



**ANUVRAT
VISHVA
BHARATI
SOCIETY**

**NATIONWIDE CAMPAIGN
TO ENCOURAGE CREATIVITY & POSITIVITY
IN THE NEW GENERATION**



THEME : ASLI AZAADI APNAO





ANUVRAT CREATIVITY CONTEST 2023

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At the time of independence of the country, Acharya Tulsi, the originator of the Anuvrat movement, had given a call to the people of India to 'adopt real freedom'. He believed that as long as every citizen is free from violence, immorality, bigotry, casteism, superstitions, blindness, corruption, he will not free himself from such evils. The people will not be able to get the right benefits of the freedom that the country has got. He gave the formula of restraint as a solution and on March 1, 1949, started the Anuvrat movement. The 'Amrit Mahotsav of Independence' today reminds us of the same call of Acharya Tulsi. On the occasion of Amrit Mahotsav of Anuvrat, let us resolve ourselves towards real freedom and make the mission of Shrestha Bharat a reality.

COMPETITIONS

Essay Drawing Singing Speech Poetry

Attractive Awards on National Level

2 Groups	4 Levels	Format
Group - 1 : Class 5-8	SCHOOL	OFFLINE
Group - 2 : Class 9-12	DISTRICT	
	STATE	
	NATIONAL	

Participation : 15 + State 200 + City/Village 1 Lac + Childrens

GENERAL RULES

- Participation in Anuvrat Creativity Contest is free of cost.
- All the participants participating in the competition at all levels will be awarded certificates.
- Mementoes and certificates will be given to the first place winners at the state level.
- At the national level, the first, second and third place holders will be awarded with attractive prizes/cash and certificates.
- The names and photo of the national winners will be published in "Anuvrat" magazine and National Children's magazine "Bachhon Ka Desh".
- The decision of the judges will be final and binding, no application will be accepted in this regard.
- In case of violation of any guidelines/rules, the participant will be disqualified from the competition without any notice.
- Guidelines have been issued separately for each mode of competition. Their compliance is essential.
- Only the first position participants in each of the school, district and state level competitions will be eligible for the next level. Participants will be selected for first, second and third places only at the national level.
- A participant can participate in more than one competition.
- In different disciplines of the competition, the participants will have to give presentation according to the different topics prescribed for each level.



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PROCEDURE AND TIME TABLE

- To participate in Anuvrat Creativity Contest - 2023, Interested School will and have to register through Google Form .The link of the Google Form is given in this brochure.
- Registered schools will organize school level competitions by 30 August 2023, in the presence of Local Anuvrat volunteers
- A school can participate in one or more then one competitions. A participant can participate in more than one competition.
- It will be necessary to use the banner of Anuvrat Creativity Contest 2023 at the time of organizing the competition for which the local Anuvrat volunteers can be contacted.
- Information of all the students participating in the school level competitions must be given in prescribed form (Excel Sheet Format) by 5 September 2023 in writing to the local competition in-charge and through the email to the acc.schoolparticipants@gmail.com
- It is necessary to receive the information of the winners of the first place in the school level competitions in the prescribed form (Excel Sheet Format) by September 5, 2023, in writing to the local competition in-charge and through email at acc.schoolwinners@gmail.com.
- All Excel Sheet Formats can be obtained from the local Anuvrat volunteers.
- Only the first place participants in the school level competitions will be eligible to participate in the district level competitions.
- It will be mandatory to organize district level competitions by 30 September 2023.
- It will be necessary to receive the information of all the students participating in the district level competitions in the prescribed form (Excel Sheet Format) by 5 October 2023 through email at acc.districtparticipants@gmail.com.
- Only the first place participants in the district level competitions will be eligible to participate in the state level competitions. It will be necessary to receive the information of the first position children in the prescribed form (Excel Sheet Format) by October 5, 2023 through email at acc.districtwinners@gmail.com.
- The state level competitions will be completed by 31 October 2023. Place and date of state level events will be informed by the local competition in-charge in due course of time.
- It will be necessary to receive the information of all the students participating in the state level competitions in the prescribed form (Excel Sheet Format) by 5 November 2023 through email at acc.stateparticipants@gmail.com.
- Only the participants securing the first position at the state level will be eligible for the national level. It will be necessary to receive the information of the first position participant in the prescribed form (Excel Sheet Format) by 5 November 2023 through email at acc.statewinners@gmail.com.
- The winners of first, second and third place at the national level will be selected on the basis of their performance in the state level competition.
- There is a possibility of organizing a function in Mumbai in honor of the first, second and third place winning participants at the national level, in which they will also be able to give their presentation. The final decision in this regard will be informed to the winning participants as soon as possible.



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THEME : **ASLI AZAADI APNAO**

TOPICS OF DIFFERENT COMPETITIONS

■ **Singing Competition: Human Unity**

- School Level - Anuvrat Geet
- District Level - Badle Yug Ki Dhara, Anuvrat Ki Alakh Jagayen, Anuvrat Darshan Is Kaliyug Me, Anuvrat Ki Chetna Ho Vishwa Ka Aadhar
- State Level - Asli Azadi Apmao. Anuvrat Chetna Geet, Aao Mitro Chitra Banaye, Yah Anuvrat Vishwa Bandhuta Ka

■ **Drawing Competition: Better Human, Better Society**

- School level - Freedom from drugs
- District Level - Freedom from Pollution
- State Level - Unity in Diversity, the speciality of India

■ **Speech Contest : Real Freedom - What, Why and How?**

- School Level - Freedom from Immorality and Corruption
- District Level - Freedom from superstitions and superstition level
- State Level - Freedom from violence and hatred

■ **Poetry Competition: Come, let's learn to live with love!**

- School level - Come, Learn to love nature!
- district level - Come, Learn to love human beings!
- state level - Come, Learn to love the country India!

■ **Essay Competition: Many Problems, One Solution - Anuvrat Lifestyle**

- School level - Restraint is the formula of solution
- District level - Self governance then discipline
- State level - What is the similarity between Gandhi and Anuvrat Darshan?

Google Form link to register your school
in Anuvrat Creativity Contest-2023

<https://bit.ly/3CHF60>



SCAN HERE
FOR GOOGLE FORM



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RULES AND GUIDELINES FOR COMPETITIONS

SINGING COMPETITION SOLO & GROUP

- Language - Hindi English.
- The singing competition will have two formats: solo and group.
- Participants can participate in one or both formats.
- The number of participants in group singing must be 5.
- At each level, only one of the prescribed songs can be performed.
- A self composed song can also be performed, if it is according to the theme.
- Time limit maximum 4 minutes (reduce verse if necessary).
- Approved instruments - harmonium, tabla, dholak (any two of these instruments), and manjira, miraks, and khanjari (any two of these instruments) can be used.
- The participant is free to use his own different tune.

ESSAY WRITING COMPETITION

- Language - Hindi, English.
- Write the topic of the essay on top of the page then continue the essay.
- The essay must be self-written and original.
- The composition should be written or typed in clearly readable letters.
- Word range: 500 to 750 words for grade 1 & 750 to 1000 words for group 2.
- Selected participants will have to send the original copy of the essay to the local convener of Anuvrat Creativity Contest through the school.

DRAWING COMPETITION

- Color Medium - The participant will have the freedom to choose the color medium of his choice.
- Size of drawing sheet – 15| 20 Inches for group 1 and group 2.
- Write the subject of the picture on the top of the picture on the drawing sheet.
- The original copy of the pictures of the selected participants will have to be submitted through the school to the local convenor of the Anuvrat Creativity Contest-2023.

SPEECH COMPETITION

- Language - Hindi, English.
- Before starting the speech, the participant should tell the topic on which he/she is giving speech.
- Time limit maximum 3 minutes.

POETRY WRITING COMPETITION

- Language - Hindi, English.
- Write the topic of the poem on the top of the sheet and proceed writing poem.
- The poem must be self-written and original.
- The composition should be written or typed in clearly readable letters.
- Word Limit : 15 lines or 75 words for Group 1. 20 lines or 100 words for Group 2.
- Selected participants will have to send the original copy of the poem to the local convener of Anuvrat Creativity Contest through the school.
- Winners will be decided through both poetry writing and presentation at the state and national level.



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EVALUATION PLAN

SINGING COMPETITION SOLO AND GROUP	EVALUATION POINT	POINT
	Song Structure	20
	Tone	20
	Rhythm & Music	20
	Pronunciation	20
	Presentation	20
Total		100

DRAWING COMPETITION	EVALUATION POINT	POINT
	Relation To Subject	20
	Drawing Skills	20
	Creativity & Originality	20
	Color Combination	20
	Cleanliness & Presentation	20
Total		100

POETRY COMPETITION	EVALUATION POINT	POINT
	Subject Matter & Outline	20
	Grammar	20
	Creativity & Originality	20
	Language Style	20
	Presentation	20
Total		100



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EVALUATION PLAN

ESSAY COMPETITION	EVALUATION POINT	POINT
	Subject Matter & Outline	20
	Grammar	20
	Creativity & Originality	20
	Language Style	20
	Presentation	20
	Total	100

SPEECH COMPETITION	EVALUATION POINT	POINT
	Introduction & Conclusion	20
	Accuracy Of Subject Matter	20
	Presentation & Expression	20
	Sorting	20
	Time Effectiveness	20
	Total	100

SPECIAL REQUEST

Children participating in Anuvrat Creativity Contest- 2023 are expected to accept the 7 sutras of "Vidyarthi Anuvrat".
It helps them to build a better life

VIDYARTHI ANUVRAT

- ☐ I will not resort to illegal means in the examination.
- ☐ I will not participate in violent and destruction-oriented tendencies.
- ☐ I will not use obscene words, will not read obscene content and will not watch obscene movies
- ☐ I will not consume intoxicants.
- ☐ I will not indulge in immoral conduct in elections.
- ☐ I will not enter into a marriage contracted and performed by dowry, nor will I participate in any such wedding.
- ☐ I will not cut trees and will not spread pollution.

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JEEVAN VIGYAN

जीवन विज्ञान



स्वस्थ समाज की संरचना

Jeevan Vigyan is the cornerstone of building a balanced life for students. Lakhs of students in thousands of schools have benefited from this course. Jeevan Vigyan lays the foundation for a successful personality by paving the way for intellectual development as well as emotional development of children. Effective teacher training program as well as availability of books for different classes make this project an achievement.

Contact : 9116634514 : jeevan.vigyan@anuvibha.org

ANUVRAT BALODAYA



Anuvrat Balodaya is a program to enhance the inherent strengths of children through child centric activities. The 30 Balodaya galleries created at Children's Peace Palace, Rajsamand not only acquaint the children to the values of life but also inculcate the interest, faith and confidence in adopting these values in life. Schools can connect to this through Balodaya camps and Balodaya Edu Tour program.

Contact : 9116634513 : balodaya@anuvibha.org

BACHHON KA DESH



Bachhon ka Desh is a reputed and popular national children's monthly magazine, Published for the last 22 years. This magazine provides healthy entertainment to the 291 children as well as an easy opportunity to build their values. This child psychology- based magazine containing multi-coloured pictures and excellent works of various literary genres is readable by every child.

Contact : 9116634513 : bkd.patrika@anuvibha.org



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Organizer

ANUVRAT VISHVA BHARATI SOCIETY

Children's peace palace, post box no - 28, rajsamand-343324 (Rajasthan)

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