



# 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 1 years) - Separate category for male & female

[jan-sampark.nic.in/campaigns/2020/06-Jun/MyGov/index.html](http://jan-sampark.nic.in/campaigns/2020/06-Jun/MyGov/index.html)