

EVENT SCHEDULE

HEALTH-O-RHYTHM 2020 - Technical & Cultural Events

TECHNICAL EVENTS

NURSES INNOVATE: Nurses are invited to submit ideas for new devices, health technology, protocols or treatment approaches. It gives opportunities to communicate their creative or innovative ideas related to nursing field. Participants are allowed to present their ideas in a PowerPoint presentation; they can use schematic diagrams, arrows and other strategies on slides to direct the visual attention of the viewer, rather than explaining it all using text alone. Number of slides should not be more than 5-6. Each member will get 5 minutes to present their ideas followed by 5-8 minutes for Q&A round and best one will be awarded.

WHO CAN PARTICIPATE: Student Nurses, Nurse Educators, Clinical Nurses, Nursing Administrator, Nursing faculty, Nursing Leaders

MIME: In this, participants can showcase their talent by using movements of their hands and body and expressions on their face, without speech, to communicate emotions and actions or to tell a story to present something realistic or imaginary situation which relates to the nursing field. Only 3-5 minutes will be given to each team for their act/play and best team will be awarded.

Team Limit: 3 - 5 members

WHO CAN PARTICIPATE: Student Nurses, Nurse Educators, Clinical Nurses, Nursing Administrator, Nursing faculty, Nursing Leaders.

cueME: It involves a series of questions which helps in brief assessment to measure knowledge of budding nurses in nursing profession. It's a type of game or competition in which different teams will answer the questions. Best team will be awarded. It will be conducted from three different areas: Hacking Pediatrics, Hacking Mental Health, Hacking Obstetrics and Gynecology.

Team Limit: 3 members

WHO CAN PARTICIPATE: Student Nurses, Clinical Nurses

CLOSED LOOP SKILL CHALLENGE: This is a task performing challenge wherein virtual case scenarios will be given in a closed loop. Here the proficiency of participants will be assessed in medical and surgical disorders. The task would involve details of fictional patients, complete with context, case history and test results. The participant's job is to diagnose the condition and provide the best possible care to the virtual patients on the spot.

WHO CAN PARTICIPATE: Student Nurses, Nurse Educators, Clinical Nurses, Nursing Faculty

PARLEY: This session allows the participants for discussion or arguments about a topic or a resolution. In this session participants can either support a resolution and oppose it. The topics for debate are :-

- Is nursing a women's job?
- Nursing: a satisfying job
- Uniform: Nurses vs other health professionals
- Higher education of nurses in hospitals- is it needed?

General instructions: The time given to each participant to explore his/ her thoughts is 5min. and the criteria for judgment is the content, knowledge regarding topic, pitch, tone, gesture of the participant and relevancy related to topic. The one whose viewpoints are best will be awarded.

WHO CAN PARTICIPATE: Nurse Educators, Clinical Nurses, Nursing Administrator, Nursing faculty, Nursing Leaders

MODELS: Participants have to make the models on the spot using their skills, thoughts and creativity. The categories in this are:

- Anatomy and physiology models. [could be model of heart, kidney, brain, digestive system, 3-D model of skin etc.]
- Community Health models. [Water purification model, family planning methods, waste management in community etc.]

General Instructions: The model will be judged on the basis of creativity, novelty, clarity and presentation of the concept. Each team should consist of 3 - 4 members. Participants have to bring their own raw material to prepare the model. Two hours will be given to all teams for the preparation. Electrical supply for working models will be provided on request. Best team will be awarded. There are separate entries for both the categories

WHO CAN PARTICIPATE: Student Nurses

POSTER PRESENTATION

It allows the participants to present their research work in Poster Themes for Poster presentation: Nursing Education, Practice and Research Last date: 20 March, 2020

Guidelines for Final poster presentation after acceptance:

- Poster board size: 4 ft. X 4 ft. (120 X 120 cms).
- Duration: Each presenter will be allocated an overall time of 5 minutes including discussion.

CULTURAL EVENTS

TOP-IT-UP

Garnish your cupcakes and make it appetizing! Let the aroma of your food drool over everybody!

Team Limit: 2 members per team. Rules

1. The participants will be given two cupcakes.
2. Equipments will be issued / provided as per requirement, such as whisk, measuring cups, spatula, pastry brush, mixing bowls.
3. Working station will be allotted.
4. Participants will be required to bring their own ingredients.
5. The participants will be given a time period of 45 minutes. Time limit should not be exceeded.
6. Participants will be judged upon their creativity, taste of product and presentation.

WHO CAN PARTICIPATE: Student Nurses, Clinical Nurses

ART NOUVEAU

The event will target real time artists. Sit and sketch or paint whatever on 'issues concerning our generation' and in the end, the best artist may win.

Team Limit: Individual Participation Rules

1. The university will provide Drawing sheet.
2. The art should be depicting theme.
3. The participants will be required to bring their own drawing and painting materials.

WHO CAN PARTICIPATE: Student Nurses, Clinical Nurses

MR. AND MS. Health-o-rhythm' 20

If you can make the heads turn and heartbeats skip, you know you have what it takes to grab the title of the mega event. Fanciful your attire for its time to outshine your competitors and be the Estrella of Mr. /Ms. Health-o-rhythm'20.

Team Limit: Individual Participation Rules

Round 1: Each participant will walk down the aisle and express themselves and showcase their talent.

Round 2: Shortlisted participants would be asked question on which the participant will have to give their views.

The one who wins the maximum points, grabs the trophy.

WHO CAN PARTICIPATE: Student Nurses, Clinical Nurses

RANGOLI

Rangoli is a form of mosaic. Mosaic is an art of assemblage of things to create a piece of art. So, come and prove that rangoli is not just about colors. It is about how well you can use things around you; in this case it's the waste around you, to make a masterpiece.

Team Limit: Duet Participation

Rules

1. Time limit is 1.5 hours.
2. The team should comprise of 2 members.
3. Participants will be provided with a heap of sand. The participants are allowed to bring their own junk material.
4. Use of stencils is not allowed.
5. Design and books for reference are not allowed. Use of colors, colored pebbles, flowers, rice and any such material is allowed.
6. Rangoli should be contained in a 4X4 size.
7. Judges' decision will be final.

WHO CAN PARTICIPATE: Student Nurses, Clinical Nurses

FACE THE MUSIC

Feel like monopolizing up the entire spotlight. Seize all the fame and pride when you've stepped all alone on the stage. Leave the audience in awe with some flashy moves and leave a sparkle as you move.

Team: Single/Duet Participation Rules:

1. Any kind of prop is allowed.
2. The time limit is 3 to 5 minutes.
3. Pre-recorded music should be brought in an Audio CD/ pen drive (in .cda or .mp3 format ONLY).
4. Obscenity of any kind is not allowed and will lead to immediate disqualification.
5. The decision of the judges shall be final and binding and participants exceeding the time limit will be disqualified.
6. No barrier in dance form.

WHO CAN PARTICIPATE: Student Nurses, Clinical Nurses

SYMPHONY

It's time to get your singing voices ready and melody to rule over the hearts! Make everyone introspect the silence of solitude and passion. Sing out your heart loud and let the musical battle begin!

Team Limit: Single/Duet Rules:

1. Individual participation.
2. Time limit: 2-4 minutes.
3. Language no barrier.
4. The participant exceeding the time limit will be disqualified.
5. Any sort of bad behavior/foul language will lead to disqualification.
6. Participants can bring their karaoke or any one instrument along whereas the judgment would be on the basis of singing only.
7. Judges decision will be final.

WHO CAN PARTICIPATE: Student Nurses, Clinical Nurses

FALSIFIER

For all the people who have millionaires if they would have gotten one dollar for each time they lied. (For everytime one lied if they earn a dollar, they'd be millionaires) This event is for you. Speak as many lies as you want to without the fear of being caught by your friends Or parents because here every lie will fetch you points. A golden for all the people belonging to the National Sarcasm society. For all the TELLERS OF LIES!

Team Limit: Individual Participation Rules:

1. The event comprises of two rounds. In the first round you have to lie about a given topic. The ones who will be selected from the first round would be taken forward to the second round where the participant will have to be sarcastic about a given topic.
2. Judgement will be made on the basis of number of lies. How confident you are. Content, level of sarcasm and your convincing skills.
3. Language is no barrier.
4. Judges decision will be final.

WHO CAN PARTICIPATE: Student Nurses, Clinical Nurses