



MY LIFE MY YOGA

Video Blogging Contest

Win Cash Prizes
Totalling
₹ 1,75,000

My Life My Yoga



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[Guidelines on Video Content](#) [Award Categories and Prizes](#) [Terms and Conditions](#)

GUIDELINES

1. The world is gearing up to observe the sixth International Day of Yoga (IDY) on 21st June 2020. On this occasion, the Ministry of AYUSH and the Indian Council for Cultural Relations (ICCR) come together to announce the My Life – My Yoga (also called "Jeevan Yoga") Video Blogging Contest.
2. The observation of IDY in the past years has been marked by thousands of harmonious mass demonstrations of Yoga in public places. Due to the contagious nature of COVID-19, no mass gathering would be advisable this year. Hence, this year the Ministry is encouraging the people to practice Yoga at their homes, with participation from the entire family. Through the My Life – My Yoga video blogging competition, the Ministry of AYUSH and ICCR seek to raise awareness about Yoga and to inspire people to prepare for and become active participants in the observation of IDY 2020 on 21st June 2020. The contest will support participation via MyGov and the social media platforms of Facebook, Twitter, YouTube and Instagram. Video contest will be open to participants from all countries.

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मेरी सरकार



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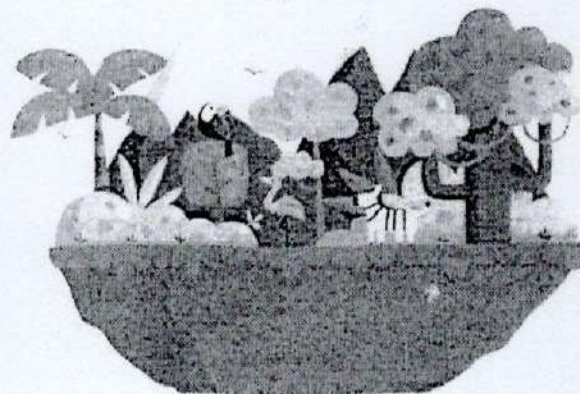
#MyGovSangYoga
MyLife MyYoga
Video Contest

Participate & Win



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**As India enters
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what's Allowed &
what's not Allowed**

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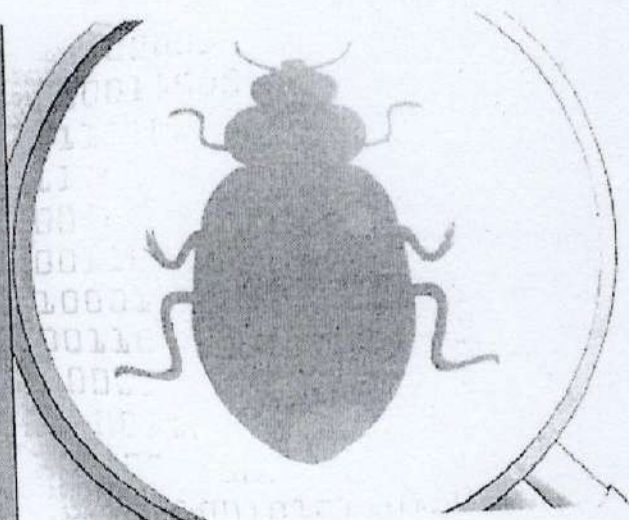
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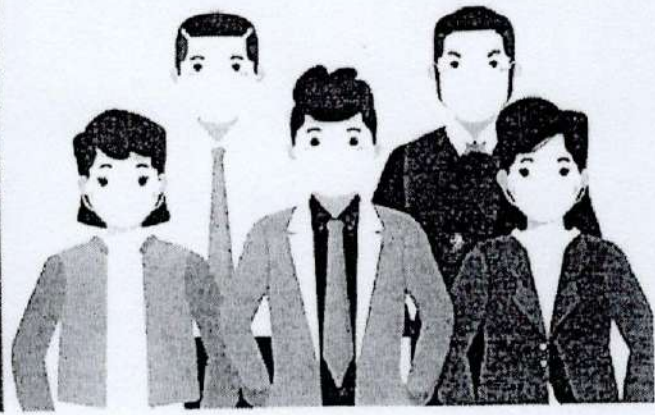
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