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100-day countdown to Int'national Day of Yoga launched

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In the run-up to 8th International Day of Yoga to be held on June 21, the Government on Sunday inaugurated Yoga Mahotsav 2022, an event to commemorate 100 days countdown to the D-Day. This year International Day of Yoga 2022 campaign will focus on theme '100 days, 100 cities and 100 organisations', said Union Minister of Ayush, Sarbanand Sonowal on Sunday

while inaugurating the event. For the first time to celebrate 'Azadi ka Amrut Mahotsav,' it will demonstrate Yoga at 75 Heritage and cultural sites on the D-Day in India.

The Union Environment Ministry too has offered to hold the yoga session at its 75 identified lakes and 52 tiger reserves across the country. Other programs include Yoga programs, Yoga demonstrations, workshops, seminars to be held not only in India but across the globe. The Ministry will prop-

agate benefits of using WHO mYoga App, NamasteY App, Y-break App. Various people-centric activities and programmes will be launched on MyGov platform including Photo contest, quiz, discussion, pledge, poll survey, jingle, etc, he said.

Sonowal added that IDY 2022 is an opportunity for a mass movement to promote health, wellbeing, and peace across globe. The Minister said that as WHO's Global Centre for Traditional Medicine is being established in India, it is incumbent upon country to lead world on path of peace, well-being, better and affordable health.

On this occasion, the Chief Minister of Haryana, Manohar Lal Khattar, said that Haryana is first state in India to establish a Yoga Commission. "We are in process of establishing an Ayush University in Kurukshetra, Haryana in a 100-acre area. We have also taken initiative to make it

mandatory to make available an Ayush Doctor in almost 2000 Public Health Centers of Haryana," he said. Prem Singh Tamang, Chief Minister of Sikkim proposed to establish the National Yoga and Meditation Institute at Kritunga Lake in Sikkim.

"It will be a global institution which will impart knowledge about yoga. He added that Yoga is part of school curriculum of Sikkim and around 500 teachers are imparting these services," said Chief Minister.

In his Address, Bhupender Yadav, Union Environment Ministry said that on the path of environment-friendly lifestyle, Yoga and Ayush as a whole, have a lot to contribute. We are amending Bio-diversity Act which will have a lasting impact on the advancement of Ayush systems. He requested Ayush Minister to also organise Yoga programmes during this countdown series at prized sites like 49 select lakes and 52 tiger reserves.

