

PRACTISE

The Art of Self-care



Share your go-to self-care tips with us via snapshots and stand a chance to win a **care package!**

Send your submissions to us at uhc_wellness@nus.edu.sg by 31 March!



Terms & Conditions

1. The contest is open to all current staff of NUS.
2. Photograph submissions must be original images captured by the entrant.
3. Contest will run until 31 March 2022, 2359hr.
4. Email submissions are only accepted from a valid NUS email address and must be emailed to uhc_wellness@nus.edu.sg.
5. 20 submissions will be selected at random and winners will be notified 2 weeks after the last day of entry submission via entrant's NUS email. Prize collection will be announced at a later date.
6. By participating in this contest, entrants are deemed to have agreed with NUS' data protection and privacy policy with regards to collection, processing, use and disclosure of any personal data which may be obtained during this contest and activity.
7. Winners are required to acknowledge receipt of UHC's prizes via their own NUS email.
8. By participating in this contest, entrants will allow UHC the right to use published entries, winners' names, images and captions throughout the submission period and after for publicity purposes.
9. UHC reserves the right to disqualify submissions that depict brand logos, intellectual property or other forms that in judgement are harmful to public order, violate standards of decency or contrary to the goals of the contest.
10. In the event that a winner is disqualified, uncontactable or have deemed to forfeit his/her prize, UHC at its discretion will select a replacement winner.