



# Central University of Punjab, Bathinda

## National Service Scheme

(Established vide an Act no. 25(2009) of Parliament)



### Online Quiz Competition

### “Health and wellness”

### On

### 18<sup>th</sup> September, 2020

#### Schedule

**Registration:** 15<sup>th</sup> September, 2020, Till 5:00 pm

**Mode of Registration:** Google form or send your entry to [nss@cup.edu.in](mailto:nss@cup.edu.in))

**Time of competition:** 10:45 am

**Mode:** Attendance of registered participants will be taken by Google Meet sharp at 10:45 am. The rules and regulations of the competition will be shared. Competition through Google Form will begin at 11:00 am.

**Registration Fees:** Nil

**Requirements:** Mobile phone or PC or laptop or any other similar device with internet connectivity

Winners will be awarded with certificates

**Organized by**

**NSS, Central University of Punjab, Bathinda**

**Note:-** For further information kindly contact event organizers Dr. Preeti Khetarpal, [preetikhetarpal@cup.edu.in](mailto:preetikhetarpal@cup.edu.in) and Dr. Sabyasachi Senapati, [s.senapati@cup.edu.in](mailto:s.senapati@cup.edu.in), Programme officer, Unit V and IV respectively.

**Prof. Monisha Dhiman,**  
**NSS Coordinator**



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### Rules for Quiz competition

1. Interested participants must register themselves by **5:00 pm, 15<sup>th</sup> September, 2020**
2. Prior registration is mandatory for participation
3. Quiz competition is limited to students and research scholars of Central University of Punjab only
4. Students should follow ethical practices and avoid any unfair conduct
5. The questions shall be in the form of multiple choices, true / false statement, specific one-word answer or pictorial
6. Each question shall carry 1 mark
7. Internet connectivity must be ensured by the participants
8. Organizing committed shall not be held responsible for any technical glitch at the participants' end
9. Winners will be decided based on marks obtained and first to submit  
Explanation: First criterion shall be highest marks obtained. In case there is tie, two or more than two participants obtain same marks, the first to submit will be considered winner which shall be decided based on Time stamp
10. In case of any dispute, decision of Quiz master shall be final
11. The quiz will be divided into six sections:

**A. Human Body**

**B. Environment**

**C. Food & Nutrition**

**D. Mental Health**

**E. Naturopathy and Yoga**

**F. Sports**



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