



Celebrate Yoga with Family! Ministry of AYUSH, Government of India and Indian Council for Cultural Relations present the “Yoga with Family” Video Contest from June 5th to June 30th, 2024 to raise awareness about Yoga.

All Yoga practitioners and followers in Myanmar are invited to participate in this contest.

Participate now with your family and stand a chance to win cash rewards!

- i. First Prize: \$100
- ii. Second Prize: \$75
- iii. Third Prize: \$50

#YogawithfamilyMyanmar

Guidelines for ‘Yoga with Family’ Video contest

1. Visit the dedicated contest page on MyGov platform;
Link- (<https://innovateindia.mygov.in/yoga-with-family/>)
2. 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.
3. Shoot a 1-minute video of your family doing Yogasana. All members can do the same Yogasana or do different Yogasana simultaneously.

Family: The term Family means immediate or extended family including friends. The group video should have more than 3 members and not more than six members performing simultaneously in a group.

- a. The video can be taken in a background such as Heritage Sites, iconic places, Scenic Nature etc.

- b. If someone is performing asana like Vrikshasana, Vakrasana, should be perform from both sides (i.e. considered a complete asana).
 - c. After adopting final position of any asana should be hold for minimum 10 seconds with normal breathing unless in Kriya & Pranayama practice.
 - d. Name of the asana and tagline should be mentioned in the video or in the application form.
 - e. Participants shall not disclose their personal identity within the video created (name, country etc.).
 - f. It is recommended that the video should be made in landscape orientation.
4. Upload the 1-minute video on your YouTube, Facebook, Instagram or X (earlier twitter) account with a **#yogawithfamilymyanmar**, tag Ministry of AYUSH and make it public and downloadable.
5. Enter the name of the asana/ asanas in the participation form.
6. Enter a tagline (15 words maximum) befitting the video uploaded on the participation form.
7. Upload your entry (1-minute Family yoga video) on the contest page <https://innovateindia.mygov.in/yoga-with-family/> by uploading a link to your video uploaded on YouTube OR Facebook OR Instagram OR X (Twitter). Please ensure the video is public and downloadable.
8. Go through the terms and conditions and click on submit.
9. Share the video:
 - a) 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>)
 - b) Share the post with maximum number of people and get maximum number of likes on the video.
10. For any assistance please email us at cul.yangon@mea.gov.in