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 19th 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 MoRT&H 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
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 Miniser 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
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/1eA5vgyCZSAlNHUC5HrB_M4PqS7fSf_m28?usp=sharing

(ii) We Transfer: https://we.tl/t-6QBFbBATA

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

[Signature]
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
Dear Secretary,

This is regarding the observation of International Day of Yoga (IDY) 2020 to be held on 21st 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/1eA5vgCZSAINhUCSHrB_M4Pq571Sf_m28?usp=sharing

ii) We Transfer:
https://we.tl/t-eqDUF8bATA

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