



**Sir Vithaldas Thackersey College of Home Science
(Autonomous), SNDT Women's University, Mumbai
In collaboration with
Health Foods And Dietary Supplements Association**

Invites your participation in an
Inter Collegiate E - Poster Competition

Topic for E-Poster Competition



**Mind and Body Connect-
Challenges & Opportunities in the New Normal**

As part of an International Webinar on
**“ Mind and Body Connect : Harnessing and
Nurturing the Potential”**

Date of Webinar - Thursday, January 21, 2021

- **Registration and Submission Link
<https://tinyurl.com/y78gr4jj>**
- **Last date for Submission of E-Poster
16th January 2021**

Rules and Regulations for Inter-Collegiate E Poster Making Competition

- E Posters must be submitted in **English or Hindi**.
- The e posters can be prepared on Microsoft Powerpoint or Google Slides but should be **submitted as a PDF**.
- The e poster should be prepared on **one slide** with the dimensions **38.1 x 54.2 cm**.
- Recommended font size for the **E-poster title is 28-30** and the preferred **font styles are Arial, Calibri and Times New Roman** in either landscape or portrait orientation. Try to ensure that the overall design follows a logical flow.
- The e posters must be an **original work**. Entries may not contain material that is sexually explicit, disparaging, defamatory, libelous, indecent, obscene, or otherwise inappropriate, as determined by the organizers in its sole discretion.
- It is not a group competition. **Individual entries only**.
- There is **no entry fee** to participate in the competition.
- Winners may be asked to speak about their e poster in a few lines on the day of the webinar, so please keep a short script ready related to the concept and content of your poster.

Submission Guidelines for Inter -Collegiate E Poster Making Competition

- Only **ONE submission** is allowed per participant.
- The e poster needs to be submitted in the **PDF format only**.
- Students are required to save the PDF file with **Full Name_College Name (Eg Nikita Abraham_SVT)**.
- The e poster must be uploaded (max allowed size is 5MB).
- Click on the following link for registration and submission of the e poster - **<https://tinyurl.com/y78gr4jj>**
- Last date for submission of e posters is **16th January, 2021**.
- Entries received after the due date will not be considered.
- Submissions failing to include the above requirements will not be considered.
- E Posters will be evaluated based on **creativity, content, aesthetic appeal, appropriateness to the theme and overall effectiveness** in conveying the message of the poster.
- **Certificate of Participation** will be given to all the e poster participants.
- The award categories will be separate for **undergraduates and postgraduates (3 winners each)**.
- **Announcement of the winners** of the competition will be made during the webinar on **January 21st, 2021**.
- The winning e-poster will be featured on the social media sites of SVT College of Home Science and HADSA.
- For any queries, please feel free to connect us at **webinars@svt.edu.in** or call us at 8828025152/ 9920664361/ 8850395249.