



जगत प्रकाश नड्डा
Jagat Prakash Nadda



स्वास्थ्य एवं परिवार कल्याण मंत्री
भारत सरकार
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Message



On December 11 in 2014, the United Nations General Assembly declared 'June 21' as the 'International Day of Yoga', thereby formally recognised the reach of this 5000 years old physical, mental and spiritual practice. Yoga enables every individual to tap into a system that promotes physical and mental wellbeing. On 21st June this year, people in India and across the globe will take part in mass Yoga Exercise to mark the International Day of Yoga (IDY).

2. Yoga has been a living tradition in the Indian sub-continent for centuries and now it is fast becoming a mass global movement. The present day youth are turning to yoga in large scale to find remedy to modern age life style problems.

3. I am happy to know that, like in the past, Indian Red Cross Society staff members and volunteers across the Country will be taking part in observing the day with Yoga exercises and the National Headquarters has taken up promotional activities with state/UT Red Cross branches, to make people aware of the benefits of Yoga. I am sure that with IRCS's strong outreach and the trust people have in Society's work, IRCS we will be able to make IDY 2018 a grand success, thereby contributing to the WHO's global objective of 'Health for All' by 2020.

4. The Ministry of AYUSH has developed a Common Yoga Protocol (CYP), which is essentially a specified sequence of Yoga Asanas of 45 minutes duration. The CYP has been created for allowing mass participation with harmony.

5. The CYP is available as a book and video demonstration of CYP can be downloaded or accessed at: <http://yoga.ayush.gov.in/common-yoga-protocol>.

6. I wish Indian Red Cross Society success in their current and as well as their future endeavours.

(Jagat Prakash Nadda)

Union Minister of Health & F.W. &
Chairman, Indian Red Cross Society (NHq.)

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