



Yoga video blogging competition winners to contest at international level



The Ambassador of India to Bhutan, Ruchira Kamboj and Consul General of India in Phuentsholing, Ashish Middha with the country-level winners of yoga video blogging contest

Lhakpa Tshering

The 18 winners of the country level yoga video blogging contest from Bhutan will compete for the second leg of global prize winners with the winners from 130 countries.

The Embassy of India in Thimphu announced the winners on 9 July for the three best yoga video blogging contestants each from the youth aged below 18, adults above 18 years, and yoga professional category, separately for males and females.

They were selected among 97 Bhutanese yoga enthusiasts who took part in the 'My Life, My Yoga' video blogging contest. The embassy awarded certificates and a smartphone for the winners of each category.

The competition required contestants to share a video, not over three minutes, about their yoga journey covering three yogic practices of kriya, asana, pranayama, bandha or mudra, along with a brief video message about the life-changing benefits of yoga.

The contest will support participation via the social media platforms

of Facebook, Twitter, and Instagram. It was jointly organized by the Ministry of AYUSH in India and the Indian Council of Cultural Relations (ICCR) as part of the 6th international yoga day.

Speaking at the event, the Ambassador of India to Bhutan, Ruchira Kamboj, said there was stiff competition. "Most of you were very good but then we have to choose some winners," she said, adding yoga is not just physical exercise but works spiritually and in the mind.

This year, the mass gathering of the observation of an international yoga day could not be witnessed due to the ongoing coronavirus pandemic. But the digital platforms have reached even those who have never practiced yoga.

The first winner of the adult and amateur category, Penjor Gyeltshen, started yoga practice about six years ago. "Ever since I started doing yoga, my anxiety was under control," he said. "Many people think yoga is just about health and fitness."

He is a health and physical teacher with the Bhutan Paralympic Com-

mittee. He said winning a global prize would be difficult. "I am not yoga professional but it is part of my exercise and meditation," he said.

The competition aims to raise awareness about yoga to inspire people to prepare for and become active participants in the contest. Many yoga

enthusiasts joined in the celebrations by taking part in the video blogging contest.

Consul General of India to Phuentsholing, Ashish Middha, said yoga effect will come to people only if they find some time in their daily routine to do it at home. "So doing yoga at home every day

remains more important than doing it at one place at one go," he said.

It awarded prizes for 10 winners of the Asana of the day contest conducted by the Consulate General of India in Phuentsholing. They conducted it for five days where two best entries were selected each day.

Prize distribution ceremony held to observe the 6th International Yoga Day

By Karma W Tamang
Thimphu

On June 9, a prize distribution ceremony for 'MyYogaMyLife' was held at Indian Embassy office in Thimphu.

Before the awarding of the prizes, Ambassador Ruchira Kamboj, addressed how the foundation of Indo-Bhutan friendship was laid when the First Prime Minister of India visited Bhutan and met with our beloved 3rd Druk Gyalpo Jigme Dorji Wangchuck and signed the Treaty of Friendship back in 1949.

She said India is also looking forward to work together in terms of space,

science and technology. She also talked about how the legacy of Bhutan and India are intertwined from the days of Prince Siddharth Gautam till today.

The prizes were awarded by the Chief Guest Ambassador of Indian Embassy Ruchira Kamboj. The winners were awarded a certificate with amazing prizes for MyLifeMyYoga online video blogging contest which was initiated at the national level.

They were awarded with Samsung Galaxy M21 a smartphone for winning the online video blogging Yoga competition. Six people were selected as winners from 97 participants in vari-

ous categories, male youth, female youth, male adult & amateur, female adult & amateur, male professional and female professional.

Along with the six winners, around 18 entries will be made by Bhutan in an international competition of yoga where 130 countries with about 100 contestants will be selected.

Prizes were also distributed to the winners of the 'Asana of the Day' conducted by the Consulate General of India, Phuentsholing.

The winners had to perform five types of Asana (Body posture) which were Padahastasana, Shashakasana, Vakrasana, Salasana and Surya Namas-



kar from these categories around 10-15 participants were there in each category from which two winners were selected best and 2nd best. The winners of the 'Asana of the Day' were provided with exclusive Titan watches.

"Through the My-

LifeMyYoga video blogging competition, the Ministry of AYUSH seeks to raise awareness about Yoga and to inspire people to become active participants in the observation of 2020 on 21st June 2020," a press brief from the embassy stated.

Bhutanese yoga vlogs to compete in international competition

Thinley Namgay

Eighteen local vlogs (short video clips) on yoga will be selected to compete in an international competition organised by the AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy) ministry, India.

The videos would be selected by the Indian Embassy from the 97 contestants of the online contest - my life my yoga video blogging.

Contestants from 130 countries will compete in youth, amateur and professional categories.

With the theme 'yoga for health-yoga at home', the online contest was launched last month by the AYUSH ministry to commemorate the sixth international day of yoga.

For the competition, each contestant has uploaded a three-minute video on different yogic postures such as *pranayama*, *kriya* and *asana*. Indian yoga expert juries will assess the videos.

The winners, runners up and second runners up from different categories will be

awarded cash prizes of USD 2,500, USD 1,500 and USD 1,000 respectively.

Meanwhile, the national winners in all the six categories were awarded smartphones and certificates at the Indian Embassy on July 9.

Consulate General of India in Phuentsholing held a five-day *asana* of the day contest to celebrate the international day of yoga last month. The 10 best entries of the online contest were awarded wristwatches on July 9.

Phuntsho Dema, a yoga enthusiast from Mongar won prizes in both the categories. The 22-year-old is a graduate from the National Institute of Zorig Chusum in Thimphu and has been practising yoga for more than a year.

"Yoga keeps our mind calm and helps in concentration. I want to pursue yoga as a career."

To mark the international day of yoga, the Indian Embassy initiated other online yoga activities last month.

The activities included *asana* of the day and yoga quiz competitions, customised



► Winners of the online contest - my life my yoga video blogging

yoga quiz contests for the Royal Academy students, and the yoga for children below nine years. More than 250 people took part in the competitions.

Online yoga videos of KVSSN Murthy, a yoga teacher from the Nehru Wangchuck Cultural Centre (NWCC) and videos of Bhutanese yoga enthusiasts, Mena and Tashi Yetsho were also uploaded online.

More than 4,000 Bhutanese have registered at the NWCC to practice yoga.



Business Bhutan

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List of winners of the 'Asana of the Day' Contest conducted by Consulate General of India, Phuentsholing

Prize winners from Thimphu

1. Mr Chainga Dorji, Day One-Padahastasa (2nd best entry).
2. Ms Sangay Dema, Day Two-Shashankasana(2nd best entry)
3. Ms Tika Devi Adhikari, Day three -Vakrasana (best).
4. Ms Jigmay Choden-Day three- Vakrasana (2nd best)
5. Ms Oma Maya Khadal- Day four- Salabasana (Best)
6. Ms Archana Thakur-Day Four-salabasana-(2nd Best)
7. Ms Namgay Om-Day Five- Suryanamaskar-(Best)
8. Ms Phuntsho Dema-Day five- suryahanmaskar-2Best (Repeat win)

