



सत्यमेव जयते
High Commission of India
South Africa



INTERNATIONAL DAY OF YOGA

YOGA FOR HARMONY & PEACE

The High Commission of India, Shree Pretoria Hindu Seva Samaj together with the Tshwane South Department of Education are inviting all schools to participate in



ARTS AND ESSAY COMPETITION



to celebrate International Day of Yoga which will be celebrated on the 19th June 2016 at Shree Pretoria Hindu Seva Samaj Auditorium 264, 13th Avenue, Laudium

The following essay/art topics are presented to choose from to celebrate the benefits of Yoga on this momentous day:

- 7 – 12 years: Benefits of Yoga (150 words) [1 winning learner]
- 13 – 21 years: Teaching Yoga in schools (500 words) [1 winning learner]
- ART Theme : Yoga in Motion (Artworks not bigger than A3) [2 winning learners]

All essays and artworks should reach the **Tshwane South District Office Room 7-37** on or before Wednesday **15 June 2016**. Each school should only submit one entry/category. The winning learner will be presented with attractive Cash Hampers worth **R 1000** each proudly sponsored by Bank of India.

All entries should be clearly marked for attention to the relevant subject co-ordinator:

- Essays: H. Pillay
- Art: C. Delpont