



सत्यमेव जयते

High Commission of India
Abuja

Press Release

Launch of WHO mYoga App

On the occasion of 7th International Day of Yoga (IDY 2021) today, Prime Minister of India H.E Mr. Narendra Modi launched the WHO **mYoga App** which is jointly developed by the World Health Organisation (WHO) in collaboration with Ministry of AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy), Government of India. The United Nations International Computing Centre has developed the App.

2. Yoga is an exercise that originated in India thousands of years ago. The practice of yoga focuses on strength, flexibility, and breathing. Its main components are Asanas (movements and postures) and Pranayama (different breathing techniques). It is also a mind-body practice and sometimes is referred to as a "meditative movement" practice. It aims to improve physical and mental wellbeing. WHO mYoga is a tool to support a physically active life-style through yoga practice. There are 31 learning videos, three practice sequence videos and three practice sequence audio recordings. The idea is to learn the yoga postures ("asanas") prior to practicing the yoga posture sequences (called "vinyasas").

3. mYoga delivers a sequence of Yoga that draws upon all major schools of Yoga and is easy to learn. It is based on the "Common Yoga Protocol" (CYP) which was selected for the mYoga app by an international expert group and is practiced by millions of people around the world every year during the United Nations International Day of Yoga. In 2014, WHO was called upon to provide guidance to support safe and good quality traditional and complementary medicine resources. In response, WHO has developed this app to help people across the world wishing to practice yoga.

4. The WHO mYoga development team conducted a scientific review of the use of yoga as an exercise and the safety yoga practice. This included reviewing information from

over 300 scientific articles on yoga, physical activity and wellbeing. The WHO international group of yoga experts looked at the information and concluded that the exercises in the mYoga app (the Common Yoga Protocol) is safe for the general population of between 18 and 65 years if practiced properly. However, if users should have any concerns about their health status and use of the app, it is suggested that they seek advice from a health professional.

5. The script of the videos and audios that feature in the WHO mYoga app was prepared by the Morarji Desai National Institute of Yoga and reviewed and revised by the international expert group. The script was tested for ease of use with the help of a group of untrained yoga students and revised, then made into the training and practice videos for the App.

6. The WHO mYoga App can be easily downloaded on Google Play store or on Apple App Store.

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