

No.B-11012/02/2020-Welfare  
Government of India  
Ministry of Road Transport & Highways  
(Welfare Section)  
Transport Bhawan, 1, Parliament Street, New Delhi-110001


---

Dated the 19<sup>th</sup> June, 2020

Subject: - "My life My Yoga video Blogging Contest."

The Ministry of AYUSH in coordination with My Gov participate in the "My Life, My Yoga" video blogging competition- announced by Hon'ble Prime Minister, Shri Narendra Modi. My Gov Portal to see the event guidelines and to upload a short 3 minutes video doing Yoga to stand the chance of winning Cash Prizes to totalling Rs. 1,75,000/- . The competition is open to all age groups along with professionals - simply need to login use My Gov account to submit the video.

2. All may please participate in the above said Video Blogging Contest.

  
(M.L. Atal)  
Deputy Secretary to the Govt. of India  
Tele: 23739027

- i. ALL OFFICERS & STAFF MEMBERS OF MORTH  
ii. NIC - with a request to kindly upload the Circular on MoRTH website and e-office.

Copy for kind information and necessary action :-

- (i) Chairman, NHAI  
(ii) MD, NHIDCL  
(iii) Director, IAHE  
(iv) Secretary General, IRC  
(v) All CE-ROs/ROs of RT&H



“

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



RECORD  
A VIDEO



SHARE  
& WIN

PARTICIPATE NOW



No.B-11012/02/2019-Welfare  
Government of India  
Ministry of Road Transport & Highways  
(Welfare Section)  
Transport Bhawan, 1, Parliament Street, New Delhi-110001

---

Dated: 19<sup>th</sup> June, 2020.

**Subject:-**“International Yoga Day (IDY) 2020-Video carrying appeal of Hon’ble Prime Minister”

Secretary, AYUSH, vide DO dated 18th June 2020 addressed to Secretaries of all the Ministries with respect to observation of International Yoga Day (IDY) 2020 to be held on 21st June 2020, has stated give wide publicity to the following links of the video carrying the appeal of Hon'ble Prime Minister to all to participate in International Day of Yoga:

(i) Google Drive:

[https://drive.google.com/drive/folders/1eA5vgCZSAINhUC5HrB\\_M4Pq57iSf\\_m28?usp=sharing](https://drive.google.com/drive/folders/1eA5vgCZSAINhUC5HrB_M4Pq57iSf_m28?usp=sharing)

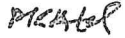
(ii) We Transfer:

<https://we.tl/t-eqDUFbBATA>

2. It is requested that the video be posted on all electronic and digital channels, especially social media handles of the Ministry for its wide dissemination. The same may also be carried / shared in all such channels of all the subordinate units also, including autonomous bodies, educational institutions, PSUs, etc.

3. All officials/officers are also requested to kindly participate.

Encl: as above

  
(M.L. Atal)

Deputy Secretary to the Govt. of India  
Tele: 23739027

- I. ALL OFFICERS & STAFF MEMBERS OF MORTH
- II. NIC - with a request to kindly upload the Circular on MoRTH website and e-office.

Copy for kind information and necessary action to :-

- i. Chairman, NHAI
- ii. MD, NHIDCL
- iii. Director, IAHE
- iv. Secretary General, IRC
- v. All CE-ROs/ROs of RT&H



सत्यमेव जयते

वैद्य राजेश कोटेचा

Vaidya Rajesh Kotecha

सचिव

भारत सरकार

आयुर्वेद, योग व प्राकृतिक चिकित्सा  
यूनानी, सिद्ध, सोवा रिग्पा एवं होम्योपैथी (आयुष) मंत्रालय  
आयुष भवन, बी ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,  
आई.एन.ए. नई दिल्ली-110023

SECRETARY

GOVERNMENT OF INDIA

MINISTRY OF AYURVEDA, YOGA & NATUROPATHY  
UNANI, SIDDHA, SOWA-RIGPA AND HOMOEOPATHY (AYUSH)  
AYUSH BHAWAN, B-BLOCK, GPO COMPLEX  
INA, NEW DELHI-110023  
Tel : 011-24651950, Fax : 011-24651937  
E-mail : secy-ayush@nic.in

D.O. M.16011/42/2019-YN

Dated: 18<sup>th</sup> June, 2020

Dear Secretary,

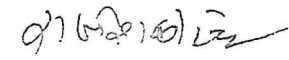
This is regarding the observation of International Day of Yoga (IDY) 2020 to be held on 21<sup>st</sup> June 2020.

In this connection, the following are the links to the video carrying the appeal of Hon'ble Prime Minister to all to participate in International Day of Yoga 2020:


- i) Google Drive:  
[https://drive.google.com/drive/folders/1eA5vgCZSAINhUC5HrB\\_M4Pq57ISf\\_m28?usp=sharing](https://drive.google.com/drive/folders/1eA5vgCZSAINhUC5HrB_M4Pq57ISf_m28?usp=sharing)
- ii) We Transfer:  
<https://we.tl/t-eqDUFBBbATA>

It is requested that the video be kindly posted on all electronic and digital channels, especially social media handles of your esteemed Ministry/ Department for its wide dissemination. The same may please be carried / shared in all such channels of all the subordinate units also, including autonomous bodies, educational institutions, PSUs etc.


With regards. Yours sincerely,

  
(Rajesh Kotecha)

To,

  
19/6/2020

All Secretaries to Government of India

  
USC(14)