



MY LIFE MY YOGA

Video Blogging Contest

A joint effort by the Ministry of AYUSH and the Indian Council Cultural Relations
Focus on the transformative impact of Yoga on the lives of individual | **Contest is live on social media** handles of Ministry of AYUSH

Video Contest will be open to participants from all countries

- Participants required to upload a 3 minute video of 3 yogic practices (kriya, asana, pranayama, bandha or mudra) with a video massage.
- Videos may be uploaded on social media with hashtag **#MyLifeMyYogaINDIA**

Prizes for Indian Contestants :

1st ranking
Rs. 1 Lakh

2nd ranking
Rs. 50,000

3rd ranking
Rs. 25,000

Categories of Participants :

Youth (aged under 18) - Yoga Professionals | Adults (above 18 years) - Separate category for male & female

jan-sampark.nic.in/campaigns/2020/06-Jun/MyGov/index.html