

Beat: News

## Three day curtain raiser international yoga fest inaugurated

### AYUSH Minster Releases DVD

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**USPA NEWS** - The Minister of State for AYUSH (Independent Charge) and Health & Family Welfare, Mr. Shripad Yesso Naik at the inauguration of the International Yoga Festival, in New Delhi on April 20, 2016.

### AYUSH Minster Releases Common Yoga Protocol DVD

The three day International Yoga Fest: A Curtain Raiser for International Day of Yoga-2016 was inaugurated by the Minister of State for AYUSH (Independent Charge) and Health & Family Welfare, Mr. Shripad Yesso Naik in New Delhi on April 20. The Yoga Festival has been organized by the Ministry of AYUSH to sensitize the masses regarding the celebration of International Day of Yoga.

Addressing the participants, Mr. Shripad Naik said that Yoga is the greatest gift of this country to the entire mankind. Probably that is the reason why as many as 177 out of 193 UN Member States supported the idea of declaring 21st June as the International Day of Yoga, the Minister added.

The AYUSH Minister explained that in the past few decades, the health aspects of Yoga have become more popular. Yoga can play a great role in the prevention and management of non-communicable diseases where conventional medicine is not having permanent or cost-effective solution, he said. Yoga is beneficial in problems related to working in high altitude areas, working in extreme climatic conditions and various stressful situations. Yoga can enhance the endurance among the sports person, the Minister elaborated.

The AYUSH Minster released the Common Yoga Protocol DVD at the Festival ahead of the International Day of Yoga this year. He also visited the walk through exhibition on Yoga arranged by DAVP and Photo Division of the Ministry of Information and Broadcasting.

The inaugural program ended with the Yoga demonstration by Divyangs (differently abled persons) and dance performance by well known Odissi dancer Ms. Reela Hota.

Representatives of key yoga institutions/organizations of the country were present on the occasion and expressed their views on the importance of Yoga in life.

### Article online:

<https://www.uspa24.com/bericht-7748/three-day-curtain-raiser-international-yoga-fest-inaugurated.html>

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### Editorial program service of General News Agency:

UPA United Press Agency LTD  
483 Green Lanes  
UK, London N13NV 4BS  
contact (at) unitedpressagency.com  
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