

ALL ISLAND ESSAY AND ART COMPETITIONS FOR SCHOOL CHILDREN

Diabetes Mellitus, High blood pressure and abnormal Cholesterol are highly prevalent in the society. All these increase the future risk of heart disease and stroke. Therefore, prevention of these risk factors, especially from early childhood, can prevent these major diseases in the future. The prevention is mainly by way of changing lifestyle, which includes, healthy food, healthy weight and exercise.

Sri Lanka Diabetes Federation (SLDF), the public arm of the Sri Lanka College of Endocrinologists has decided to conduct Annual Diabetes day competitions for commemoration of the world diabetes day 2023, with *the theme of, "Healthy living to prevent Diabetes"*

All submissions must adhere to the following guidelines and should be submitted to **Sri Lanka Diabetes Federation, c/o Sri Lanka College of Endocrinologists, No.4, Siri Dhamma Mawatha, Colombo 10** on or before the **30th September 2023** with a completed application form. In completed applications and late submissions will not be accepted. The entries become copyright of SLDF, and the SLDF shall have the right to use them to create awareness in digital and print versions.

Postal address:

Chairperson,
Sri Lanka Diabetes Federation,
c/o Sri Lanka College of Endocrinologists,
No.4, Siri Dhamma Mawatha,
Colombo 10

Rules and Regulations

- **TOPIC: “HEALTHY LIVING TO PREVENT DIABETES”**
- **Objective:** Focus on new ways of healthy living to prevent Diabetes and other non-communicable diseases
- **Age categories:**
 - Junior Category: Between 5 and 10 years of age on 01.01.2024
 - Intermediate Category: Between 11 and 15 years of age on 01.01.2024
 - Senior Category: Between 16 and 18 years of age on 01.01.2024
- Students in **all three age categories** can apply for the **Art and Essay** competitions.
- **Submissions:**
 1. The Essay and Artwork should be sent to the above address on Registered post or delivered by-hand along with fully filled application form
 2. Essay should be typed or hand written and it can be written in Sinhala, Tamil or English languages.
 3. Artwork should be in **A3 size art paper**, Medium-any (charcoal, digital, crayons, water paint, oil paint or any other)
 4. The all articles must be original, without any form of plagiarism.

Essay competition

- **Word limit:** Junior category: 250 words
Intermediate category: 1000 words
Senior category: 1500 words

Prizes & Certificates (All categories):	1 st prize	Rs. 25,000
	2 nd prize	Rs. 15,000
	3 rd Prize	Rs. 10,000

Certificates and the consolation cash prizes will be awarded for the first 05 places.

APPLICATION FORM
ESSAY /ART & MULTIMEDIA COMPETITION FOR SCHOOL
CHILDREN

Full name (with block capitals):

Name with initials:

Date of birth:

Age:

Class:

School name & address:

School Tel. No.:

Home address:

Contact Telephone number: Mobile:

Residence:

Email address:

Contestant's agreement

I have studied the rules of the contest, and I will be bound by all of the conditions and terms above. I understand that the Sri Lanka Diabetes Federation may use my essay / art work to create awareness in digital and print form. I understand that the decision of SLDF is final. I certify that the entry is my own creation.

Signature.....

Date.....

Declaration of the principal

I certify that this work is the above-mentioned student's own, that he/she meets all eligibility criteria and that it has not previously been published.

Name & Signature:

Rubber stamp:

Date:.....