



Yoga guarantees wellness as well as fitness. Yoga is not merely an exercise but a way to attain peace through physical, mental and spiritual well-being.

– PM Narendra Modi

Dear Sir/Madam

The Ministry of AYUSH in coordination with MyGov invites you to participate in the "My Life, My Yoga" video blogging competition—announced by Hon'ble Prime Minister Narendra Modi. You can click the link below and use the MyGov portal to see the event guidelines and to upload a short 3 minute video of you doing Yoga to stand the chance of winning Cash Prizes totalling ₹1,75,000.

Feel free to share this with your friends and family! The competition is open to all—all age groups along with professionals—you simply need to login using your MyGov account to submit your video.



DEMONSTRATE
YOGA ASANAS



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A VIDEO



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& WIN

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