



**Embassy of India
Kuwait**

My Life – My Yoga Video Blogging Contest

(#MyLifeMyYoga)

1. This is in continuation of Press Release dated June 2, 2020 issued by Embassy of India regarding My Life – My Yoga (also called “Jeevan Yoga”) Video Blogging Contest organized by Ministry of AYUSH.
2. The last date for submitting the Yoga Video for My Life My Yoga has been extended to 21st June, 2020.
3. Revised guidelines issued by Ministry of Ayush are also attached herewith.

Kuwait

June 14, 2020