

Ministry of Women and Children Development launches Yoga Contest #YogaFor9to5

The Ministry of Women and Child Development has launched "#YogaFor9to5", a contest to generate awareness on the benefits of yoga at workplace for women.

A statement from the ministry said that Yoga at work helps keep the inner self calm and also aids in achieving the perfect balance between mind and body to achieve maximum productivity. In the build-up to the International Day of Yoga on June 21, the contest, which closes on June 21, invites self-demonstration videos and pictures of yoga "asanas" (postures) being practised during office hours.

The idea of this contest is to make people aware that effortless yoga asanas can help transform their lives, especially during a hectic working day. Yoga at work helps keep the inner self calm and also aids in achieving the perfect balance between the mind and the body to achieve maximum productivity at work.

The contest aims to imbibe yoga in our daily lives, especially during work, adding that the participants would be judged on the basis of creativity, originality, composition, technical excellence, simplicity, artistic merit and visual impact.