

MAR ATHANASIUS COLLEGE (AUTONOMOUS), KOTHAMANGALAM

SATTVA 2025

AN ATHANASIAN FEST OF IDEAS, INNOVATION & TALENT

12 & 13 AUGUST 2025

General Rules and Regulations

- The competitions are for the 10th, 11th and 12th grade students from any school.
- The final entries for each event must reach the College on or before 7th August 2025.
- The participants can pay the registration fee in the given account number.
 - Recipient Name – Principal, Mar Athanasius College
 - Account No. – 0712101036646
 - IFSC Code – CNRB0000712
 - Bank Name – Canara Bank Kothamangalam
- After the fee remittance at bank, please enter the remittance details in the google form for registration.
- The decision of the officials /judges is final and will be binding on the participants.
- The schedule of events is finalised by the organizing committee. The college reserves the right to change the schedule in unforeseen circumstances.
- The participants with escorting officials must report to the venue at least 15 minutes before the schedule of the event.
- Those teams/ participants who do not report on time will be disqualified, after three calls of 5 minutes duration, from the scheduled time.
- Participants should not wear school uniforms for the competition.
- Cross school teams will not be permitted.
- Participants should carry their respective school ID's in college premises and also for verification purposes.
- During the conduct of an event, the escorting staff/ students should ensure the required discipline of participating members from his/her school.
- The college reserves the right to modify rules, schedules, or any aspect of the event, if necessary. All decisions made by the college will be final.
- All teams must register in advance with their names and member details—no substitutions will be allowed after registration.

Category 1 - Main Stage Events (Registration Fee: Rs. 500 per team)

1) Ideathon – For a Greener Future

Date: 12/08/2025

REGENESIS: WHERE EXTINCTION ENDS AND EVOLUTION BEGINS

An ideathon for a greener tomorrow

A Team-Based Competition (2-4 members per team)

Competition Structure

Round 1: Ideation & Submission (Preliminary)

Task: Choose one of the sustainability challenges (listed below) and submit an idea with:

- Problem Statement
- Proposed Solution
- Sketch/Diagram (optional)
- Environmental Impact

Time: 30 minutes

Judging Criteria:

- Relevance to theme
- Originality
- Practicality
- Clarity of explanation
- Presentation skills

Round 2: Pitch & Prototype (Final)

- Selected teams from Round 1

Task: Present your idea to a panel of judges in 5 minutes, followed by 2 minutes of Q&A.

Presentation can include:

- PowerPoint, mini-models or skit highlighting the environmental and social impact along with implementation strategy

Challenge Tracks (Choose One):

1. Zero Waste Campus
2. Plastic Alternatives
3. Sustainable School Transport
4. Upcycled Products
5. Urban Gardening/Farming

For queries, please contact: Dr Sanu Mathew Simon, Mob: 8086460514

2) Escape Room Challenge

Date: 12/08/2025

Think Fast. Work Together. Escape!

Step into the world of puzzles, mystery, and excitement!

Put your brains to the test in our thrilling Escape Room

Competition — an immersive adventure where your logic, teamwork, and time management will decide if you make it out...

Guidelines

1. Team Size: Each team must consist of 3–5 members.
2. Participation: Only one entry per team is allowed inside the escape room.
3. Time Limit: Each team will be given 15 minutes to solve the room and escape.
4. Rules of Play:
 - Teams must not damage or force open any props.
 - Mobile phones or external help are strictly not allowed during the challenge.
 - All instructions given at the start must be strictly followed.
5. Winning Criteria: The team that escapes in the shortest time wins.
6. Disqualification: Any form of misconduct, breaking props, or cheating will lead to immediate disqualification.
7. Follow the instructions of the Game Master inside.
8. All decisions made by the judges will be final.

For queries, please contact: Dr Siju Thomas T, Mob: 9447652682

3) Ideas in Action Contest

Date: 12/08/2025

1. The event is a team-based competition with each team comprising 5 to 6 members
2. The central theme of the event is ‘Social Issues in Our Society’, and specific topics will be revealed at the venue.
3. The theme will be announced 1 hour prior to the performance for the discussion and planning of the skit.
4. Each team will be allotted 8 to 10 minutes to perform their skit on stage.
5. Performances should be relevant to the assigned topic and creatively highlight the social issue.
6. Judging will be based on content, creativity, teamwork, clarity of message, and overall presentation.
7. Three prizes will be awarded to the top-performing teams (1st, 2nd, and 3rd), and an additional prize will be given to the Best Performer.

For queries, please contact: Dr Diana Mathews, Mob: 9447801356

4) Quiz: Battle of Brains

Date: 12/08/2025

1. The competition is a team event open to the 10th to 12th standard students from registered schools. Schools may register a limited number of teams (If more than two teams from the same school qualify for the finals, then the top 2 scoring teams will proceed to the finals).
2. Each team shall consist of two students from the same school. Changing the team during the event is not permitted
3. The competition will include interactive rounds testing knowledge from diverse areas like science, arts, current affairs, literature, media, sports etc.
4. There will be a preliminary session and a final session. The top 6 teams from the preliminary session will be selected for the final session.
5. Quiz will start at 10.30 A.M, Team must be present at least 30 minutes before the stating time.
6. Rules and format of each round will be explained by the Quiz master before the commencement of each session.
7. Scoring will be cumulative across all final rounds and the highest -scoring team will be declared as the winner.
8. Use of mobile phones and reference material during the competition is strictly prohibited.
9. Teams must maintain discipline and sportsmanship throughout the event. Any misconduct may result in disqualification.
10. The decision of the quizmaster will be final.

For queries, please contact: Dr Binitha R N, Mob: 9847804920

5) Mystery Room: Secret Vault

Date: 13/08/2025

Get ready to enter a room full of mystery, puzzles, and hidden clues! Work in teams to uncover secrets, decode messages, and solve the mystery before your time is up. Test your logic, teamwork, and problem-solving skills in this thrilling challenge!

Team Size: 3-4 members

Duration: 15 minutes per team

Game Guidelines

1. Time Limit: Each team has a maximum of 15 minutes to complete the challenge.
2. Clue Solving: Gather all the clues and solving the mystery as a team.
3. Do Not: Use force, damage any properties, or skip clues.
4. Winning: Solve the final mystery within the time limit to win!
5. Final winner would be decided on the basis of number of clues solved within 15 mins.
6. In case of tie, the team solving maximum number of clues in minimum time would be declared winner.

Team Instructions

1. Register in teams (3-4 members).
2. Arrive at the venue 10 minutes early.
3. Listen to the briefing carefully before you enter the room.
4. Follow the instructions of the Game Master inside.

> The coordinators reserve the right to modify rules, schedules, or any aspect of the event, if necessary. All decisions made by the coordinators will be final.

For queries, please contact: Dr Julie Jacob , Mob: 9895228652

6) Dance to the Beat

Date: 13/08/2025

1. Each dance team must consist of 4 to 5 members, and group registration with member details is mandatory in advance.
2. No member substitutions will be allowed after registration is complete.
3. The competition theme is “On-the-Spot Performance,” where each group will be given a random tune by the organizers.
4. The song provided will be approximately 5 minutes long and unique to each team.
5. Teams will have 30 minutes to choreograph and rehearse their routine after receiving the tune.
6. All practice sessions must be held in the designated practice area only.
7. Each group will be allotted a maximum of 5 minutes on stage for their final performance.
8. Judging criteria include creativity, synchronization, stage presence, and interpretation
1. of the tune.
9. Use of props is allowed but must be managed within the time limit and without external assistance.
10. Any rule violations or misconduct may lead to disqualification, and the judges’ decisions will be final and binding.

For queries, contact: Dr Sini K S, Mob: 9745552121

7) Marketing Maestro Contest (Best Marketing Team Competition)

Date: 13/08/2025

1. Each team must consist of maximum 4 students from the same school, and registration must be completed in advance.
2. The competition includes four rounds: Marketing Quiz, Ideation, Product Pitch and Case Study.
3. In Round 1 (Marketing Quiz), teams will participate in a quiz on key marketing concepts such as branding, consumer behavior, and digital marketing.
4. In Round 2 (Ideation), teams will be given a product (real or imaginary) and must create a brand name, logo, slogan, and concept within 20 minutes

5. Round 3 (Product Pitch): Teams will be given a product and must create and present an effective marketing strategy for it.
6. Round 4 (Case Study): Teams will analyze and solve a real or hypothetical marketing case with strategic recommendations.
7. Judging across all rounds will be based on creativity, marketing strategy, teamwork, innovation, and presentation skills.
8. All materials used must be created by the team—plagiarism or copying will lead to disqualification.
9. Teams must follow the time limits strictly and behave respectfully during all rounds.
10. There will be eliminations after specific rounds based on performance. The team with the highest cumulative score across all rounds will be declared the winner. The judges' decision will be final and binding.

For queries, please contact: Dr Diana Ann Issac, Mob: 8547104170

8) Management Maestro Contest (Best Management Team Competition)

Date: 13/08/2025

1. The competition is open to higher secondary school students, with each team comprising of maximum 4 members.
2. The competition consists of four rounds: Management Quiz, Business Task Challenge, Team Identity & Role Assignment, and Crisis Management.
3. Round 1 (Management Quiz): A quiz covering core management topics like leadership, HR, operations, and business strategy.
4. In Round 2 (Business Task Challenge), teams will be given a business task such as event planning, product launching, or budget management, and must present a structured strategy.
5. In Round 3 (Team Identity & Role Assignment), teams must assign roles (e.g., CEO, HR Head, Marketing Lead) and present a brief team introduction showcasing strengths and strategy.
6. In Round 4 (Crisis Management), teams will face a surprise business crisis and must propose a practical and timely solution within the allotted time.
7. Presentations should be concise, solution-focused, and demonstrate teamwork, leadership, and problem-solving abilities.
8. Judging will be based on teamwork, innovation, leadership, time management, and overall clarity and feasibility of the solution.
9. There will be eliminations after specific rounds based on performance. The team with the best overall performance across all rounds will be declared the Best Management Team, and the judges' decisions will be final and binding.

For queries, please contact: Dr Sajin Paul, Mob: 9995198723

9) 3 vs. 3 Football Tournament

Date: 13/08/2025

Guidelines for 3 V 3 Football Tournament

A. Ball

1. 5 Size

B. Field

1. 20 x 10 M²

C. Number of Players

1. Maximum 5 in a team
2. Minimum 3

D. Duration

1. Till semifinal - 8-2-8
2. Semifinal - 10-3-10
3. Final -12-4-12

E. Substitution

1. Rolling Substitution

F. Playing Rules

1. Play the ball only below hip level
2. Fouls and misconduct will be treated same as FIFA rules
3. Throw in will restart from indirect free kick
4. Penalty will be taken from center point

G. Tie breaker

- a. Tie breaker will be best of three
- b. If tie breaker ends with draw, winner will be decided by toss.

For queries, please contact: Dr Harry Benny, Mob: 9747232735

Category 2 - Team with 2 members (Registration Fee: Rs. 200 per team)

1) Face Painting Fiesta

Date: 13/08/2025

1. The competition is open to teams, each consisting of one painter and one model.
2. The model's face must be clean and unpainted at the start of the competition
3. Each participant will be given 90 minutes to complete their face painting.

4. The theme will be provided on the spot at the beginning of the competition
5. Participants must bring all necessary paints and brushes for the competition.
6. Only skin-safe, non-toxic paints are permitted.
7. Teams must also bring their own color removers and cleaning supplies.
8. Glitters, gemstones, and other special effects are permitted within the allowed area to enhance the artwork.
9. Judging will be based on originality, creativity, neatness, precision, and relevance to the theme.
10. The judges' decision will be final and binding, and all participants must adhere strictly to the competition rules.

For queries, please contact: Dr. Jani Chungath. Mob: 9446624612

2) Split Dance Challenge

Date: 13/08/2025

1. Each team must have only 2 members of the same school.
2. A screen will be placed between the two dancers, preventing visual contact during the performance.
3. Teams will receive their song 15–20 minutes before their turn, and must use that time for preparation and practice.
4. The song duration will be 3 minutes, and each team must perform for the full length of the track.
5. Dancers must rely on timing, rhythm, and memory to maintain synchronization
1. throughout the routine.
6. No physical interaction or visual cues will be allowed between team members during the performance.
7. Judging will be based on synchronization, timing, rhythm, and creativity of choreography.
8. Participants must remain within their designated space during the performance.
9. Any form of misconduct, early access to the song, or communication across the
2. screen during the dance will lead to disqualification.
10. The decision of the judges will be final and binding on all participating teams.

For queries, contact: Dr Seena John, Mob: 9447724557

Category 3 - Individual competitions (Registration Fee: Rs.200)

1) Smart Photography Contest

Date: 12/08/2025

1. The competition is open to individual school students only.
2. Participants must use mobile phone cameras for capturing photographs-DSLRs or other devices are not allowed.
3. The photography theme will be announced on the spot to promote spontaneity and creativity.
4. Participants will be given a fixed time to click, edit, and submit their photographs within the venue.
5. Only basic editing (brightness, contrast, cropping, etc.) is permitted; no filters or heavy manipulation allowed.
6. Use of AI-generated content or advanced editing tools will lead to disqualification.
7. Submitted images must be original and taken during the competition timeframe.
8. Pre-shot, downloaded, or plagiarized images will result in immediate disqualification.
9. Each participant must submit one final image before the deadline.
10. The decision of the judges will be final and cannot be contested.

For queries, contact: Dr Jitto Jose , Mob: 9447383246

2) From Trash to Art Contest (Recycle Art Contest)

Date: 12/08/2025

1. The contest is a team-based event with each team consisting of 3 to 5 school students.
2. Participants must create artwork using only recycled or discarded materials such as paper, cardboard, glass, wood, plastics, metals, and rubbers.
3. The use of new, non-recycled materials is not allowed, except for minimal use of glue or paint for structural or finishing purposes.
4. Each team will be given a total of 1 hour to design and build their art piece.
5. All teams must bring their own materials and basic tools, ensuring safety and cleanliness while working.
6. The artwork should reflect the themes of recycling, sustainability, and environmental awareness.
7. Judging will be based on originality, creativity, craftsmanship, and adherence to the sustainability theme.
8. Teams must work collaboratively and independently without external help during the contest.
9. Any use of prohibited materials or pre-assembled items may lead to disqualification.
10. The decision of the judges will be final, and all participants shall respect the competition's eco-conscious spirit.

For queries, contact: Ms. Meril Sara Kurian, Mob: 8281073269

3) Cartoon Canvas Contest

Date: 12/08/2025

1. The competition is an individual event open exclusively to registered school students.
2. The theme of the contest will be announced shortly before the drawing session begins.
3. Participants will have 90 minutes to create a cartoon based on the announced theme.
4. Drawing paper will be provided by the college. Participants must bring their own drawing tools.
5. Permitted tools include pencils (regular or mechanical), erasers, sharpeners, rulers, black markers, sketch pens, and ink liners for final inking.
6. Only black-and-white drawings are allowed. Submissions using color will not be accepted.
7. Participants must work independently. Collaboration or the use of external reference materials is strictly prohibited during the event.
8. Judging criteria will include originality, relevance to the theme, clarity of message, and overall artistic quality.
9. Any form of plagiarism or copying will result in immediate disqualification. Mobile phones, smartwatches and other electronic equipment are not allowed inside the competition hall.
10. The decision of the judging panel will be final and binding on all participants.

For queries, contact: Dr Eldhose A Y , Mob: 9048051300

4) Clay Creations

Date: 13/08/2025

1. The competition is an individual event open to all registered participants.
2. The theme will be revealed on the day of the competition to ensure spontaneity and originality.
3. Participants will have 150 minutes to complete their clay models based on the given theme.
4. All contestants must bring their own materials, including clay, a wooden base for display, and necessary sculpting tools.
5. Use of pre-molded or pre-assembled pieces is strictly prohibited.
6. Judging will focus on creativity, originality, craftsmanship, and how well the theme is interpreted in 3D form.
6. Participants are responsible for keeping their workspace clean and handling tools safely.
7. The venue details will be shared with registered participants ahead of the event.
8. Any participant found violating rules or using external assistance may be disqualified.
9. The judges' decision will be final and binding on all participants.

For queries, contact: Dr Saritha K Nair; Mob: 9446076527

5) On-the-Spot Speech Challenge (English)

Date: 13/08/2025

1. All participants must complete online registration before the specified deadline.
2. Participants will get 5 minutes of preparation time to organize their thoughts.
3. Each participant must speak for 5 minutes; a warning bell will ring at 4 minutes and the final bell at 5 minutes.
4. The language of the competition shall strictly be used.
5. Only brief notes or keywords may be written. Reading full sentences or using devices is prohibited.
6. Judgement will be based on the correctness of language, clarity of expression, spontaneity, confidence and overall delivery.
7. The judges decision will be final and binding on all participants.

For queries, contact: Ms. Reeba Thomas, Mob: 7025161783
