

MESSAGE

The International Day for Yoga is being celebrated on June 21, 2018. Since its inception in 2014, the International Day of Yoga has grown in terms of participation and visibility, nationally and globally. The benefits of Yoga for mental and physical wellness is being appreciated across different ages, social backgrounds and regions. Yoga techniques and exercises are finding strong acceptance among people looking for ways to manage stress and life style related disorders.

Since 2010, IRCS has been running a course on 'Health Promotion through Ayurveda and Yoga' with the support of Ministry of AYUSH and in collaboration with Central Council of Research in Ayurvedic Science and Morarji Desai National Institute of Yoga. Hence our commitment to the promotion of health living and use of traditional systems of Ayurveda and Yoga for attaining health and wellbeing has been an ongoing one.

I request all units of the IRCS in the country to celebrate the occasion enthusiastically to propagate our ancient system of wellbeing.

Vats
18/6/18
Dr R.K. Vats
Secretary General
IRCS NHQ