



राष्ट्रीय फैशन प्रौद्योगिकी संस्थान, शिलांग
NATIONAL INSTITUTE OF FASHION TECHNOLOGY, SHILLONG

बस्त्र मंत्रालय, भारत सरकार
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SPECTRUM 2024
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RULE BOOK





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RULE BOOK CULTURAL CLUB

Western singing solo and duet

Time limit: 3 mins

No. of rounds: 1

Venue: Amphitheatre/VM lab

Rules:

1. Participants can use a maximum of two music instruments.
2. Background tracks are allowed.
3. Participants are not allowed to refer to/read the lyrics while singing.
4. Participants have to send their tracks at least two days before the event.
5. Judges' decisions will be final and binding.

Judging criteria:

Voice stability

Rhythm

Accuracy of lyrics

Overall Impact



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RULE BOOK

Indian singing solo and duet

Time limit: 3 mins

No. of rounds: 1

Venue: Amphitheatre/VM lab

Rules:

1. Participants can use a maximum of two music instruments.
2. Background tracks are allowed.
3. Participants are not allowed to refer to/read the lyrics while singing.
4. Participants have to send their tracks at least two days before the event.
5. Judges' decisions will be final and binding.

Judging criteria:

Voice stability
Rhythm
Accuracy of lyrics
Overall Impact



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RULE BOOK

Freestyle solo dancing

Time limit: 5 mins

No. of rounds: 1

Venue: Amphitheatre

Rules:

1. All the dance forms that do not fall under Indian classical or folk dance are allowed.
2. The use of props is allowed, however, the use of fire, water, smoke or any other dangerous items will lead to immediate disqualification.
3. Participants send their tracks at least two days before the event.
4. Judges' decisions will be final and binding.

Judging criteria:

Choreography
and expressions
Costume
Use of the stage



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RULE BOOK

Classical / Folk solo dancing

Time limit: 5 mins

No. of rounds: 1

Venue: Amphitheatre

Rules:

1. Indian classical dance forms and regional folk dances are allowed.
2. The use of props is allowed, however, the use of fire, water, smoke or any other dangerous items will lead to immediate disqualification.
3. Participants to send their tracks at least two days before the event.
4. Judges' decisions will be final and binding.

Judging criteria:

Choreography and expressions
Costume
Use of the Stage
Overall Impact



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RULE BOOK

Freestyle group dancing

Time limit: 5 mins

No. of rounds: 1

Venue: Amphitheatre

No. of participants: 4- 12

Rules:

1. All the dance forms that do not fall under Indian classical or folk dance are allowed.
2. The use of props is allowed, however, the use of fire, water, smoke or any other dangerous items will lead to immediate disqualification.
3. Participants send their tracks at least two days before the event.
4. Judges' decisions will be final and binding.

Judging criteria:

Choreography and expressions

Costume

Use of the stage and coordination

Overall impact



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RULE BOOK

Classical / Folk Group dancing

Time limit: 5 mins

No. of rounds: 1

Venue: Amphitheatre

No. of participants: 4-12

Rules:

1. Indian classical dance forms and regional folk dances are allowed.
2. The use of props is allowed, however, the use of fire, water, smoke or any other dangerous items will lead to immediate disqualification.
3. Participants send their tracks at least two days before the event.
4. Judges' decisions will be final and binding.

Judging criteria:

- Choreography and expressions
- Costume
- Use of the stage and coordination
- Overall impact



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RULE BOOK

Battle of bands

Time limit: 30 mins including set up

No. of rounds: 1

Venue: Amphitheatre

No. of participants: 4-8 members

Theme: Whirlwind of emotions

Rules:

1. The group can play any instrument of their choice.
2. A drum set will be provided at the campus, participants have to get other instruments.
3. Any type of background track or sound is not allowed.
4. Judge's decision will be final and binding.

Judging criteria:

Choreography

Coordination and individual musicianship

Creativity and distinctiveness

Stage presence and overall impact



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ANTAKSHARI (Bollywood songs)

No. of rounds: 1

Venue: GD room

No. of participants: 2 per team

Rules:

1. Each team shall consist of only 2 members.
2. The first team to begin the game shall start by picking a paper given by the host.
3. The song should be sung only from the start and not anywhere from between.
4. You will be given 1 minute to think and continue, failing to do so will lead to immediate disqualification.
5. Repetition of songs is not allowed.
6. Decision of the judge will be final and binding.

Judging criteria:

Failing to match the last word/letter will result in disqualification.



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RULE BOOK

MR. & MS. SPECTRUM

No. of rounds: 3

Venue: Amphitheatre

Individual participation

Rules:

Round 1:

Ramp walk and introduction.

Theme - Cultural Significance

All participants will be evaluated on their individual style quotient.

No revealing of the institute during introductory.

The dress code for the first round is cultural showcase.

Round 2:

Talent round.

The participants will be given 10 minutes for outfit change. (if required)

Participants have to perform a talent on the stage.

Time is limited to 3 mins for the overall performance.

The participation and judging will be done individually.



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Round 3:

Theme - Formal attire

Question and Answers round

The participants will receive a time limit of 20minutes for the change of outfits.

The questions will be prepared and asked by the judges on spot.

Participants will be eliminated during each round.

The final round will have only top 5 female and top 5 male contestants.

Judging criteria:

Presentation

Stage presence and personality

Confidence and intellect

presentation



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RULE BOOK LITERARY CLUB

Pictionary

No. of rounds: 3

No. of participants: 2

Rules:

One member of a team draws a card at the beginning that tells a word or phrase.

The other person then has only 30 seconds to look at the card and plan their drawing strategy with the objective to enable the other partner to guess the word or phrase correctly.

The one-minute timer starts and the person drawing for the team begins drawing without using any verbal communication or gestures.

Writing letters or numbers is prohibited.

Judging criteria:

The amount of time taken.



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Creative Writing:

No. of Rounds: 1

No. of participants: 1

Rules:

Participants will be given the theme on the spot.

Participants will have a writing time of 1 hour.

Use of the internet is prohibited.

Participants are to submit their work to the jury at the end of the writing time.

Medium allowed- English/Hindi.

Judging Criteria:

Originality and creativity of the concept.

Quality of storytelling and language usage.

Relevance and adherence to the theme/topic.



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Debate:

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Rounds: 3

Time per round: 5 minutes (3 minutes preparation, 2 minutes presentation)

Objective: Present a compelling argument on a given topic.

Rules:

1. Each team will have a member in for and against.
2. The first speaker on the affirmative team presents arguments in support of the resolution. (4 minutes)
3. The first speaker on the opposing team presents arguments opposing the resolution. (4 minutes)
4. The second speaker on the affirmative team presents further arguments in support of the resolution, identifies areas of conflict, and answers questions that may have been raised by the opposition speaker. (4 minutes)
5. The second speaker on the opposing team presents further arguments against the resolution, identifies further areas of conflict, and answers questions that may have been raised by the previous affirmative speaker. (4 minutes)
6. This continues till all participants complete their turn.
A short recess of 2 minutes will be given for participants to prepare their rebuttal.



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7. The opposing team begins with the rebuttal, attempting to defend the opposing arguments and to defeat the supporting arguments without adding any new information. (2 minutes). Here, only one representative, chosen by the participants, will deliver the questions.

8. First rebuttal of the affirmative team (2 minutes). Here, only one representative, chosen by the participants, will address the questions.

9. Each team gets a second rebuttal for closing statements with the affirmative team having the last opportunity to speak. (2 minutes each)

10. There cannot be any interruptions. Speakers must wait for their turns.

Any doubts will be addressed at the venue.

Judging Criteria:

1. Clarity and structure of the presentation.
2. Strength and persuasiveness of the arguments.
3. Ability to anticipate and address counter-arguments.
4. Overall delivery and presentation skills.

***Content:** The quality and relevance of the arguments presented by each speaker; points will be awarded for clear, well-structured arguments that are supported by relevant evidence.

***Delivery:** The effectiveness of the speaker's delivery, including the clarity of speech, body language, and the use of gestures and eye contact; points will be awarded for confident, engaging and dynamic delivery.

Knowledge of the topic: The depth of knowledge and understanding of the debate topic demonstrated by each speaker; points will be awarded for speakers who have a thorough understanding of the topic and are able to apply it to their arguments



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***Time management:** The effective use of the time allotted to each speaker; points will be awarded for speakers who stay within their time limit and effectively use their time to make their arguments.

***Team support:** The ability of the participants to support their team members (not from the same institute/college, but from the for or against team) will award points.

***Overall impression:** The overall impact of the speaker's performance, including their ability to persuade the audience and their overall professionalism; points will be awarded for speakers who make a strong impression and are able to effectively communicate their ideas.

For fairness towards those who are not the representatives of the for and against team, the rebuttal round will not fetch any points on the basis of representativeness.





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RULE BOOK

Mime:

No. of Participants: 2-4

No. of Rounds: 1

Theme: Growing Emotions

Rules:

Performance time: Each participant will have a maximum of 3 minutes for their complete performance, including 1 minute for setup. This time limit will be strictly enforced.

Costume: Participants are required to wear a costume that is relevant to the theme of their performance.

Props: Participants may use props in their performance as long as they are relevant to the theme and do not cause any damage to the venue or equipment.

Time management: Each participant should adhere to the time limit for their performance and setup. If a participant goes over the time limit, they will be disqualified.

Fair play: Participants are expected to conduct themselves in a professional and respectful manner at all times. Any form of personal attack, use of offensive language, or other unfair behaviour will not be tolerated and may result in disqualification.



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MIME -

Performance content: Participants should ensure that the content of their performance is suitable for all ages and does not contain any explicit or offensive material.
Collaborate effectively with teammates (if applicable).

Judging Criteria:

Relevance of the theme to the costume/prop.
Performance
Script/content
Overall impact and originality
Creativity and clarity of the performance.
Use of body language and facial expressions.





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RULE BOOK

Slam Poetry:

No. of Participants: 1

No. of Rounds: 1

Theme: English: if your hometown could talk

Hindi: The nostalgia of childhood anger i.e. wo
bachpan ka gussa

Rules:

Each participant shall get 2 minutes to perform.

Medium allowed- English/Hindi

Judging:

Originality and creativity of the poem.

Relevance to the theme

Emotional impact and delivery.

Technical elements like rhythm and word choice.

Overall stage presence and engagement.



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Meme Making **RULE BOOK**

No. of Participants: 1

No. of Rounds: 1

Theme: (On spot reveal)

Rules:

It is a submission-based event. Theme and email ID for the same will be provided at the time of the event

The meme has to be made digitally.

The meme has to be in a .jpeg format.

No late entries will be allowed.

Entries will have to be mailed from participants' email IDs.

Plagiarism and any offensive content will result in disqualification

Creation:

Use humour, sarcasm, or wit to convey your message.

Ensure the meme is appropriate and understandable to the audience.

Utilise design elements effectively.

Judging:

Humour and creativity of the meme.

Clarity and relatability of the message.



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RULE BOOK

Photography Club

Photo Hunt -

In this exciting challenge, you'll be presented with 5 different photography topics on the spot. Your task is to capture the best image that embodies each theme within a short timeframe.

Time - 55 mins

Topics - On the spot.

1. Both DSLR cameras and smartphone cameras are allowed.

Submission Guidelines:

2. Do not edit or remove the Exif data from your photos, as this information is crucial for the competition.

3. Each photo must be submitted individually through the provided drive link.

4. Photos must be captured during the Navarasa 2024 event.

5. Both edited and raw photos are accepted.

6. It is your responsibility to ensure that you have obtained permission from the subjects in your photos and that your entries do not infringe on any third-party copyrights or laws

Evaluation Criteria - Composition, Perspective, Creativity, Storytelling.



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RULE BOOK

Reel Making :

Moments fly, but memories live on. Turn your moments into mini-movies, frame by frame.

Time limit: 24hrs

No. of rounds: 1

No of participants: 1

Theme: On the spot

Rules:

1. Video once entered cannot be withdrawn.
2. The vide must be shot in Portrait mode(Phone mode) and in the highest quality possible.
3. Any offensive or plagiarized content would lead to direct disqualification.
4. Entries containing any unauthorized content will be disqualified.
5. The film or brief should not include any watermark or identity-proof, if found the entry will be disqualified.
6. The duration of the video should not be less than 30sec
7. The decision taken by the jury will be final.

Judging criteria: Editing, Mood, Flow of the content, Content quality,



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RULE BOOK ENVIRONMENT CLUB

Eco Art Competition :

Eco Art Competition aims to promote environmental awareness and sustainability through an artistic approach and expressions. Participants are invited to create artworks from the use of recycled materials, sustainable practices and innovative approaches to address environmental issues .

Theme: Lost World (beauty of threatened ecosystem and species)

Time limit: 120 mins

No. of rounds: 1

No of participants: Group of 4

Venue: FP(Foundation Programme) Batch- A

Rules:

The artwork must contain both 2D as well as 3D art elements.

Participants are requested to bring their own materials as they would require to complete their artwork (use of waste materials should be shown in the artwork) and stationary items that are required(scissors, thread, paints, etc.).

Participants have to provide a concept note regarding their artwork.

Given the inspiration should be provided along with your con-



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Participants have to provide a concept note regarding their artwork.

Given the inspiration should be provided along with your concept note.

The size of the artwork should not be too big, not too small.

No ready-made or semi-finished models are allowed.

Any sort of Plagiarism will strictly not be entertained.

Decisions of the judges shall be final and binding.

Judging Criteria:

Creativity

Utilisation of resources

Artistic composition and design

Overall presentation



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Illustration Making Competition :

An illustration making competition provides a platform for artists to showcase their creativity and talent through visual storytelling. This competition encourages innovation, imagination and skilful execution of your own world.

Theme: Unbound by Perception (this title highlights your lack of physical senses and how you experience the world differently from others. Here you can explore your own world of fantasy that you once wanted to live in.)

Time limit: 45 mins

No. of rounds: 1

No of participants: 1

Venue: FP(Foundation Programme) Batch- B

Rules:

Participants are allowed to choose between both Digital as well as Hand-drawn Illustration.

Participants are requested to bring their own materials as required.

Those participants who are eager to choose Hand-drawn Illustration will be provided with A4 size sheets and are allowed to choose any kind of medium (water colour, acrylic, pencil colours, markers, etc.) to work with.



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At the end of the competition, participants have to explain their concepts behind their artwork, for which they will be provided 1-2 minutes each.

Any sort of tracing, stencils or copying is not allowed.
The artwork should be relevant to the theme.

Any sort of Plagiarism will strictly not be entertained.
Decisions of the judges shall be final and binding.

Judging Criteria:

Creativity

Visual Impact

Colour Scheme

Artistic composition and design

Overall presentation



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Eco Friendly Packaging :

Eco Friendly Packaging refers to materials and designs that minimise the environmental impact throughout their lifecycle. This type of packaging aims to reduce waste, energy consumption and pollution. It often involves using renewable, biodegradable or recycled materials as well as innovative design strategies to optimise resource use and promote sustainability.

Theme: Victorian Era

Time limit: 45 mins

No. of rounds: 1

No of participants: 1

Venue: FP(Foundation Programme) Batch- A

Rules:

Participants are allowed to design packaging for any desired product that they want.

The participants will be provided with A4 size sheets and are allowed to choose any kind of medium (water colour, acrylic, pencil colours, markers, etc.) to work with.

At the end of the competition, participants have to explain their concepts behind their design, for which they will be provided 1-2 minutes each.

Your work should have a proper inspiration that is related to your design.



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navarasa
Ki thwei jingngew

RULE BOOK

During the period of the competition, no devices will be allowed.

Any sort of tracing, stencils or copying is not allowed.

The artwork should be relevant to the theme.

Any sort of Plagiarism will strictly not be entertained.

Decisions of the judges shall be final and binding.

Judging Criteria:

Creativity

Visual Impact

Colour Scheme

Artistic composition and design

Overall presentation



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RULE BOOK SPORTS CLUB

Marathon :

Distance: 5 km

Number of rounds: 1

Location: Main gate to the end of the Military Road

Rules:

Boys and girls will be participating simultaneously.

The run will start at the main gate of the college, towards the end of the military hospital road.

Participants are required to use running shoes or other appropriate footwear.

Carrom-singles

The number of rounds will be determined after registration

Venue: FC Classroom 1

Rules:

Thumbing or backstroke is not allowed.

Red coins carry 3 points, black/white coins carry 1 point, and for minus stroke, the penalty will be one coin.

The matches will be one-on-one.

The referee's decision will be final.



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RULE BOOK

Chess

Time limit: 10 minutes

The number of rounds will be determined after registration

Venue: F&LA Classroom 1

Rules:

Matches will be time-based; each match will last 10 minutes.

The "touch and move rule" will be followed.

The referee's decision will be final.

Tug of War

The number of rounds will be determined after registration

Venue: Ground near the boys' hostel

Rules:

Participants must compete as a team of 6.

Both boys and girls can participate.

Competition will be separate for boys and girls.

After registration, opponents will be determined using the chit system.

The rules of the game will be instructed before the game starts.



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RULE BOOK

Table-Tennis Singles

The number of rounds will be determined after registration.

Venue: VM lab

Rules:

Boys and girls can participate, and the prize will be awarded separately.

Matches will be point-based. Each match will have 11 points.

Participants need to bring their own rackets.

In case of a deuce in the deciding set, a difference of 2 points should be scored to win the match.

Each round will be of 3 sets, and to win, you need to win 2 sets. Matches will be played until a player wins 2 sets.

Volleyball

The number of rounds will be determined after registration

Venue: volleyball ground near RC

Rules:

1. There will be six players on each squad.

2. Each match will consist of three sets, each consisting of 15 rally points.

3. In the event of a Deuce in a regular set, a maximum 2-point differential up to 17 or 27 points will be played; the team that scores 17 or 27 points first will be deemed the winner.

4. Further rules will be based on FIVB (Federation Internationale de Volleyball).

5. The referee's judgement is conclusive



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ESSE CLUB RULE BOOK

Face painting

Time limit: 1 hour

Number of participants: 2 (1 face model and 1 painter)

Venue: FP classroom

Rules:

The participants should not have any prior preparations done on their faces. The face of the participant should be clear of any sort of makeup.

Participants should not use stencils or stamps of any kind, masks over any part of the face, false eyelashes, special effect contact lenses, novelty eyeglasses, or sunglasses. If any of the items above is used, the team will be disqualified immediately.

Participants should bring their own colours, make-up, and other stationeries. Participants shall not be allowed to use any photographs for reference.

Mobile phones or any other electronic devices shall not be allowed during the competition.

Participants should bring their own face-cleaning products such as tissues, cleansers, etc.

At least 70% of the face should be covered. Hair styling will not be a part of the evaluation; hence it is mandatory for participants with long hair to tie up the hair in a ponytail.

Judging criteria:

Creativity

Techniques used

Neatness Use of colors

Relevance to the theme



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RULE BOOK

T-shirt painting:

Time limit: 1 hour

Number of participants: 1

Venue: FP classroom

Rules:

Participants are requested to bring their own materials like acrylic paints, brushes, sponges, mixing plates, pencils, pens, and erasers.

A white T-shirt shall be provided.

Use of any other materials or ready-made stickers is strictly prohibited.

Participants shall not be allowed to use any photographs for reference.

Mobile phones or any other electronic devices shall not be allowed during the competition.

Any sort of tracing, stencils, or copying is not allowed.

The artwork should be relevant to the theme.

Decisions of the judges shall be final and binding.

Judging criteria :

Creativity

Visual Impact

Colour Scheme

Quality of Application

Relevance to the theme



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RULE BOOK

Stand-up Comedy:

Time limit: 3-5 minutes

Number of participants: 1

Venue: Amphiteater

Rules:

The concept and the ideation should be original.

The performance should be relevant to the theme.

Decisions of the judges shall be final and binding.

Judging criteria :

Creativity

Humour and joke delivery

Stage presence and confidence

Adaptability and crowd work

Originality and style



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RULE BOOK

QUICK STYLE:

Time limit: 1.5 hours

Number of participants: 2

Venue: VC Room

Rules:

2 participants together have to style one look (including clothing, hair, and makeup).

The look has to be styled on one of the team members. You can use up to 12 pieces of items in your entire look which will include clothing, and accessories (including headgear, eyewear, jewellery, bags, and shoes).

The materials to be used will be monitored before styling and pre-manipulation may lead to disqualification.

Decisions of the judges shall be final and binding.

Judging criteria :

Proper handling of the materials

Overall impact and originality

Relevance to the theme

Neatness and overall presentation