



SEETHALAKSHMI RAMASWAMI COLLEGE
(Autonomous)
Affiliated to Bharathidasan University
Tiruchirappalli
Accredited with A+ by NAAC (4th Cycle)



DEPARTMENT OF HOME SCIENCE

Commend

International Year of Millet's & International Women's Day

by organizing

Online International Level Painting Competition On

Design your Food Plate Enriched with Millet's

Date : 01 to 08.03.2023

Time : 10.30 a.m

Link : <https://forms.gle/G1yrckePGqg6bbQs8>



All are cordially invited



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Greetings!!

We are happy to share with you that the Department of Home Science is organizing a **Painting Contest** on **Design Your Food Plate Enriched with Millet's** in commemoration with **International Year of Millet's & International Women's Day** from 01.03.2023 to 08.03.2023. The photograph should portray Your Food Plate (Lunch) Designed (using Basic 5 food groups) Enriched with Millet's.

REGULATIONS FOR PARTICIPANTS

1. Registration is free.
2. Cash prize will be provided for the best painting.
3. e- Certificate will be provided for all the registered contestants.
4. Link will be active from **01.03.2023 (10.30 a.m.) to 08.03.2023 (10.30 a.m.)**
5. Rules to be followed by the participants
 - **Size of the painting page 2 feet by 2 feet** (Poster/Acrylic/Oil paints can be used)
 - Upload a **PDF document** with **3 pages** consisting
 1. Your ID card,
 2. Pencil sketch of your food plate and
 3. Unfinished Painting of your food plate along with the participant.
 - **After completion** the participants are requested to **upload a photograph of size not more than 10 MB** in the link provided.

Kindly share with the student community and encourage them to participate in the contest.

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