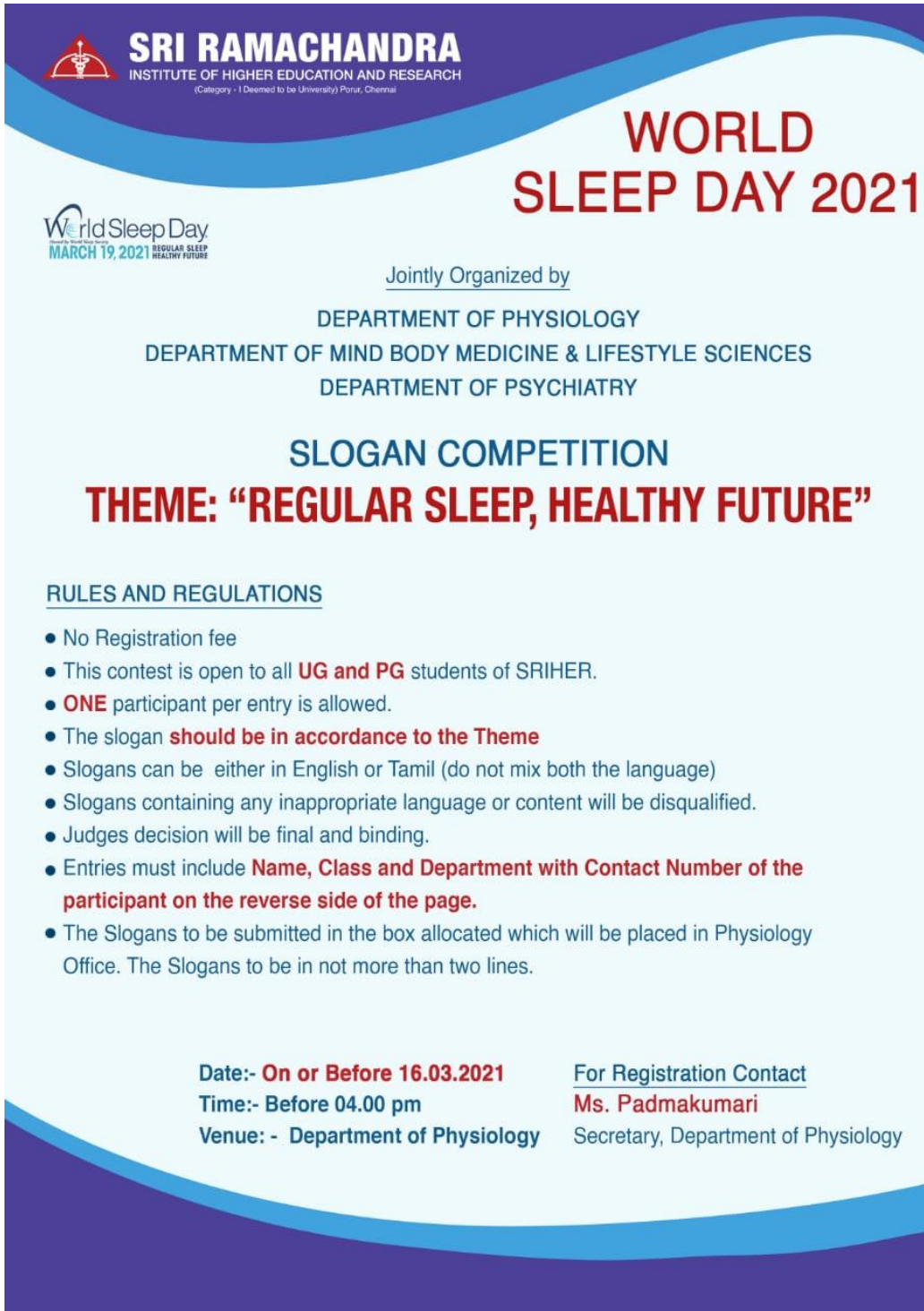


## World Sleep Day – Student Specific Events

World Sleep Day was celebrated at SRIHER on 19<sup>th</sup> 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



The poster features a purple and blue wavy border at the top and bottom. The SRI RAMACHANDRA logo is in the top left, and the World Sleep Day logo is on the left side. The main title 'WORLD SLEEP DAY 2021' is in large red letters on the right. The organizing departments are listed in the center, followed by the competition title and theme in bold red letters. A list of rules and regulations is provided below, and contact information is at the bottom.

**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

**SLOGAN COMPETITION**  
**THEME: “REGULAR SLEEP, HEALTHY FUTURE”**

RULES AND REGULATIONS

- No Registration fee
- This contest is open to all **UG and PG** students of SRIHER.
- **ONE** participant per entry is allowed.
- The slogan **should be in accordance to the Theme**
- Slogans can be either in English or Tamil (do not mix both the language)
- Slogans containing any inappropriate language or content will be disqualified.
- Judges decision will be final and binding.
- Entries must include **Name, Class and Department with Contact Number of the participant on the reverse side of the page.**
- The Slogans to be submitted in the box allocated which will be placed in Physiology Office. The Slogans to be in not more than two lines.

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



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

# WORLD SLEEP DAY 2021



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.Priyadarshini II M.Sc MBLS (Third prize)

