

Sixth International Day of Yoga (IDY) - 21.06.2020

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.

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.

Entry Guidelines

All entries must be in digital video.

Each entry must focus on the theme "My Life My Yoga" or "Jeevan Yoga"

Videos must be uploaded on YouTube, Facebook, Instagram or Entry Guidelines

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Videos must be uploaded on YouTube, Facebook, Instagram or Twitter handle of the contestant and then linked to the Facebook page of the Ministry of AYUSH to be eligible for prizes and rewards.

Tag Ministry of AYUSH (@ministryofayush) and MyGov India (@mygovindia) in the description, and also use the hashtag [#MyLifeMyYoga<COUNTRY>](#) and category hashtag as per table below Eg. [#MyLifeMyYogaINDIA](#) [#FemaleAdullt](#)

The post should be made public in order to participate in the contest;

Share the video post link on innovate.mygov.in itter handle of the contestant and then linked to the Facebook page of the Ministry of AYUSH to be eligible for prizes and rewards.

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Eligibility Criteria

All are welcome to participate in this contest. Use appropriate hashtags as per your country.

Competition timelines:

Video can be uploaded starting 3rd June, 2020 10:00 AM IST onwards. Deadline for entries is 11:50 PM IST on June 15, 2020. In order to participate in this competition, all video submission as per the above-mentioned guidelines must be received by this deadline. Winners will be contacted by June 21st, 2020. Stay tuned on Yoga portal (<https://yoga.ayush.gov.in/yoga/>) for further details related to communication and receiving of awards.

The Ministry of AYUSH / Indian Missions in different countries will reach out to the shortlisted contestants during the period up to June 20, 2020 for verification of any information, if required. The shortlisted entries will be announced and tagged on the respective social media platform where the video was uploaded.

[6/15, 6:50 PM] AHC -Mr. Dewani: Award Categories and Prizes:

The competition is proposed to be organized in six categories as below:

S.No.

Female categories

S.No.

Male categories

1.

Youth (below 18 years)

4.

Youth (below 18 years)

2.

Adult (18 years and above)

5.

Adult (18 years and above)

3.

Yoga professionals

6.

Yoga professionals

The winners will be announced within the aforementioned six categories.

Prizes will be announced in each of the aforementioned six categories:

A. Country specific prizes

India

First Prize – Rs. 1,00,000

Second Prize – Rs. 50,000

Third Prize – Rs. 25,000

Other countries

First Prize – will be announced by the Indian Mission in the respective country

Second Prize – will be announced by the Indian Mission in the respective country

Third Prize – will be announced by the Indian Mission in the respective country

B. Global Prize

Global Prizes will be selected from winners of all the countries. Details will be announced.

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Terms and Conditions:

The videos uploaded should strictly conform to these guidelines.

Visuals/ words which are erroneous and misleading, and which may provoke communal, obscurantist, anti-scientific and anti-national attitudes will make the entry liable to be

disqualified.

The person/ persons in the video should be adequately clothed.

The display of obscene acts and exposures that deem to be indecent will be disqualified

An Applicant will be disqualified from the competition if it is found that he/ she is trying to influence any member of the jury by way of writing letters, sending emails, making telephone calls, approaching in person or any other similar activity in this regard.

Any applicant found to give a false declaration of age is bound to be disqualified.

The decisions of the Screening Committee and the Jury shall be final and binding on all participants. The Jury may seek clarifications on any aspect (including age) of an entry from the participant, and if the same is not furnished within the given time, the entry could be disqualified.

Relatives of employees working in ministry of AYUSH and its Autonomous Bodies will not be considered for the prize.

Videos provided by the Applicant will be deemed confidential and only used for competition or any other promotional purposes by Ministry of AYUSH. Applicants may understand that their consent for use of their videos by the Ministry of AYUSH for any promotional activities in future, is inherent and included in their act of submission of their entries to this competition.

Participants below 18 years of age may get the login ID created by the parents and also obtain the consent of their parents to participate in this category.

Any legal disputes arising out of the competition will be settled in courts of Delhi.

While furnishing information related to shortlisted entries as sought for by the Ministry of AYUSH/ concerned Indian Missions in other countries, the applicant should ensure that complete postal address, e-mail address, telephone number, mobile phone number and fax number (if any) are duly provided.

The cost of making the video is to be borne by the applicant and NO reimbursement for the same will be given by the Ministry of AYUSH

Participants submitting the videos for the competition are solely responsible for copyright regulations, if any. Their undertaking that the videos don't infringe on any copyrights or intellectual property rights is inherent and included in their act of submission of their entries to this competition.

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