



**INSTITUTE OF LIVER & BILIARY SCIENCES**  
(An Autonomous Society under Government of NCT of Delhi)  
D-1, Vasant Kunj, New Delhi, India  
Phone No: 011-46300000 Ext. 7055 & 7056, 011-26706700 - 02, 64703890  
Fax No.46300010  
Email: info@ilbs.in, Website: <http://www.ilbs.in>



**Subject: Invitation for Poster (Art for Cause) and Essay competition for all Delhi NCR school students on the theme “One Life One Liver” under the HEPiSCHOOL(Hepatitis Education Program) programme of the EMPATHY (Empowering People against Hepatitis) campaign**

Respected Sir/Madam,

I am writing to extend an invitation to all Delhi NCR school children from class 5<sup>th</sup> to 12<sup>th</sup> for inviting entries for poster and essay competition to raise awareness about the importance of liver health under the **HEPiSCHOOL**(Hepatitis Education Program) programme of the **EMPATHY** (Empowering People against Hepatitis) campaign and promote the theme of “**One Life One Liver**”.

### **Details of poster and essay competition**

**Theme: “One Life One Liver” (Theme with sub themes document attached)**

### **Rules & Guidelines:**

**Eligibility: All Delhi NCR Schools**

- a. Category A : Class 5th to 8th
- b. Category B : Class 9th to 12th

**Submission:** Each participant should create an original poster on an A3-sized sheet. The poster can be made using any artistic medium, including paints, markers, pencils etc.

For essay competition, the word limit is 300 words only. It should be typed in MS word with 12 font, times new roman, 1.5 spacing and maximum two paragraphs. Students should clearly mention the word count at the end of the page.

**Entry Fee:** Free

**Judging Criteria:** Creativity, relevance to the theme, originality and presentation

**Prizes:** Three exciting prizes will be awarded in each age and language category.

You are requested to kindly *post the hard copies of your poster and essay* to Dr. Kanica Kaushal, Assistant Professor, Department of Clinical Research and Epidemiology and Principal Investigator, Project EMPATHY, ILBS, New Delhi.

**Please clearly mention the following on poster and essay entries to be contacted for further communication:**

1. Name of child
2. Class
3. School name



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4. Phone number
5. Email address

In the absence of the mentioned details, entries will not be considered for competition.

Name of the Competitions	English	Hindi
Poster (Art for Cause)	1st Prize	1st Prize
	2nd Prize	2nd Prize
	3rd Prize	3rd Prize
Essay Competition	1st Prize	1st Prize
	2nd Prize	2nd Prize
	3rd prize	3rd prize

**Exhibition:** All the entries will be exhibited in a special exhibition at ILBS to further promote the theme “**One Life One Liver**” .

We believe that engaging students in activities that promote public health is essential for building a healthier society. By participating in this competition, young minds will contribute to the fight against hepatitis and play a vital role in spreading awareness among their peers and communities. We sincerely appreciate your support and look forward to the active participation of the young talents.

**Last date for submission of entries: 29<sup>th</sup> Feb, 2024**

**You can also circulate this call to any of the other Delhi NCR schools teachers or principals. If you have any queries, you can contact Dr. Neha Bhardwaj at 95821-73289/ Dr Sumridhi Gautam at 78000-39702.**

**For more information on Project EMPATHY, please click on <https://theempathycampaign.com/>**

**Your sincerely**

Dr Kanica Kaushal, MD, MAMS  
Assistant Professor  
Clinical Research and Epidemiology  
Institute of Liver & Biliary Sciences (ILBS)  
D-1, Vasant Kunj, New Delhi – 110070, India  
Email: kanicak8@gmail.com



## Poster & Essay Competition

### Theme: One Life One Liver

#### Sub themes:

#### For people who want to maintain liver health:

1. **Liver Fat Flames and Frames the Body** – Fat in liver is like a flame, can lead to diabetes, hypertension, heart disease, cancers and early death. Achieving a healthy weight, stress management, balanced diet and physical activity can reduce fatty liver and add to longevity.
2. **Hepatitis** - Hepatitis testing, treatment if diagnosed, and vaccination against hepatitis B

#### Additional cues for theme Fatty Liver Disease:



Source: Harvard Health

#### Additional cues for theme Hepatitis:

- Hepatitis as well as fatty liver disease causes liver damage and cancer
- Hepatitis C can be cured; however, only 21% of people living with hepatitis C infection are diagnosed and only 13% have received curative treatment.
- Just 10% of people living with chronic hepatitis B are diagnosed
- Hepatitis B can be prevented with child immunisation with Hepatitis B vaccine
- All pregnant women should be tested for hepatitis B during their pregnancy
- Be aware while getting tattoos or body piercings