The Autonomous & Heritage Institution

KANYA MAHA VIDYALAYA, JALANDHAR

College with Potential for Excellence
Re-Accredited A (score 3.56) by UGC-NAAC
Star Status by DBT
4 Stars to KMV IIC by MIC, Government of India
CURIE & FIST Grant (Phase II) Awarded by DST

Extra-Curricular Activities Policy

Annexure E
Extra Curricular Activities

Annexure E
Extra Curricular Activities

The Department of Extra Curricular Activities at KMV strives to excel in striking a balance between syllabus, curriculum, books and co-curricular activities beyond them, envisioning to enhance the complete personality of the students to strongly face the testing road of the future. Kanya Maha Vidyalaya plays a pivotal role in channelizing the dormant energy of its students into the fruitful direction of personality development through extra- curricular activities. The department of ECA at KMV is brimming with activities throughout the year. The department charts Annual Program Planner every year and finalises various projects to be undertaken which directly benefit students, society and the nation.

Aims and Objectives of Co-Curricular Activities

- To give an experience to students beyond academic curriculum.
- To inculcate a sense of sportsmanship, competitive spirit, cooperation and team spirit among students
- To develop self-confidence and to learn to trust the team among fellow beings
- To enhance social interaction, leadership, healthy recreation, self-discipline and self-confidence among teams
- To develop co-ordination, adjustment, speech fluency, extempore expressions, etc. among student both at the college as well as national levels
- Nurture hobbies and develop creative talent
- Opportunity for students to perform and present their hidden talents, skill or art on the college platform

Types of Co-curricular Activities undertaken at KMV

- Sports
- Musical activities
- Debate
- Art
- Music
- Drama
- Debate and discussion
- Declamation contest
- Story writing competition
- Essay writing competition
- Art craft
- Recitation competition
- Wall magazine decoration
- Writes ups for school magazine
- Folk songs
- Folk dance
- Flower show
- Decoration

- Sculpture making
- Fancy dress competition
- Preparation of chart & models
- Album making
- Photography
- Clay modelling
- Organizing exhibitions.
- Celebration of festival
- Fete
- Blood Donations
- Street plays
- Celebration of national and international days
- Summer Camps

Extra- Curricular Activities Committee

1. **Dr Gurjot (Advisor) Department of History 9814406986**
2. **Dr Deepika Anand Department of English 9855062453**
3. **Dr Harpreet (Incharge) Department of Punjabi 8427555520**
4. **Mrs Poonam (Incharge) Department of Music Vocal 9463760837**

Teacher's In-charge of Various Items:

S.No	Teacher Incharge	Items	Contact No
I	Dr Neelam Bala (Music I)	Cl.Inst.(Percussion) Cl.Inst.(N.Percussion) Cl. Vocal solo Geet/ Gazal Folk Song Vaar Singing Folk Orchestra Group Song Group Bhajan Kavishri	7973952429
	Mrs Ritu(Western Music)	Western Vocal Solo Western Group song	9815758441
	Mrs Neha (Dance)	Classical Dance	9871695778
II	Harpreet Kaur (Theatre)	Play Costume parade Mimicry Skit Mime	8427555520
III	Ms. Geetika Singh	Giddha Classical Dance	9888743658

IV	Mrs Seema Jain Ms. Subha	Elocution Poetical Symposium Debate Quiz	9815581107 8968365832
V	Mr. Yogeshwar Mrs Harpreet (FD) Ms. Vibhuti	Painting on the Spot Cartooning Collage Poster making Clay Modeling Installation Phulkari Rangoli	7837615408 9888111868 9872464468

After the session begins a notice is circulated as well as displayed for fresh students "Students interested in various activities submit their names to the item incharges." A list of teachers incharge of different item along with their departments and contact numbers is displayed on notice board.

I First ECA activity of the session is Talent Hunt

(i) Talent Hunt is for new entrants and students of all streams can participate in it
(ii) Interested students will fill ECA form (available at Dept. of ECA)
(iii) Talent finding competitions in items like Music, Fine Arts, Embroidery, Flower arrangement, Literary, Quiz, Photography, is held in the last week of July and first week of August
(iv) Finale of Talent Hunt with Theatre, Modelling, classical Dance and Group dance items is held in the third week of August
(v) The winners will be given prizes and certificates
(vi) Participation certificates will be given to all participants

II Criteria for selection of participants for Youth Festivals / Zonal Youth Festival/ North Zone/National Youth Festival

Interested students are required to participate in auditions on the dates announced in advance. The final list of students selected will be put on notice board.

(i) Selection will be made on the basis of the feedback of judges and experts
(ii) Students selected are required to bring a letter of No Objection from their Parents
(iii) Students participating in Youth Festival will fill form and submit all supporting documents duly attested

(iv) Students can stay on campus during on-going festivals

(v) Students participating in Youth festival will be provided free boarding and lodging.

(vi) Teachers help these students in their course

(vii) Rules and Regulations for youth Festival as notified by Guru Nanak Dev University will apply on college students

III Condoning of Lectures for Youth Festival Participants(As per university and college rules for affiliated colleges)

Lectures will be condoned by the Principal as per university ordinance with the recommendation of the Students Welfare Committee (SWC) to students who have participated in college sponsored activities such as NSS, NCC, Sports and Extra Curricular Activities (ECA). After **condoning the lectures,** marks will be given to such students as per the rules a, b, c given under

Attendance in Percentage	**Marks (% of AW)**
e) $A \geq 90$	100%
f) $80 \leq A < 90$	80%
g) $75 \leq A < 80$	60%

Note:

- The students must have participated at District, State/Inter-University, National or International level
- The concerned in-charges of ECA must have to fill the Proforma meant for the purpose and submit the same to SWC
- The candidate seeking benefit of any participation/ Winning Certificate must submit evidence of having participated in the concerned activity during the last three years. Due weightage shall be given to the Certificates of Winners/ Participants at International, National, State, Zonal level

IV Criteria for selection of participants for Inter College Competitions

(i) The invitation of Inter- college competitions will be circulated and put on notice board

(ii) The interested students are required to give their names to in-charge ECA

(iii) The In-charges will hand over the list of students to various item in-charges

(iv) The team in-charges will prepare the students

(v) ECA in-charge will inform the Head of Institution, prepare the Authority letter, arrange Transport and assign duty of a teacher to accompany the team to the Venue of competition

(vi) The results are announced in assembly as well as displayed on notice board

(vii) The winners will be honoured and have a group photograph with Principal

(viii) The same procedure will be followed for other inter-college competitions organised by other organisations

V Rules for participating in Youth Festival

The rules for participating in youth festival would be same as mentioned by GNDU, Amritsar as per Association of Indian Universities Festivals

MUSIC

1) CLASSICAL INSTRUMENTAL (Percussion)

- Entry Per Institution: 1 Time : 8 to 10 minutes
- Time for Stage/Instruments Setting : Upto 5 minutes _ ''
- Item can be presented in either Hindustani or Kamatic style
- Judgment will be based on the qualities like Tal, selection of raga, composition and general impression

2) CLASSICAL INSTRUMENTAL (Non-Percussion)

- Entry Per Institution: 1 Time : 8 to 10 minutes
- Time for Stage/Instruments Setting : Upto 5 minutes
- Use of Keyboard is not allowed. Instruments of western origin adopted to the Indian Raga system are allowed.
- Item can be presented in either Hindustani or Kamatic style
- Judgment will be based on the qualities like. swar, tal, selection of raga, composition and general impression

3) CLASSICAL VOCAL

- - Entry Per Institution : 1 Time : 8 to 10 minutes
- Time for Stage/Instruments Setting : Upto 5 minutes
- Maximum number of accompanists is 2
- Item can be presented in either Hindustani or Karnatic style
- Film songs are not allowed.
- Sufficient thought & care must be exercised in the choice of raga and composition.
- Judgment will be based on the qualities like swar, tal, selection of raga, composition and general impression

4) GROUP SONG (INDIAN)

- Entry Per Institution : 1 Time : 8 to 10 minutes
- Time for Stage/Instruments Setting : Upto 4 minutes
- Maximum 6 singers in a group and number of accompanists playing instruments shall be three
- The group songs should be taken from Indian songs
- No film song should be presented as group song
- A team has to present two songs— one Patriotic song and another will be a Folk
- All facilities of keyboard can be used but recorded singing of any type form is prohibited

- Judging of item will be on the basis of quality of singing only and not on makeup, costumes and actions of the team.

5) LIGHT VOCAL (Indian): Geet/Gazal

- Entry per institution: **1** Time: 4 to 6 minutes
- Time for stage/instruments setting : Up to 2 minutes
- Harmonium/Dholak/Tabla is allowed. Only non-filmy/non-recorded geet/gazal can be presented.
- Judgment on the basis of the qualities like Swar, Tal, composition and general impression etc.

6) FOLK SONG

- Entry per institution : 1 Time : 4 to 6 minutes
- Time for stage/instruments setting : Upto 2 minutes
- Harmonium is allowed. Accompaniment of Tabla & Western instruments with folk song item is prohibited.
- Judgment on the basis of the qualities like Swar, Tal, composition and general impression etc.
- If the Dhol is used with the item then both sides -Pure *(-1-4)* of Dhol must be of leather (Traditional)

7) GROUP SHABAD/BHAJAN

- Entry Per Institution: 1 Time : 6 to 8 minutes
- Time for Stage/Instruments Setting : Upto 5 minutes
- Judgment on the basis of quality of singing only. The make-up, costumes and action of the team will not be taken into account in judging the performance

8) VAAR SINGING

- Entry per institution: 1 Time: Upto 7 minutes
- Time for stage/ instruments setting : Upto 2 minutes
- Singer : 02
- Accompanists - : 02

NOTE: Accompanists should be in different Dress from the student participants so that they could be easily identified. **They will sit/stand separately from the participants and will not lead the team.**

- A student can play instrument and sing in place of Professional. Accompanist but the total number of participants shall be 04 (Four). Only traditional instruments of Punjab are allowed.
- A Vaar will be only traditional verse forms. Only heroic deeds of prominent ' patriotic personages of Indian History should form the subject of vaar singing.

9) KAWISHRI:

- Entry per institution : 1 Time : 3 to 4 minutes
- Time for stage/ instruments setting : Upto 2 minutes
- Participants : 03

- No instrument is allowed.
- The subject/topic of Kawishri Kaav should be related with the traditional, historical & cultural tales. The text of Kawishri may be presented only in Kawishri tradition singing form.

10) FOLK ORCHESTRA

- Entry Per institution: 1 Time : 8 to 10 minutes (including Introduction)
- Time for Stage/instruments setting : Upto 10 minutes
- Participants : Upto 09
- Accompanists: Upto 02
- Direction during performance is not allowed a Dancing steps during performance are not allowed but dancing actions are allowed. .
- Accompanist can play Taal instruments & students can play Swar instruments.
- The team may present preferably those folk tunes which are recognized as folk tunes of the state.
- Only traditional Folk Instruments of Punjab may be used for Folk instrument
- Orchectra item : Sarangi, Vanjhali, Tumbi, Teen Tara, Been, Dholak, Dhol, King,
- Doru, Dhudd, Duff, Ghara, Gagar, Garva, Nagara, Bughdu, Chimta, Khartaal,
- Majira, Khanjari, Ghungroo,Kato etc.
- Keyboard & Harmonium are not allowed.

NOTE : Accompanists should be in different Dress from the student participants so that they could **be easily identified. They will sit/stand separately from the participants and will not lead the** team.Weightage will be given to the team whose students play the folk instruments themselves.

11) WESTERN VOCAL SOLO

- Entry Per institution : Time : 4 to 6 minutes
- Time for Stage/ instruments setting : Upto 2 minutes
- Language of the song : English
- All facilities of Keyboard can be used but recorded singing of any type/form is prohibited.
- Judgment on the basis of qualities like composition, rhythm coordination and general impression.

12) WESTERN GROUP SONG

- Entry Per institution : 1 Time : 8 to 10 minutes
- Time for Stage/instruments setting : Upto 5 minutes
- Language of the song : English
- All facilities of Keyboard can be used but recorded singing of any type/form is prohibited
- Judgment on the basis of quality of singing only and not on make-up, costumes and actions of the team .
- No weightage will be given to Dance during the performance.
- LITERARY (English/Hindi/Punjabi/Urdu)

13) ELOCUTION - Entry per institution: 1 Time: 4 to 5 minutes

- The item shall be prose or poetry and not song
- The subject/topic for the Elocution will be announced 24 hours prior to the Competition.

14) POETICAL- SYMPOSIUM:

- Entry Per Institution: 1 Time : 3 to 4 minutes
- Participant : 1
- Time allowed : 3-4 minutes
- The poem must be self composed. original and certified by the Principal/Head of the institute to be such
- The poem should be deposited with the Youth Welfare Department before the Performance.
- Contents of the composition should not be vulgar, cheap or injurious to the
- Religious sentiments of any community.

15) DEBATE

- Each institution will be represented by 2 debators, one will speak For while Another will speak AGAINST the motion. Time : 4 to 5 minutes
- The subject/topic for the debate will be announced 24 hours prior to the Competition.
- Paper reading is not allowed.

16) QUIZ

- Entry per institution : 1
- There will be a written preliminary round and 4 top position holder teams will be selected for the Final round. The number of teams can be more than 4 if there is a tie. ,
- The final round will be oral with audio visual questions also. The specific rules regarding evaluation procedure, time to reply a particular answer and the type of a round will be given before the actual start of the competition by the Quiz Master. The decision of the Quiz Master will be final.

FINE ARTS:

Entry only one per institution in each item and teams will bring their own material required for each item. The topic of each item will be given on the spot.

17) PAINTING ON THE SPOT

The item will be conducted on the spot on the given topic/subject.

- Sheet Size Vz. Imperial Sheet (22" x 15")
- Time allowed: 2.00 to 2.30 hours
- Painting can be done in oil, water, poster or pastel colours.

18) POSTER MAKING

Topic/theme will be given on the spot. Multicoloured Poster is allowed.

- Poster colour is allowed.

- Sheet size: Y2. Imperial Sheet (22" x 15")
- Time allowed : 2.00 to 2.30 hours

19) COLLAGE

- The item will be conducted on the spot on the given topic/subject.
- Sheet size : 1/2 Imperial sheet (15" x 22")
- Time allowed : 2.00 to 2.30 hours
- Collage his to be prepared from old coloured magazines, coloured newspapers or coloured papers. Cutting of paper should be made with hands only. Other material and popup are not allowed.

20) CARTOONING

- Sheet size : V2 Imperial Sheet (22" x 15")
- Time allowed : 2.00 to 2.30 hours

The item will be conducted on the given topic/subject on the spot. Idea should be innovative & original. Copy of any other cartoon/caricature is not allowed.

21) CLAY MODELING

Item will be conducted on the spot.

- Time allowed : 2.00 to 2.30 hours
- Topics/Size and other specific rules shall be announced on the spot. Size of clay item not less than 10 inch. Armature is allowed.
- Only natural pure clay is allowed. No other material – oils, chemical clay, colours, cloth etc. should be mixed in the clay. Other material to enhance the subject is not allowed.

The clay & required material will be arranged by the participant.

22) ON THE SPOT PHOTOGRAPHY

- Entry per institution : 1
- Time allowed : 1 to 1-30 hours (which can be changed on the spot)
- The participant has to bring his/her own digital camera of any mega pixel.
- The digital camera should have a memory card which will be formatted by the judges before the commencement of the contest.
- The participant has to submit 5 photographs on the theme announced on the spot by the judges.
- No mixing, matching or morphing of photographs will be permitted.
- Software such as Photoshop etc. for enhancing images not permitted.
- The organizers will have all rights for the use of these pictures as and when they deem fit.
- Digital images are evaluated on the basis of (i) Impact (ii) Composition

(iii) Technical Quality (iv) Suitability for the specific theme.

- The additional instructions will be announced on the spot.

23) INSTALLATION:

- Entry per institution: 1
- Participants : Up to 4
- Time allowed : 2.00 to 2.30 hours
- Size of item : 5' x 5' x 5' (Size may not less than it)
- Installation is to install or create an atmosphere related with the subject of title 7 of the installation.
- Participants can use all the material which they use in other art compositions like cartooning, painting, rangoli, poster, collage and clay modelling
- Participants can use waste material which is available in the surroundings or can take suitable material before competition from outside also.
- Participants are not allowed. to use any already composed images or "forms available in the market. They should compose or create their own image with the raw material.
- This is a group activity as four (4) participants can partieipate but they will create only one installation, and the size should be 5'x5'x5' and not less than size.

24) RANGOLI :

- Time : 2 to 2.30 hours
- Only one medium shall be used - Flower petals or saw dust or Pulses or rice or suji without pasting. .
- Glitter & glitter Colours are not allowed.
- Spiritual & Religious symbol is not allowed.
- Three topic/theme will be given. The participants will make the Rangoli on any one topic.
- The size of the Rangoli should upto 4'x4'. The diameter of round/circled Rangoli is 4 (More & Less than 4' x 4' is subject of disqualification)
- Accessory e.g; sieve, spoon, and scale etc. allowed.
- As per requirement of subject/topic Diva, Mirror can be used.

25) PHULKARI

- Time : 2 to 2.30 hours
- Fabric-Khaddar Casement— 12"x12" Traditional colour
- Thread Untwisted floss (Patt) Traditional color threads
- Size of Motif – 3"x3" (approx) Or Buti all over
- Motif-traditional stylized geometrical.
- The length of the stitch should not be more than ¼ of an inch
- Tracing of the design is not allowed.
- Accessories — Mirrors can be used for Shishadar Phulkari and Frame is also allowed, but tracing is not allowed.
- (Red coloured Khaddar Casement of size 12"x12" Traditionally Yellow, Green.
- White, Orange Patt threads are used)

SLOGAN WRITING: (Only for educational colleges)

- The item will be conducted on the spot on the given topic/subject, which can be in any language i.e. Punjabi, Hindi or English.
- Sheet size: 1/2 imperial sheet (15"x22")
- Time allowed: 2.00 to 2.30 hours
- Multicoloured slogan is allowed. Any type of colour can be used.

PAINTING (STILL LIFE) : (Only for educational colleges) .

- The item will be conducted on the spot on the given topic/subject.
- Sheet size : 1/2 imperial sheet (15" x 22")
- Time allowed : 2.00 to 2.30 hours
- Any type of colour can be used.

THEATRE

(Kindly note that while presenting the Theatre items, the Negative character of Eunuch, Blind, Handicapped, Deaf &Dumb etc. be discouraged and try to present the positive character)

26) Costume Parade (Fancy Dress) :

(Fancy Dress can be related to any caste, tribe, state, religion, tradition, work type etc. of Punjab & Punjabi culture)

Entry Per Institution: 1 Time : Upto 1 minute

Any vulgar demonstration is not allowed.

- The judgment shall be based upon costumes, make-up, Hair style, jewelry, Head gear and footwear etc. Theme or idea will not be taken into consideration.
- Music, background commentary and speech before the performance of the item is not allowed.
- Acting, dancing and speech on the part of the participant is allowed but it shall carry no weightage. If these elements in the opinion of the judges have unnecessarily been imposed on the character, the participant shall attract negative marking.
- **During the presentation of Costume Parade (Fancy Dress) item, only dress of the Punjabi Culture may be weared. The item/material, if required of Punjab & Panjabi culture/tribe, caste, region etc. may be used.**

27) **SKIT**

- Entry per institution : I Time : **8** to 10 minutes
- Time for stage setting Only 3 minutes
- Use of make-up, drapery, background music is allowed. No personal remarks, aspersions, character assassination etc. is allowed.
- The item will be judged basically on the qualities like theme, work on acting, stage craft, design & general impression.
- Vulgarity or bitter insinuations in presentation should be avoided. Only innocent satire or humour is expected.

28) MIME

- Entry per institution : I Time : 4 to 5 minutes
- Background recorded: music is allowed.

- Judgment will most likely be based on the qualities like idea, creativity of presentation, use of make-up, music and general impression.

29) MIMICRY

- Entry per institution : 1 Time : 4 to 5 minutes
- Participant may mimic sound of machines and speeches of well known persons etc. including film personalities.
- Judgment will be based on Skill imitating, variety of sound and voices imitate presentation.

30) ONE ACT PLAY (Panjabi/Hindi/English/Urdu/Hindustani)

- Entry per institution : 1 Time : 25 to 30 minutes

Time for stage setting: Upto 10 minutes

- The time will be counted as soon as the curtain goes up or team starts giving introduction whichever is earlier. Empty stage to empty stage shall be followed strictly.
- The participating team shall bring their own set/ stage property, make up material etc. Only General Light will be provided by the department.
- The participating team will be responsible for removal of their sets, properties etc. immediately after the completion of their performance.
- The participating team must report to the officials/ department at least two hours before the presentation of the play.
- Judgment will most likely be based on the qualities of the play like theme, work on acting, stage craft, design and general impression etc.
- Accompanists will either speak from the background or will play upon musical instruments for background music.
- The play can be in prose or verse but it should not be musical. The play will be musical if majority of dialogues are in musical form. ~
- Sufficient thought and care should be exercised in the choice'of the play and which should suit the occasion and taste of the general students audience. Play alien to our traditions, culture and special life should not be depicted. Presentation of play of last 3 years Youth Festivals by the same college/Univ. Campuses team not allowed.

DANCES:

31) GIDHA

- Time : 10 to 12 minutes
- Time for stage/ instruments setting: upto 5 minutes.
- Time will be counted w.e.f. raising of the curtain. In case facility of curtain is not provided, time will be counted w.e.f. the First Beat of the Dholak or the moment, participants start singing whichever is earlier.
- Dhol is not at all allowed. Singing of bolies only by student participants.
- Indecent or obscene bolis are not allowed.
- Only plastic/metal bangles are allowed.
- The dance composition must not include ballet scenes. However traditional
- Tamasha movements are allowed.

Only traditional Panjabi female ornaments should be used. –

- Actions should be in accordance with the traditional Dholak, Tall & traditional styles of boli singing.
- Acrobatic actions, synchronized, group movements and action of male dances are not allowed.

Judgment will be based on the following aspects:

a) Variety of actions & their coherence with rhythm

b) Symmetry & composition of performance.

c) General impressions like grace, befitting express ions.-

The participating team will be responsible for removal of their sets, properties etc. immediately after the completion of their performance.

The Mike in Low Volume will be allowed to Dholak Player.

32) GENERAL/TRIBAL GROUP DANCE:

- Time: **8 to 10** minutes Only one entry per institution is allowed.
- Maximum 6-10 participants allowed per team. The team may consist of all boys, all girls or a mixed team.

The number of accompanists permissible is 5.

The dance can be either primitive or a folk dance (Indian style) except Panjabi Folk Dances -Gidha, Bhangra.

- If the Dhol is used with the item then, both sides Pure (113) of Dhol must be of leather (Traditional)
- Western Group Dance & Classical dance is not allowed.
- Maximum time for sets/instruments setting is 5 minutes.

- Accompanying song must not include indecent or obscene wording. Judgment will be based on the Rhythm, Formation, Expression, Costumes, Makeup and sets, overall effects.
- The participating team will, be responsible for immediate removal of their sets, properties etc. immediately after the completion of their performance

33) CLASSICAL DANCE

- Time : 12 to 15 minutes
- Entry per institution : 1
- The Classical Dance can be from any of the approved schools of dance such as Kathak, Kathakali, Bharat-Natyam. Manipuri, Kuchipudi, Mohinittam and Odissi etc.
- Time allowed is upto 15 minutes including time for preparation & exit. Maximum three accompanists are permissible.
- Judgment will be based on the qualities like Tal, Technique, Rhythm, Abhinaya or Expression, Costumes, Innovation, Footwork and General impression etc.
- Dance on recorded cassette is not allowed.