



High Commission of India

Dar es Salaam, Tanzania



SWAMI VIVEKANANDA CULTURAL CENTRE



myLife
my Yoga

Video Blogging Competition

21 June 2020 6th International Day of Yoga

1. Shoot a 3 minute video of your yogic practice and the message on how Yogic practices influenced your life. Shoot your video in horizontal (landscape) orientation.
2. Upload the video Facebook, Twitter or Instagram
3. Like/follow Ministry of Ayush page <https://www.facebook.com/moayush/> and tag the page in your video
4. Like/follow SVCC Dar es Salaam Facebook page and tag in your video <https://www.facebook.com/Swami-Vivekananda-Cultural-Centre-Dar-es-Salaam-582559985117910/>

Mentioning country & category specific hashtags are mandatory

| | Category | Hashtags to mention with video |
|--------------------------|----------------------------|---|
| Female Categories | Youth (below 18 years) | #MyLifeMyYogaTanzania #FemaleYouth |
| | Adult (18 years and above) | #MyLifeMyYogaTanzania #FemaleAdult |
| | Yoga professionals | #MyLifeMyYogaTanzania #FemaleYogaProfessional |
| Male Categories | Youth (below 18 years) | #MyLifeMyYogaTanzania #MaleYouth |
| | Adult (18 years and above) | #MyLifeMyYogaTanzania #MaleAdult |
| | Yoga professionals | #MyLifeMyYogaTanzania #MaleYogaProfessional |

Last Date to submit 15 June 2020 23:59 Hrs IST (Tanzanian Time 21:29 Hrs)

Win attractive cash prizes.

Also get a chance to enter global competition.

All are welcome to participate in this contest.

For details rules & guidelines refer <https://yoga.ayush.gov.in/yoga/>

