

INTERNATIONAL DAY OF YOGA ASSAM, 2021 CONTEST RULES & REGULATIONS

#AssamYogaContest 2021

Guidelines:

1. Video duration should be a maximum of 1 minute 45 seconds practising one or two Yogasanas.
2. Video size should be less than 25 MB
3. Video should be sent by mail: idyassam2021@gmail.com
4. Video can be shot on mobile's rear camera or digital camera in landscape mode only.
5. Video should be shot under good lightening conditions.
6. Video language should be preferably in English, Assamese, Hindi, Bodo or Bengali.
7. Name of person, location, contact number & social media account usernames to be compulsorily mentioned while sending mail. For children below 18 years parents can send their social media profile.
8. The last date of video submission is 21st June till 12PM.

Category of selection for awards:

- Category 1: Individual, Age- up to 10 years*
- Category 2: Individual, Age- 10 years above upto 16 years*
- Category 3: Individual, Age- 16 years above up to 60 years*
- Category 4: Individual, Age- 60 years above*
- Category 5: Family, 2 to 5 members, Age- no bar

***Age proof document to be attached while sending the video over mail.**

The contest is restricted to the State of Assam only.

The selection of top 5 participants of each category will be made by a panel of Yoga experts formed by Directorate of Ayush, Assam.

Top 5 participants will be selected from each category for the award certificate and prize money Rs 10,000/- (Ten thousand only) each for individual category and family (group)

Winners will be announced from the official Facebook & Twitter Handles of National Health Mission, Assam subsequently after scrutiny and winners will be contacted through the contact details shared by participants.

In case of any issues the decision of the panel of Yoga experts will be final.