on the Theme given**
- The drawings should be **hand drawn** with good quality.
- Shall be in colour or black and white (no restriction on the choice of art material used)
- Size of the poster – A4
- The **drawings should be submitted** with the Name, Class, Register Number, Department of the participant.
- **Only one original drawing per entry.**
- All submitted materials are non-returnable & participants are entirely responsible for all entry related costs.
- Drawings that portray or otherwise include inappropriate and/or offensive content, including provocative, violence, human rights and/or environmental violation, and/or any other contents deemed to be contrary to the law, religious, cultural & moral traditions and practices of India, are strictly prohibited and will be immediately disqualified.
- Judges decision will be final and binding.

Date:- On or Before 16.03.2021
Time:- Before 04.00 pm
Venue: - Department of Physiology

For Registration Contact
Ms. Padmakumari
Secretary, Department of Physiology

Drawing competition

To bring out their imagination and creativity hand drawing competition was conducted for the students. Around 28 awesome drawings were received and judged by Dr.Kesavi, Professor of Anatomy, SRIHER. The drawings were also displayed in the portico of Medical college block which was well received by all the stakeholders of the university.

The winners were Ms. Shehanaz, BASLP (First prize), Ms. Sure Sai Shravani, I MBBS (second prize) and Ms.Bhavika Dugar, I year BDS (Third prize)

Slogan Writing Competition

English and Tamil slogan competitions were also conducted to bring out the poetic essence of the students. 17 entries were received and were judged by Dr.Cynthia Milton (English slogan) and Dr.J.Srikanth (Tamil slogan).

Slogan (English) winners were Ms.Sandhya Kanniappan, PharmD (First prize), Mr.Pradeep Kumar, II M.Sc MRIT (second prize) and Ms.Sudha Kumari III M.Sc Physiology (Third prize). Slogan (Tamil) winners were Mr.Jyothik, III BPT (First prize), Ms.Karthikeyani III B.Sc TCM (second prize) and Dr.Priyadharshini II M.Sc MBLS (Third prize)