

## **Healthy Food, Healthy Family - IKS Traditional Food Preparation Competition**

### **Terms & Conditions**

1. One contestant may submit a maximum of 2 entries in total in the competition.
2. The submission of entry is free.
3. All entries are to be submitted through [www.mygov.in](http://www.mygov.in). Any other medium/ mode of submission will not be considered for the evaluation.
4. The length of the video should strictly be between 3-7 minutes, including the beginning and end credits.
5. The video should begin with an introduction of yourself with your name, age, class, school and the name of the elderly family member and your relationship with them. Tell us how the dish is prepared, what are its ingredients, preparation time and why it is special in your tradition.
6. The accompanying text should explain in greater detail what you have said in the video.
7. The video can be in either colour or monochrome in time-lapse/normal mode.
8. The video has to be shot in HD format within the ratio 16:9 in Horizontal format.
9. You will be required to provide your name, email address, telephone number and postal address. By submitting your contact details, you will give consent to these details being used for the purpose of this event.
10. If a winner is not contactable within three working days from the result announcement, he or she will forfeit the prize and another winner will be selected from the remaining eligible entries in accordance with the above process until a winner is selected and can be contacted.
11. In the event of unforeseen circumstances, organizers reserve the right to amend or withdraw the event at any time. For the avoidance of doubt this includes the right to amend these terms and conditions.
12. By entering the event the Entrant accepts and agrees to be bound by these Terms and Conditions.
13. Organizers reserve all rights to disqualify or refuse participation to any participant if they deem participation or association of any participant which is detrimental to the competition or the Organizers or partners of the event. The registrations shall be void if the information received by the Organizers is illegible, incomplete, damaged, false or erroneous.
14. Organizers' decision on the event shall be final and binding and no correspondence will be entered into regarding the same.
15. These Terms and Conditions shall be governed by the laws of the Indian Judiciary.