



国际健身气功联合会

INTERNATIONAL HEALTH QIGONG FEDERATION

2021 年“一带一路”健身气功民心通大讲堂 “我与健身气功”国际作品征集展示活动

邀 请 函

国际气联会员协会及相关社团组织：

为促进健身气功国际发展，发挥健身气功在全球抗击新冠肺炎疫情中的积极作用，提升健身气功国际影响力，国际健身气功联合会和中国健身气功协会研究决定，将于今年 3 月至 11 月组织举办 2021 年“一带一路”健身气功民心通大讲堂，于 3 月至 6 月组织“我与健身气功”国际作品征集展示活动。

希望各会员协会及相关社团组织负责人积极行动起来，带领身边的亲人、朋友以及健身气功爱好者参与到活动中，在“全球健身气功时间”平台上，互相学习，交流互鉴，展示美好。愿我们携起手来，让健身气功为助力全球抗疫、造福人类健康做出更大贡献！

- 附件： 1. 2021 年“一带一路”健身气功民心通大讲堂通知
2. “我与健身气功”国际作品征集展示活动通知



国际健身气功联合会
2021 年 3 月 17 日



中国健身气功协会
2021 年 3 月 17 日

地址：北京市东城区天坛东路 50 号

邮编：100061

Head Office: No.50 Tiantandonglu, Dongcheng District Beijing, 100061 P.R.China

E-mail: headoffice@ihqfo.org Tel: 0086-10-87187160/87180955; Fax: 0086-10-87187160



国际健身气功联合会

INTERNATIONAL HEALTH QIGONG FEDERATION

March 17, 2021

'Belt and Road, Heart to Heart' — Health Qigong Lecture Hall 2021 'Health Qigong and I' — Solicitation and Display of Literary, Video, Photographic & Artistic Works

INVITATION

IHQF Member Organizations and relevant Health Qigong organizations:

In order to promote the international development of Health Qigong, play an active role of Health Qigong in the global fight against the Covid-19 pandemic and enhance the global influence of Health Qigong, International Health Qigong Federation (IHQF) and Chinese Health Qigong Association (CHQA) decide to hold 'Belt and Road, Heart to Heart' — Health Qigong Lecture Hall activity from March to November, and 'Health Qigong and I' — Solicitation and Display of Literary, Video & Photographic Works activity from March to June.

We hope all Member Organizations and relevant organizations take active actions to lead your relatives, friends and Health Qigong enthusiasts to participate in the activities. To exchange and learn from each other, and show the beautiful works on the platform of Global Health Qigong Time. Let's join hands to make Health Qigong benefit more people and make greater contribution to the global fight against pandemic!

- Annex: 1. Notice of 'Belt and Road, Heart to Heart' — Health Qigong Lecture Hall activity
2. Notice of 'Health Qigong and I' — Solicitation and Display of Literary, Video, Photographic & Artistic Works activity

International Health Qigong Federation



Chinese Health Qigong Association



总部地址：北京市东城区天坛东路 50 号

邮编：100061

Head Office: No.50 Tiantandonglu, Dongcheng District Beijing, 100061 P.R.China

E-mail: headoffice@ihqfo.org Tel: 0086-10-87187160/87180955; Fax: 0086-10-87187160

附件 1:

2021 年“一带一路”健身气功民心通大讲堂

通 知

一、活动名称

2021 年“一带一路”健身气功民心通大讲堂。

二、活动时间

2021 年 3 月至 11 月。

三、主办方

(一) 国际健身气功联合会。

(二) 中国健身气功协会。

四、活动平台

此次活动将在“全球健身气功时间”网络平台上进行。

五、活动安排

(一) 启动仪式

于 3 月 28 日(星期日)下午北京时间 16:30 举行“一带一路”健身气功民心通大讲堂启动仪式。

(二) 公益讲座

举办主题为“健身气功的养生智慧”系列公益讲座,由北京体育大学胡晓飞教授主讲。第一讲于 3 月 28 日(星期日)启动仪式后北京时间 16:40-18:30 举行;第二讲于 6 月 26 日(星期六)北京时间 16:30-18:30 举行;第三讲于 9 月 25 日(星期六)北京时间 16:30-18:30 举行。

（三）成果展示

从3月29日开始至10月31日结束，将结合国际作品征集展示活动，逐一对“一带一路”沿线国家（地区）报送作品进行展示播放，提前报送作品的组织将优先播出。每个组织最长展示时间为一周，每天结合“全球健身气功时间”展示两次、每次5-8分钟。

其他国家（地区）报送作品将择优登载于国际气联、中国健身气功协会官网和微信公众号等相关推广平台上。

（四）功法培训

组织8次健身气功·五禽戏功法培训课程，内容由浅入深，分别于7月4日（星期日）、7月18日（星期日）、8月1日（星期日）、8月15日（星期日）、9月5日（星期日）、9月19日（星期日）、10月9日（星期六）、10月24日（星期日）北京时间16:30-17:30进行。当日培训结束后，内容放在“全球健身气功时间”平台，供参与者反复观看和学习。

（五）段位考试

将择机组织国际段位考试（考试通知另行发送）。

（六）年度回顾展

将于11月21日（星期日）北京时间16:30-18:00举行“一带一路”健身气功民心通大讲堂年度活动回顾展，由评选出的视频优秀项目进行线上集中展示。同时，举行“我与健身气功”国际作品征集展示活动颁奖仪式。

六、活动报名

请于3月27日（星期六）前将活动报名表发至

headoffice@ihqfo.org 和 intelhqf@126.com 邮箱。

七、联系方式

（一）国际健身气功联合会

联系人：吴志鹏

电话：0086-10-87187160

邮箱：headoffice@ihqfo.org

（二）中国健身气功协会

联系人：陆敏

电话：0086-10-67052078

邮箱：intelhqf@126.com

附件：2021 年“一带一路”健身气功民心通大讲堂报名表

Annex 1:

‘Belt and Road, Heart to Heart’ – Health Qigong Lecture Hall 2021

NOTICE

I. Name

‘Belt and Road, Heart to Heart’ - Health Qigong Lecture Hall activity.

II. Time

March to November, 2021.

III. Hosts

International Health Qigong Federation (IHQF)
& Chinese Health Qigong Association (CHQA)

IV. Platform

All activities will be run on the network platform of **Global Health Qigong Time**.

V. Arrangement

1. Launching Ceremony.

The launching ceremony will start at 16:30 pm on March 28 (GMT+8).

2. Public Lectures

A series of public lectures with the topic “the *Yangsheng* (health cultivation) Wisdom of Health Qigong” will be given by Professor Hu Xiaofei.

-The 1st lecture: 16:40-18:30, March 28 (Sunday, GMT+8) after the Launching Ceremony.

-The 2nd lecture: 16:30-18:30, June 26 (Saturday, GMT+8)

-The 3rd lecture: 16:30-18:30, September 25 (Sunday, GMT+8).

3. Works Show

From March 29 to October 31, the "Health Qigong and I" solicitation works submitted by countries (regions) along the “One Belt and One Road” will be displayed one by one (in combination with the collection and exhibition activity). Organizations that submit works in advance will have priority in broadcasting. The maximum display time for each organization is one week, with 5-8 minutes for each presentation twice a day combined with Global Health Qigong Time.

The works submitted by other countries (regions) will be shown on the relevant promotion platforms such as the official websites and WeChat public accounts of IHQF & CHQA.

4. Training of Health Qigong Routine

Eight training courses of Health Qigong Wu Qin Xi will be organized, with the content from simple to deep levels. The training will be held on July 4 (Sunday), July 18 (Sunday), August 1 (Sunday), August 15 (Sunday), September 5 (Sunday), September 19 (Sunday), October 9 (Saturday) and October 24 (Sunday) from 16:30 to 17:30 Beijing time (GMT+8). After the training, the courses content will be uploaded on **Global Health Qigong Time** platform for participants to watch and learn repeatedly.

5. Duan Exam

International Health Qigong Duan exam will be organized at suitable time (The notice of the exam will be issued separately).

6. Annual Retrospective Exhibition

Annual exhibition of “Belt and Road, Heart to Heart” — Health Qigong Lecture Hall, will be held at 16:30-18:00pm on November 21 (Sunday, Beijing time, GMT+8). The selected excellent video works will be displayed online, and the award ceremony of "Health Qigong and I" — Solicitation and Display of Literary, Video, Photographic & Artistic Works activity will be held at that time.

VI. Application

Please submit the form to the e-mail address: headoffice@ihqfo.org and intelhqf@126.com before March 27 (Saturday).

VII. Contacts

1. International Health Qigong Federation

Contacts: Mr. WU Zhipeng
Tel: 0086-10-87187160
E-mail: headoffice@ihqfo.org

2. Chinese Health Qigong Association

Contacts: Ms. LU Min
Tel: 0086-10-67052078
E-mail: intelhqf@126.com

Attachment: Application form of ‘Belt and Road, Heart to Heart’— Health Qigong Lecture Hall 2021

2021 年“一带一路”健身气功民心通大讲堂报名表

Application form for 'Belt and Road, Heart to Heart' — Health Qigong Lecture Hall 2021

协会组织名称 Organization		所在国家/地区 Country/Region	
报送人姓名 Name		协会职务 Position in the organization	
详细联系地址 Detailed contact address			微信号 Wechat Account
联系电话 Tel No.		联系邮箱 E-mail	
计划参加项目 Program to apply	报送征集作品 Works Submission	<input type="checkbox"/> Yes 报送。(具体报送方法参见《“我与健身气功”国际作品征集通知”》 See the details in the Notice of 'Health Qigong and I') <input type="checkbox"/> No 不报送。	
	启动仪式 Launching Ceremony	<input type="checkbox"/> Yes 参加，计划组织_____人(The estimated amount of participants)。 <input type="checkbox"/> NO 不参加。	
	五禽戏公益培训 Wu Qin Xi Training	<input type="checkbox"/> Yes 参加，计划组织_____人(The estimated amount of participants)。 <input type="checkbox"/> No 不参加。	
	系列公益讲座 Series of Public lectures	<input type="checkbox"/> Yes 参加，计划组织_____人(The estimated amount of participants)。 <input type="checkbox"/> No 不参加。	
	年度回顾展 Annual retrospective	<input type="checkbox"/> Yes 参加，计划组织_____人(The estimated amount of participants)。 <input type="checkbox"/> No 不参加。	

负责人签字并盖章 (Signature and Stamp) : _____

日期 (Date) : _____, _____, 2021

附件 2:

“我与健身气功”国际作品征集展示活动

通 知

一、活动名称

“我与健身气功”国际作品征集展示活动。

二、征集时间

2021 年 3 月至 6 月底。

三、主办方

(一) 国际健身气功联合会。

(二) 中国健身气功协会。

四、征集对象

面向国际气联会员协会和健身气功相关社团组织公开征集。

五、征文内容

协会组织介绍，健身气功展示，健身气功故事，尤其是健身气功在抗击疫情中的感人事例等。

六、作品要求

(一) 文章

作者要从接触健身气功的真实内心感受出发，讲述发生在自己或身边的故事、感悟的人生哲理、获取的喜人成绩、对未来的美好憧憬，以及开展线下线上教学活动的感悟等。

(二) 视频

要灵活运用现代科技技术，多角度进行拍摄，表现内容健康

向上，表现手法新颖独特，以增强视频的观赏性和实用性，充分展现健身气功对促进社会和谐进步的积极作用。视频背景以室外自然景观和人文景观为主。视频格式可为 avi、mp4、rmvb、mkv、flv、wmv、mpg、mov 等，分辨率不小于 1280×720。

（三）图片

1. **摄影作品。**摄影作品为彩色照片 JPG 格式，原始画质不低于 500 万像素，并配有标题和简短的文字说明。

2. **书画作品。**绘画作品画种不限，无需装裱和制作画框，均可以电子图片形式报送。

七、报送办法

（一）以协会组织名义报送作品。希望每个组织报送不少于 2 篇文章、2 个视频和 20 张图片。

（二）报送文章、视频和图片需在 2021 年 6 月 30 日前以电子邮件的形式发送到指定邮箱 intelhqf@126.com 和 headoffice@ihqfo.org，并在主题中注明“我和健身气功”，同时报送“征集作品报送表”（详见附件）。

八、说明事项

报送的作品须是作者独立创作，不可有违反本国（本地区）法律法规内容，也不涉及宗教问题。须遵守政府关于疫情防控规定，主办方不承担因视频和图片拍摄过程中出现的任何人身意外伤害等责任。

九、作品使用

（一）用于“一带一路”健身气功民心通大讲堂推广成果展示；

(二) 用于国际气联和中国健身气功协会的微信公众号、网站等互联网媒体和其他推广平台的登载和使用。

十、作品评优

主办方将对征集到的作品进行评优,评选出 20 个优秀项目。

十一、作品奖励

(一) 主办方将给每个报送组织颁发电子证书 1 份、五禽戏教材 5 本、健身气功社会体育指导员培训教材 2 本。

(二) 对评为优秀项目的报送组织颁发优秀组织奖电子证书 1 份、带“中国健身气功协会”徽标的练功服(上衣) 5 件。

注: 奖品将在全年活动结束后寄出。务请在“征集项目报送表”中, 完整填报详细联络信息。

十二、联系方式

(一) 国际健身气功联合会

联系人: 吴志鹏

电话: 0086-10-87187160

邮箱: headoffice@ihqfo.org

(二) 中国健身气功协会

联系人: 陆敏

电话: 0086-10-67052078

邮箱: intelhqf@126.com

附件: “我与健身气功”国际作品征集项目报送表

Annex 2:

‘Health Qigong and I’ – Solicitation and Display of Literary, Video, Photographic & Artistic Works

NOTICE

I. Name

‘Health Qigong and I’— Solicitation and Display of Literary, Video, Photographic & Artistic Works activity

II. Time

March to June of 2021.

III. Hosts

International Health Qigong Federation (IHQF)
& Chinese Health Qigong Association (CHQA)

IV. Participants

Open collection to IHQF Member Organizations and relevant Health Qigong organizations.

V. Platform

All activities will be run on the network platform of **Global Health Qigong Time**.

VI. Requirements of the Works

1. Literary work

Based on the real inner feelings of Health Qigong, the author can tell the stories that has happened to him or her, the philosophy of life, the achievements obtained, and the good vision for the future, or the stories of his or her on-line or off-line teaching experience.

2. Video

Modern science and technology can be flexibly used to shoot from multiple angles to show healthy and positive content, and novel and unique performance methods, so as to enhance the appreciation and practicality of the video, and fully demonstrate the positive role of Health Qigong in promoting social harmony and progress. The background of the video is mainly outdoor natural landscape and cultural landscape. The video format can be AVI, MP4, RMVB, MKV, FLV, WMV, MPG, MOV and so on. The rate is not less than 1280×720.

3. Photographic & Artistic Work

(1) Photography. The photos are in color JPG format, and the original image quality is not less than 5 megapixels, which should be equipped with a title and a short text description.

(2) Calligraphy and paintings. There is no limitation on the types of paintings, no need to mount and make frames. All paintings can be submitted in the form of electronic pictures.

VII. Submission Method

1. The works should be submitted in the name of the organization, and it is suggested that each organization will submit no less than 2 Literary works, 2 videos and 20 Photographic Works.

2. The submitted works should be sent to the designated emails (intelhqf@126.com and headoffice@ihqfo.org) before June 30, 2021, indicating 'Health qigong and I' in the theme, with the 'Submission Information Form' (see the attachment).

VIII. Notes

The submitted works shall be independently created by the author, and shall not violate the laws and regulations of local country (local region) or involve religious issues. The author shall abide by the government's regulations on pandemic prevention and control. The hosts shall not be liable for any personal accident caused by video and picture shooting.

IX. Utilization of the Submitted Works

1. They will be used for the promotion results demonstration of the 'Belt and Road, Heart to Heart'— Health Qigong Lecture Hall activity.
2. They will be used on official WeChat public accounts, websites and other promotion platforms of IHQF and CHQA.

X. Evaluation

The hosts will evaluate the collected works and select 20 outstanding projects.

XI. Awards

1. One certificate (electronic), five (5) '*Wu Qin Xi*' textbooks and two (2) '*Social Sports Instructor Training*' textbooks will be issued to each submitting organization by IHQF and CHQA.
2. One certificate of Excellent Organization Award (Electronic) and five (5) suits of training suit (jackets) with the logo of "CHQA" will be issued to the organizations which gain outstanding projects.

Note: the above rewards will be sent out after the end of all series activities this year.

Please fill in the detailed contact information in the "Submission Information Form".

VII. Contacts

1. International Health Qigong Federation

Contacts: Mr. WU Zhipeng

Tel: 0086-10-87187160

E-mail: headoffice@ihqfo.org

2. Chines Health Qigong Association

Contacts: Ms. LU Min

Tel: 0086-10-67052078

E-mail: intelhqf@126.com

Attachment: Submission Information Form of ‘Health Qigong and I’ — Solicitation
and Display of Literary, Video, Photographic & Artistic Works activity

“我与健身气功”征集项目报送表

**Submission Information Form for ‘Health Qigong and I’ — Solicitation and Display
of Literary, Video, Photographic & Artistic Works activity**

协会组织名称 Organization			所在国家/地区 Country/Region	
报送人姓名 Name			协会职务 Position	
详细联系地址 Detailed Address				
联系电话 Tel.			联系邮箱 E-mail	
微信号 Wechat Account			报送日期 Submission Date	
类别 Category	作品 1 Works No.1	作品 2 Works No.2	作品 3 Works No.3
报送文章名称 Name of Literary Work				
报送视频名称 Name of Video				
报送图片名称 Name of Photographic & Artistic				

负责人签字并盖章 (Signature and Stamp) : _____

日期 (Date) : _____, _____, 2021