सत्यमेव जयते

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Announcement of Yoga with Family Video Contest on the Occasion of International Day of Yoga (IDY)-2024

It is intimated that "Yoga with Family" Video Contest, will be organized by Ministry of Ayush (MoA) and Ministry of External Affairs, Govt of India to raise awareness about Yoga and to inspire people to prepare for and become active participants in the observation of IDY 2024. The contest will support participation via the MyGov (https://mygov.in) platform of the Government of India (GoI) and will be open to participants from all over the world from 1st June 2024 to 30th June 2024. Necessary rules and guidelines for the contestants are discussed in subsequent paragraphs.

2. **Contest Entry Guidelines**

- Visit the dedicated contest page on MyGov platform.
- Fill in your details, as requested in the participation form. Only one member from family should fill the entry form. Multiple entries for the same video will entail disqualification.
- Shoot a one minute video of your family doing Yogasana. All members can do the same Yogasana or do different Yogasana.
- Upload the one minute video on your YouTube, Facebook, Instagram or twitter account and make it public and downloadable.
- Enter the name of the asana/ asanas in the participation form.
- Enter a slogan befitting the video uploaded on the participation form.
- Upload your entry (1-minute Family yoga video) on the contest page by uploading a link to your video uploaded on YouTube or Facebook or Instagram or Twitter. Please ensure the video is public and downloadable.
- Go through the terms and conditions and click on submit.
- Share the video:

  i) Like and follow Ministry of AYUSH page (https://www.facebook.com/moayush/) on Facebook, on Instagram (https://www.instagram.com/ministryofayush/), on Twitter (https://twitter.com/moayush)

  ii) Upload the video on his/her Facebook page/Twitter/Instagram and tag Ministry of AYUSH, use the hashtag #Yogawithfamily

  iii) Share the post with maximum number of people and get maximum number of likes on the video.

3. **Guidelines on the Video**

- Participants shall not disclose their personal identity within the video created

(name, caste, country etc.).

- It is recommended that the video should be made in landscape orientation.
- Participants are required to make a video of their family doing yoga simultaneously (Group practice) for a minute only.
- The video can be of family doing different yoga practices each or only one specific practice in synchrony. They need to enter the names of asana/asanas being done by the family members in the video in the participation form.
- The participant may judiciously include within this 1 minutes duration the video of family doing yoga and describe in the application form a slogan apt for the video.
- One should upload his/her family video on their respective youtube, Facebook, twitter or Instagram account, make it public and downloadable.
- The video link forms their respective YouTube, Facebook, X (Twitter) or Instagram account may be uploaded on https://innovate.mygov.in/yoga-with-family/. The uploaded video should not exceed 1-minute duration. Make sure the video in the link is public and downloadable.

4. **Contest Timelines**. The entries can be submitted from 1st Jun 2024 till 1700 hours (IST) on 30th Jun 2024. In order to participate in this contest, all the entries must be received by this deadline, as per the aforementioned guidelines.

5. The shortlisted applicants may be contacted by Ministry of Ayush/concerned Indian Missions in the other countries, for verification of any information, if required. Further, the term Family means immediate or extended family including friends. The group video should have more than three members and not more than six members performing simultaneously in a group.

6. **Award Categories and Prizes**. The contest is proposed to be organized in one category. However, there will be country specific and global prizes. Country specific prizes will be determined and communicated by Embassy of India, Djibouti in due course. The top 3 entries from Djibouti will further be considered for global-level prizes which are as follows:-

a. First Prize — $1000/-
b. Second Prize — $750/-
c. Third Prize — $500/-

7. Ministry of Ayush will publish the results through its official channels such as the Website and Social Media handles and will reach out to the winners for further details. If unreachable/unresponsive, MoA reserves the right to select alternate winners for the contest.

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(Pushpa Kumar)
Second Secretary (Cultural)