

MY LIFE MY YOGA

Video Blogging Contest

Win Cash Prizes
Totalling
₹ 1,75,000

My Life My Yoga

[Participate Now](#) [Guidelines](#) [Event Details](#) [Evaluation and Judging Process](#)

[Activities by the Embassy/ High Commission](#) [Entry Guidelines](#) [Eligibility Criteria](#)

[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.

[TransformingIndia](#)

[MyGov Quiz](#)

[Self4Society](#)

[MyGov Blog](#)

[Swachhbharat](#)

[Pledge](#)

Dear Member,
Check out some of the latest highlights from MyGov



**My
GOV**
मेरी सरकार



Help us to
Help you

#MyGovSangYoga

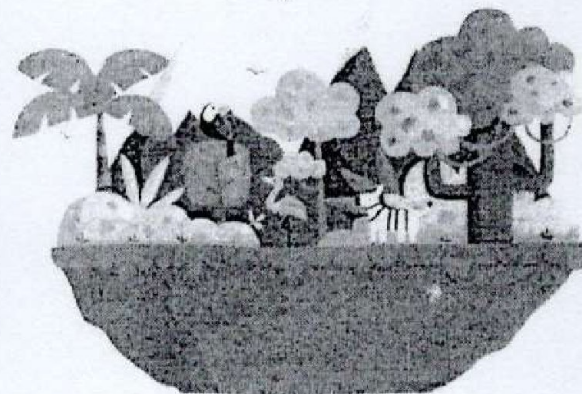
MyLife MyYoga
Video Contest

Participate & Win



**Let's Nurture the
Nature for a better
Future by Planting
more trees**

Click Here



**As India enters
Unlock 1.0, Know
what's Allowed &
what's not Allowed**

[Click Here](#)



**Street Vendors
are getting help
from Govt under
AatmaNirbhar
Bharat Abhiyan**

[Know More](#)



**Join Aarogya
Setu Bug Bounty
Programme!
Win Cash prizes
totalling ₹4 Lakh**

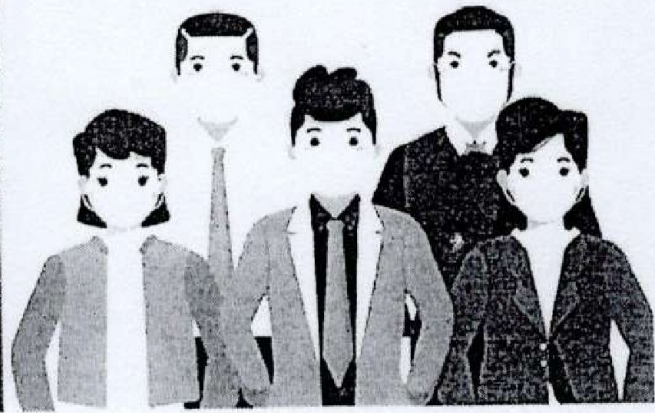
[Click Here](#)



#MyGovMythBusters

**MyGov is busting
all the myths
related to
COVID-19 for you!**

Click Here



**Test your
knowledge
about Ayurveda
with Ayush
Sanjivani Quiz**

Participate Now



Over 120 million
citizens check
their health
regularly on
Aarogya Setu,
what about you?

Download Now



Aarogya Setu

आरोग्य सेतु

Unleash Your Creativity!

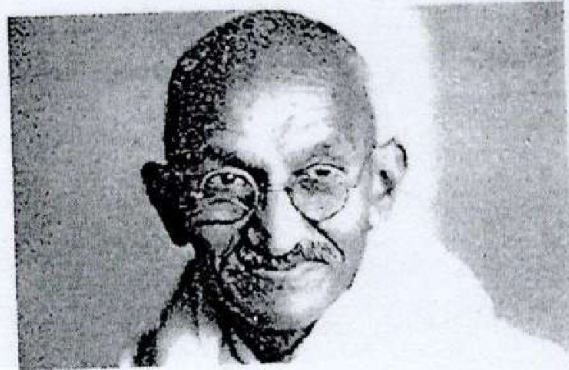
Inviting Entries for
National Youth Award
2018-19

Participate Now



Inviting you to be part
of an Orientation
Course on Nonviolent
Communication

Participate Now



CURATED VIDEOS FOR YOU!

Akshay Kumar: Our
battle with COVID-19 is
not over, we will take
precautions & move on

Watch Now



Stay fit & Stay healthy
with Yoga

Watch Now

