



STANLEY MEDICAL COLLEGE

In association with

DEPARTMENT OF BIOCHEMISTRY



HELIX'22

— NOVEMBER 16TH TO 18TH —

HELIX'22

BIOCHEMISTRY IN ALL IT'S GLORY



✉ stanhelix22@gmail.com

📷 [stanhelix_22](https://www.instagram.com/stanhelix_22)

ABOUT HELIX

As students are slowly rising from their post-covid slumber, HELIX is back with a bang to enthrall young minds.

In the month of November 2022, the curtains will rise again on the 3-day spectacle of unparalleled excitement entailing comprehensive workshops, nerve-wracking quizzes and awe-inspiring cultural competitions.

Presenting the return of helix – HELIX'22, An all-biochemistry themed embodiment of academic, arts and cultural events conducted by the Department of Biochemistry, Stanley Medical College in association with students of batch 2020.

OUR HISTORY



Our Previous Edition: Helix'19

MILESTONES

- 2000+ delegates
- Workshops on contemporary lab techniques.
- 250+ teams for grand quiz
- Guest lectures
- 58+ Model presentations



GENERAL RULES

1. ONLY MBBS STUDENTS ALLOWED.
2. BRING YOUR ID CARD AND BONAFIDE FROM YOUR RESPECTIVE BIOCHEMISTRY DEPARTMENT.
3. YOUR ID CARDS WILL BE RETURNED ONLY IF HELIX TAGS ARE RETURNED.
4. NO PARTICIPANT WILL BE ALLOWED TO PARTICIPATE WITHOUT REGISTERING.
5. MUST SHOW YOUR HELIX TAGS TO THE RESPECTIVE EVENT ORGANIZERS BEFORE THE EVENT.
6. PARTICIPANTS WHO DON'T REPORT ON TIME WILL BE DISQUALIFIED.
7. A TEAM MAY BE DENIED PARTICIPATION OR DISQUALIFIED IN CASE OF ANY MISBEHAVIOUR.
8. ANY DAMAGE TO THE COLLEGE PROPERTY WILL BE DEALT WITH SEVERELY. SMOKING, CONSUMPTION OF ALCOHOL OR NARCOTICS IN THE COLLEGE PREMISES IS STRICTLY PROHIBITED. VIOLATION OF THIS WILL LEAD TO DISQUALIFICATION OF THE RESPECTIVE TEAMS.
9. DECISION OF THE JUDGES WILL BE FINAL.

EVENT LIST

1. Workshop
2. Quiz
3. Murder Mystery
4. Adzap
5. Debate
6. Dance
7. Fashion Parade
8. Poster Presentation
9. Biochem Gems

ON STAGE AND OFF STAGE EVENTS

- November 16th 2022: **Workshop**
- November 17th 2022

ON STAGE

Murder Mystery

Dance

OFF STAGE

Poster

Debate

- November 18th 2022

ON STAGE

Adzap

Quiz- finale

Fashion Parade

OFF STAGE

Quiz- Prelims

- Game stalls- Biochem gems on 17th & 18th

WORKSHOP

THE TRIFECTA WORKSHOP

A BIOCHEM WORKSHOP FOCUSING ON

GEL ELECTROPHORESIS | BLOOD GAS ANALYSIS

JOURNEY TO LABS | CLINICAL CASES

AN ALL IN ONE WORKSHOP TO DEMONSTRATE AND SIMPLIFY
THE PRACTICAL CONCEPTS OF THE HIGHLY IMPORTANT
THEORY QUESTIONS

DETAILS:

- WORKSHOP WILL HAPPEN OVER A SPAN OF 4 HOURS, AN HOUR FOR EACH TOPIC.
- WORKSHOP WILL BE HELD AS TWO SLOTS, FROM 10AM – 1PM AND 2PM-5PM
- MAXIMUM OF 60 PARTICIPANTS IN TOTAL, OF WHICH, 30 WILL BE DESIGNATED TO EACH SLOT
- IN EACH SLOT, THE 30 PARTICIPANTS SHALL BE SPLIT INTO GROUPS OF 10
- EACH GROUP WILL VISIT ALL THREE WORKSHOPS IN ROTATION, COMPLETING ALL THREE IN THE ALLOTTED TIME.
- CERTIFICATE WILL BE GIVEN FOR ALL PARTICIPANTS WHO COMPLETE THE WORKSHOPS

Registration: Rs. 250 per head

For more details: HEMANNYA- 9902150729

QUIZZ

ENZY-QUIZZ

“A CATALYTIC EXOTHERMIC QUIZ”

PRIZE MONEY

1st – Rs.7,000

2nd – Rs. 5,000

3rd- Rs. 3,000

RULES:

- TOPIC: **BIOCHEMISTRY AND ITS APPLICATIONS**
- ELIGIBILITY: 1ST YR TO CRRI, MAY INCLUDE MAX 1 CRRI PER TEAM.
- NO INTERCOLLEGE TEAMS ALLOWED.
- TEAM OF 3. ANY NUMBER OF TEAMS PER COLLEGE.
- ROUNDS- PRELIMS AND FINALS(BOTH OFFLINE ON THE SAME DAY).
- PRELIMS- OFFSTAGE.
- OBJECTIVES- PAPER PEN BASED.
- FINALS- ONSTAGE. 6 TEAMS WILL BE QUALIFIED FOR FINALS FROM PRELIMS.
- ROUNDS WILL BE DISCUSSED ON SPOT.
- JUDGES DECISION WILL BE FINAL.

Registration: Ra. 500 per team- 1 team per college
(Inclusive of lunch) Rs. 350 per team- 2 teams per college

-Open Registration

For more details: ROOPINI- 6383510991

MURDER MYSTERY

CORUNDRUM OF GARROD'S STREET

PRIZE MONEY

1st – Rs.5,000

2nd – Rs. 3,000

3rd- Rs. 2,000

“REACH THE DESTINY WITH SHERLOCK AND GARROD”

THEME- BASED ON BIOCHEMISTRY

RULES:

- COMPETITION IS OPEN FOR THE 1ST PROF - CRR I OF ALL MEDICAL COLLEGES
- 2 TO 3 PARTICIPANTS PER TEAM
- FOR AVAILING THE CLUES, DECODE A BIOCHEMICAL QUESTION.
- YOUR DETECTIVE AND BIOCHEM KNOWLEDGE WILL KEEP YOU ON TRACK.
- CORRECT ANSWERS WITHIN SCHEDULED TIME WILL TAKE YOU TO THE NEXT LEVEL
- THE FIRST TO REACH THE DESTINY WILL BE AWARDED

Registration:

Rs 150 per team

For more details: SNEHA KC - 8778145128

ADZAP

BALLYHOO

THEME- INFUSE BIOCHEMISTRY

-DURATION: 3-7MIN

-3-7 MEMBERS AS A TEAM

-COME WITH PROPS NEEDED

-JUDGES' DECISION IS FINAL AND INEXPUNGABLE

-STICK WITH TAMIL AND ENGLISH

-OPEN FOR ALL MEDSTUDENTS

-TOPICS WILL BE CHOSEN BY PARTICIPANTS BY LOTS

-15 MINUTES PREPARATION TIME

ADDED ADVANTAGE: LOT WILL BE CONFINED TO EITHER OF THE 4 TOPICS BELOW AND YOU CAN CHOOSE TO ACT ANY OF THE SUGGESTIONS UNDER A TOPIC.

-BIOCHEMICAL TESTS-OGTT,UPT,LFT,RFT

-BIOACTIVE MOLECULES-INSULIN,THYROXINE,ALPHA-1 ANTITRYPSIN

-EQUIPMENT-TEST TUBE,DROPPER,ETC

-FOOD AND SUPPLEMENTS -MULTIVITAMINS,PROTEIN

SUPPLEMENTS,FOOD PRESERVATIVES,OMEGA-3FATTYACID

JUDGING CRITERIA: CONNECTIVITY WITH BIOCHEMISTRY, HUMOR, PROPS AND COSTUMES, EXPRESSION, TEAM COORDINATION.

***ANY UNPLEASANT PERFORMANCE WILL BE DISQUALIFIED**

Registration: Rs.200 per head

For more details: Asswin Nethrra- 9629434125

PRIZE MONEY

1st – Rs.5,000

2nd – Rs. 3,000

3rd- Rs. 2,000

DEBATE

DISCEPTATIO

PRIZE MONEY

1st – Rs.5,000

2nd – Rs. 3,000

3rd- Rs. 2,000

RULES:

- PARTICIPANTS TO REGISTER IN A TEAM OF TWO.
- ONE SPEAKS FOR THE MOTION AND THE OTHER SPEAKS AGAINST THE MOTION.
- EACH PARTICIPANT GETS 3-4 MINUTES TO SPEAK.
- IT WILL BE FOLLOWED BY REBUTTAL SESSION OF 1 MINUTE.
- PARTICIPANT'S INDIVIDUAL SCORE WILL BE ADDED TO THE TEAM'S SCORE
- THE MEDIUM OF COMMUNICATION IS ENGLISH, TAMIL OR A MIX
- THE TOPICS FOR THE MOTION WILL BE ANNOUNCED A WEEK PRIOR TO THE EVENT.
- PARTICIPATION REQUIRES PRIOR ONLINE REGISTRATION.
- ONLY LIMITED SLOTS AVAILABLE, REGISTER EARLY !!!

Registration:

Rs 400 per team if 1 team come from a college

Rs 300 per team if 2 teams come from a same college

Rs 200 per team if 3 teams come from a same college

GROUP DANCE

RESONANCE

ORDER IN DISORDER

PRIZE MONEY

1st – Rs.5000

2nd – Rs. 3000

3rd – Rs.2000

RULES:

- COMPETITION IS OPEN FOR ALL MEDICAL AND ALLIED SCIENCES STUDENTS
- THE TEAM MAY CONSIST OF 5 – 10 MEMBERS.
- ANY STYLE ALLOWED
- GROUP DANCE TIME LIMIT: 4-7 MINUTES
- THE DANCE TRACK CAN CONTAIN MORE THAN ONE SONG AND SONGS FROM DIFFERENT GENRES CAN BE SELECTED
- WINNERS WILL BE SELECTED BASED ON JUDGE'S DECISION.
- JUDGING CRITERIA: CHOREOGRAPHY, COORDINATION, EXPRESSION, PROFICIENCY INNOVATION
- EXTRA POINTS WOULD BE AWARDED IF THE CHOREO INVOLVES BIOCHEMICAL CONCEPTS.
- PROPS ARE ALLOWED
- ALL TEAMS SHOULD SUBMIT THE AUDIO TO THE INCHARGES BEFORE THE DAY OF EVENT WITH TEAM NAME, COLLEGE NAME AND CONTACT DETAILS.
- WATER, OILS, GLITTERS, PROPS, ETC. THAT MAKES THE STAGE MESSY SHOULD NOT BE USED.
- CROSSING THE TIME WILL LEAD TO POINT DEDUCTION.
- VULGARITY/ PLAGIARISM WILL NOT BE ENTERTAINED

Registration: Group- Rs.150 per head

For more details: CHOZHAN - 9345958099 | AKASH - 8754240207

GAMES

BIOCHEM GEMS

RULES:

- THIS IS A GAMING COUNTER OPEN FOR BOTH PARTICIPANTS AND NON PARTICIPANTS.
- STUDENTS CAN REGISTER ONSPOT AT REGISTRATION TABLE.
- A STUDENT CAN PARTICIPATE ONLY ONCE REPRESENTING HIS/HER COLLEGE.
- MAXIMUM 5 ENTRIES PER COLLEGE PER DAY.
- COUNTERS ARE ASSIGNED ON LOT BASIS
- GEMS WILL BE AWARDED TO THE COLLEGE BASED ON INDIVIDUAL GAME RULES WHICH WILL FETCH BONUS POINTS FOR THE COLLEGE ON LEADERBOARD.
- TOTAL BONUS POINTS WILL BE REVEALED FOR EVERY COLLEGE ON STAGE.
- POINTS ACQUIRED THROUGH BIOCHEM GEMS ADD TO THE OVERALL COLLEGE SCORE FOR THE OVERALL CHAMPIONSHIP

Registration: Rs 20 per entry

For more details: SHEEBA BLESSY Y - 9345709521

FASHION PARADE

ATTIRE CLIQUE

FLAUNT YOUR ELEMENT

RULES:

-THIS EVENT IS OPEN FOR THE FIRST YEAR STUDENTS IN ALL MEDICAL COLLEGES.

-A TEAM CONSISTS OF 10 MEMBERS. BOYS AND GIRLS ARE WELCOME.

-ONLY ONE ENTRY FROM EACH COLLEGE.

-DRESSING MUST BE MODEST. USE OF PROPS AND ACCESSORIES IS NOT RESTRICTED.

-TEAM MUST BRING THEIR OWN RAMP MUSIC.

-MAXIMUM 3 ROUNDS OF RAMP WALK IS ALLOWED. TIME LIMIT IS 15MINS

-EXTRA POINTS AWARDED FOR THOSE WHO INCORPORATE BIOCHEMISTRY CONCEPTS IN FASHION!

-JUDGING CRITERIA – COSTUME INNOVATION, MAKEUP, HAIRSTYLE, STYLE OF WALKING, OVERALL PERFORMANCE, AUDIENCE RESPONSE

-JUDGE'S DECISION WILL BE FINAL.

-AUDIO MUST BE SENT TO INCHARGE ONE DAY BEFORE THE EVENT WITH TEAM NAME, COLLEGE NAME AND CONTACT DETAILS.

Registration:

Rs 180 per head

For more details: SNEHA KC - 8778145128

PRIZE MONEY

1st – Rs.5,000

2nd – Rs. 3,000

3rd- Rs. 2,000

POSTER PRESENTATION

HYPOTHETICA BIOLOGIAE

TOPIC- MOLECULAR BIOLOGY

PRIZE MONEY

1st – Rs.5,000

2nd – Rs. 3,000

3rd- Rs. 2,000

ABOUT THE EVENT:-

- THERE WILL BE A DISPLAY OF THE POSTERS (HAVE TO BE PREPARED PRIORLY AND BROUGHT TO THE VENUE)
- TO BE PRESENTED TO THE JUDGES EXPLAINING WHAT THEIR POSTER IS ABOUT IN 4-5 MINUTES MAXIMUM
- MODELS ARE ALSO ACCEPTED AS AN EXTRA ELEMENT (NOT COMPULSORY)
- QUESTIONS MAYBE ASKED BY THE JUDGES
- PARTICIPANTS PER TEAM : 2-3
- SIZE OF THE POSTER : FULL CHART

JUDGING CRITERIA

- 1.CREATIVITY
- 2.PRESENTATION
- 3.ADHERENCE TO THE TOPIC
- 4.AUTHENTICITY OF INFORMATION
- 5.ORIGINALITY
- 6.FLUENCY
- 7.RESPONSE TO THE QUESTIONS ASKED

Registration: Rs 120 per team

For more details: SAI DHANUSHA -7093401592

FOOD & REFRESHMENTS

Food will be provided to all quiz participants, the cost of which is included in the registration fees.

Participants of other events (excluding quiz) shall utilize various food stalls on campus premises.

Refreshments will be provided to all the participants

ACCOMADATIONS

Accommodation will be provided in college hostel on a first-come, first-served basis

– cost per head/ day

Girls-250rs

Boys-325rs

Participants are allowed to stay in private lodgings but at their own cost and the organizers are not responsible for accommodation.

For further queries,

Contact

Amal Raj -8754732803

Alice A Pereira – 9952893540

REGISTRATION

All registrations shall be done through the Agam portal.

The link for registration is given below:

<http://www.agam.org.in/helix22>

If more than one team is participating in the following events from the same college, contact the respective event in-charges prior to registration, to receive coupon codes.

1. Debate
2. Quiz

For any queries pertaining to registration, contact:

Chemparuthi: +91 94866 52507

OUR BACKBONES

DR. P BALAJI MS,FRCS,PhD,FCLS

DEAN

DR.A JAMILA MD

DEPARTMENT OF PATHOLOGY

VICE PRINCIPAL

DR. MP SARAVANAN MD

HEAD OF DEPARTMENT

DEPARTMENT OF BIOCHEMISTRY

For further queries contact:

SIVA RATHEESH R - 8300140675

KIRUBHAVATHI G - 9884600826



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