



High Commission of India

Dhaka

Press Release

The sixth International Day of Yoga (IDY) was observed on 21 June 2020. On this occasion, the Ministry of AYUSH, Government of India, the Indian Council for Cultural Relations (ICCR) and High Commission of India, Dhaka came together and organized the My Life – My Yoga (also called “Jeevan Yoga”) Video Blogging Contest.

2. The observation of IDY in the past years has been marked by thousands of harmonious mass demonstrations of Yoga in public places. Due to the contagious nature of COVID-19 there was no mass gathering and to encourage the people to practice Yoga at their homes with participation from the entire family, the My Life – My Yoga video blogging competition was organized. The contest was carried out with participation via the social media platforms of Facebook, Twitter and Instagram. There was overwhelming response from Bangladesh also. The following participants are the prize winners for the Video Blogging competition from Bangladesh.

S.No.	Category	
	Female	Male
01.	Youth (below 18 years) <i>1st Prize = Afifa Husain Aurpa</i> <i>2nd Prize = Aparajita Shah</i> <i>3rd Prize = Zaarin Subha Rupanty</i>	Youth (below 18 years) <i>1st Prize = Mansif Helali</i> <i>2nd Prize = Prosenjit Dey Arghya</i> <i>3rd Prize = Arjit Shah</i>
02.	Adult (18 years and above) <i>1st Prize = Shahanaz Begum</i> <i>2nd Prize = Jhuma Biswas</i> <i>3rd Prize = Ferdoush Ara Zinnate</i>	Adult (18 years and above) <i>1st Prize = Swarup Mazumder</i> <i>2nd Prize = Md Rokanuzaman</i> <i>3rd Prize = Keshob Mitra</i>
03.	Yoga Professionals <i>1st Prize = Rabeya Kahtun Orthy</i> <i>2nd Prize = Chowdhury Abida Sultana</i> <i>3rd Prize = Makhing Marma</i>	Yoga Professionals <i>1st Prize = Mazharul Alam</i> <i>2nd Prize = Ashis Adhikary</i> <i>3rd Prize = Shantonu Bappa Biswas</i>

3. The winners would be getting cash prizes along with certificates. The winners are also nominated for the global competition of “MyLifeMyYoga” video blogging competition.

Date:- 15/07/2020

Place:- Dhaka
