



# Celebrating 7<sup>th</sup> International Day of Yoga

Organized by

Department of Integrative Medicine, Bengaluru-560029



## Painting competition

### Rules and regulations

- ✓ NIMHANS staff kids below the age of 16 years.
  - ✓ Group 1: below 10 years;
  - ✓ Group 2: 10 -16 years
- ✓ Pencil sketch, water color, crayons, acrylic paints
- ✓ A3 Drawing Sheet can be used.
- ✓ Drawings must be original and not digital.
- ✓ One participant can submit one entry.
- ✓ Submission should be sent in PDF, JPEG or PNG format with participant name, age, contact details & group category via mail to [imd.nimhans@gmail.com](mailto:imd.nimhans@gmail.com).

Prize announcement on 22nd June 2021. Attractive prizes will be given to the first three winners in each group!!!

**Hurry up!!  
Submission latest  
by June 19<sup>th</sup>**

Dear Kids,

- You are invited to participate in the painting competition on the occasion of International Day of Yoga.
- Topic: *Yoga & Ayurveda for children*

For further details please contact:

Department of Integrative Medicine, NIMHANS, Bengaluru – 560029

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