

Public Notice

Yoga Contest on the occasion of 6th International Day of Yoga 2020

To promote the practice of yoga among the masses, NIELIT is organising video blogging contest namely 'Yoga with NIELIT'. The contest focuses on the transformative impact of Yoga on the lives of individuals. The contest will support participation via the social media platforms of Facebook, Twitter and YouTube.

Who can participate:

- This contest is open to all participants.

Entries can be submitted by participants under six categories:

Categories	Category Hashtag
Female Youth (below 18 years)	#FemaleYouth
Male Youth (below 18 years)	#MaleYouth
Female Adults (18-years & above)	#FemaleAdult
Male Adults (18-years & above)	#MaleAdult
Female Yoga professionals	#FemaleYogaProfessional
Male Yoga professionals	#MaleYogaProfessional

Guidelines on Video Content:

- Participants shall not disclose their personal identity within the video created (name, caste, country etc.).
- It is recommended that video should be made in landscape orientation.
- Participants are required to make a video on Yogic practices of duration not more than 3 minutes.
- The participant may judiciously include within the 3 minute duration the video of 3 Yogic practices (kriya, asana, pranayama, bandha or mudra) and a short video message/description on how the said Yogic practices influenced his/ her life.

How to Participate:

- Participants can upload their video on Facebook, Twitter or YouTube as per the guidelines of 'My Life My Yoga' video blogging contest as per details <https://innovate.mygov.in/my-life-my-yoga/>

- To participate in ‘**Yoga with NIELIT**’ contest- participants while submitting the entry for #MyLifeMyYoga contest as per guidelines, need to tag @NIELITIndia and #YogawithNIELIT. The entries shall be considered for both the contests. OR
- You can submit your entries by posting the video as per guidelines by tagging @NIELITIndia and #YogaWithNIELIT, along with appropriate category hashtag. In this case entry shall be considered for #YogaWithNIELIT contest only.

Last date to participate:

- Deadline for entries is 11:59 PM IST on **June 21, 2020**.

Prizes:

- A reward worth **Rs. 2000/-** will be given to the best entry.
- Entries shall be accepted only as per the above guidelines.
- All the Entries shall be presented to a panel constituted by NIELIT, for selection of winning entry in each category.