

Shine A Light

Instagram Campaign / Photo Contest

Not everyone has the opportunity to directly support an individual going through a tough time. The *Shine A Light* Campaign provides a platform for all to share hope and encouragement with those around them, as well as bring awareness on how every individual can provide timely support to those in distress.

How to Participate:

Post an original photo of yourself shining a light – it can be from your mobile phone, holding a candle, lamp, or fairy lights, etc. – accompanied with an encouraging message using any of the following related hashtags, on your Instagram / Instagram Story.

Related hashtags: [#DontGiveUp](#) [#YouAreNotAlone](#) [#ItsOKtoAskForHelp](#) [#WorthLivingFor](#) [#InspireHope](#) [#ListenNotJudge](#) [#HowAreYouToday](#) [#JustCheckingIn](#) [#ShineALight](#)

Please also include “Shine A Light” and tag us in your post: @NUS_UHC

Note: For participants whose profiles are private, please set your profile to “public”.
Alternatively, you can screenshot your post and email it to us at: uhc_wellness@nus.edu.sg

Five participants will be selected to receive two aromatherapy gift sets, each consisting an all-natural essential oil based candle and organic hand sanitiser – one for themselves and another they may like to gift to someone whom they know is facing a difficult time.

Campaign Period:

1 September to 30 September 2021

Terms & Conditions

1. The contest is open to all current staff and students of NUS.
2. Post containing any photographs must be an original image captured by the entrant.
3. Entrants are required to obtain the prior permission and consent of the persons who are portrayed in their works or who hold the copyright or other intellectual property rights to the works or the items portrayed therein.
4. Contest will end on 30 September 2021, 2359hr.
5. Email submissions are only accepted from a valid NUS email address and must be emailed to uhc_wellness@nus.edu.sg.
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. 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 details will be advised at a later date.
8. Winners are required to acknowledge receipt of UHC's prizes via their own NUS email.
9. 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.
10. 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.
11. 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.