

presents

### "THE SWEET TOOTH CHALLENGE"

#### A STEP TOWARDS REDUCING SUGAR INTAKE

Join us in our dedication to 'The Sweet Tooth Challenge', an expansive competition and awareness campaign aimed reducing free sugar consumption as it is a common risk factor for Dental Caries and other Non Communicable Diseases.





# SUGAR HOTSPOTS

#### **COLLAGE COMPETITION**

(a) 07.11.2023 (b) 2.30 PM onwards

Theme: SUGAR HOTSPOTS Duration: 90 Minutes

- 1. Teams are restricted to a maximum of three members each.
- 2. Participants are required to bring all essential materials themselves.
- 3. The utilization of scissors is strictly prohibited throughout the duration of the competition.
- 4. Blank sheets will be made available to all contestants for their use.
- Contestants are encouraged to create themebased, original designs, showcasing creativity and resourcefulness.



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# SWEET INSIGNIA

LOGO COMPETITION

- 1. Team composition is limited to a maximum of three participants.
- 2. The dimension of the logo should be 1080px \* 1080px (1:1 Aspect ratio)
- 3. Logo must be provided in .png file format.
- 4. Specified file size limit for the logo is less than 10mb.
- All entries must be sent via email before the 7th of November, 2023; including the names of team members and the name of their respective colleges.



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# SMEET ESCAPE



**E-POSTER MAKING COMPETITION** 

THEME: SUGAR - THE NEW NICOTINE

We encourage you to craft an e-poster illustrating the alarming surge in sugar consumption in our diets, drawing attention to its growing prevalence

- 1. Teams are limited to a maximum of four participants.
- 2. Each team is permitted to submit only one e-poster.
- 3. All submissions must be emailed by NOVEMBER 7<sup>th</sup>, 2023. Kindly ensure that the email includes the names of the participants and the name of the college.
- 4. Presentation should be in one PPT slide (Microsoft Power Point). Page set up is 16:9, 1920 X 1080 Resolution, Max size 10 MB, JPEG format.

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# SUGAR SWAP

#### INSTAGRAM REEL COMPETITION

THEME: Sweet Retreat: Choose a Healthy Treat

Join the Instagram Reels competition. Create captivating reels featuring sugar substitutes and innovative approaches to reduce sugar intake. Be a part of our mission to promote healthier choices and inspire innovative ways to manage sugar consumption.

- 1. Each team is allowed a maximum of eight participants.
- 2. The maximum duration for each reel is limited to one minute.
- 3. Submissions must adhere to the guidelines of avoiding vulgarity and obscenity.
- 4. It is imperative that no political or religious sentiments are offended in the submissions.

All reels must be submitted by November 7, 2023.





