



NATIONAL POST GRADUATE COLLEGE
An Autonomous, CPE & NAAC Grade 'A'
College of University of Lucknow



OAJ - 2025
'ONE WEEK FESTIVAL'

GOLDEN JUBILEE YEAR

RULES FOR THE COMPETITIONS

1. CANVAS PAINTING CAMP

- **Duration: 3 hours**
- **Participants must bring their own materials, including a "16x20" canvas.**
- **The theme is open-ended, allowing participants to choose any topic for their painting.**

4. BEST OUT OF WASTE

- **Duration: 1 hour**
- **Participants must create a useful or artistic item using waste materials.**
- **They must bring their own materials for the competition.**

2. POSTER MAKING

- **Topic: "Women's Day 2025 Special"**
- **Duration: 1 hour 30 minutes**
- **The college will provide the chart paper for the poster.**
- **Participants must bring their own materials for decoration and artwork.**

5. MEHENDI ART

- **Duration: 1 hour**
- **Participants must bring their own materials for Mehendi art.**
- **The theme is open-ended, allowing participants to create designs of their choice.**

3. EXTEMPORE

- **Topic: Will be provided on the spot.**
- **Preparation Time: 1 minute for thinking.**
- **Speaking Time: 3 minutes to present the speech.**

6. MONO ACT

- **Duration: 3 minutes**
- **Participants can choose any decent act for their performance.**
- **The act should be expressive, engaging, and appropriate for the audience.**

<p>7. <u>YUVA KAVI SAMMELAN</u></p> <ul style="list-style-type: none"> ● Duration: 3 minutes ● Participants must present a self-composed poem. ● The poem can be on any theme, but it should be meaningful and appropriate. 	<p>10. <u>GROUP SONG</u></p> <ul style="list-style-type: none"> ● Theme: Tribute to Bappi Lahiri Ji and KK Ji ● Duration: 7 minutes ● 10 participants are allowed ● The performance should be melodious, respectful, and maintain college discipline. ● Vulgarity or inappropriate lyrics must be avoided.
<p>8. <u>YUVA SANSAD</u></p> <ul style="list-style-type: none"> ● Topic: "Uniform Civil Code" ● Duration: 4 minutes per speaker ● Only one team per college is allowed. (for and one against the topic) 	<p>11. <u>SOLO DANCE</u></p> <ul style="list-style-type: none"> ● Theme : Indian Culture and Tradition ● Duration : 4 minutes ● Participants can choose any theme for their performance. ● The dance should be graceful, appropriate, and adhere to college discipline. ● Vulgarity or inappropriate expressions must be strictly avoided.
<p>9. <u>SOLO SONG</u></p> <ul style="list-style-type: none"> ● Theme: Ghazal ● Duration: 4 minutes ● Karaoke is not allowed. ● Participants may bring one instrument to accompany their performance. 	<p>12. <u>GROUP DANCE</u></p> <ul style="list-style-type: none"> ● Theme: 1950s Black & White Cinema ● Duration: 7 minutes ● 10 participants are allowed ● The performance should showcase Indian cultural values and maintain simplicity and decorum. ● Any form of vulgarity or inappropriate choreography is strictly prohibited.

NOTE:

- **For group events, each college can send one team of 10 participants.**
- **For other events, a maximum of 1 participant per college is allowed.**

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