



सत्यमेव जयते

वैद्य राजेश कोटेचा

Vaidya Rajesh Kotecha



FOREWORD

India is a birth place of Yoga, an invaluable gift to humanity. The practice of Yoga is believed to have commenced almost 5,000 years ago. Yoga is in itself a holistic science which provides multi-faceted benefits in all areas of life. Yoga is also being used as a therapeutic intervention for various psycho physiological disorders. It works on all the systems of human body and brings balance in them. Yoga is a mind body practice, a combination of Asana, Pranayama and Dhyana. It works as a medicine for psychological, physiological and spiritual healing.

I feel privileged to be part of this initiative of Government of India in establishing Yoga Certification Board under the aegis of Morarji Desai National Institute of Yoga for promotion of Yoga. I am very hopeful that these initiatives will be building block in establishing Yoga into an organized sector. Yoga Certification Board will primarily undertake Certification of Yoga Professional and Accreditation of Yoga Institutions.

The objective of Certification of Yoga Professionals and Accreditation of Yoga Institutions is to bring quality and standards in the practice of Yoga across the globe. This will be helpful in spreading the concepts of classical Yoga to world in its true essence.

I urge all Yoga professionals and Yoga Institutions to take part in this initiative of Ministry of AYUSH, Government of India for certification of Yoga professionals and accreditation of Yoga Institutions and to make India a leader in the field of Yoga.

(Rajesh Kotecha)

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सचिव
भारत सरकार
आयुर्वेद, योग व प्राकृतिक चिकित्सा
यूनानी, सिद्ध, सोवा रिग्पा एवं होम्योपैथी (आयुष) मंत्रालय
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,
आई.एन.ए, नई दिल्ली-110023
SECRETARY
GOVERNMENT OF INDIA
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY
UNANI, SIDDHA, SOWA-RIGPA AND HOMOEOPATHY (AYUSH)
AYUSH BHAWAN, B-BLOCK, GPO COMPLEX
INA, NEW DELHI-110023
Tel. : 011-24651950, Fax : 011-24651937
E-mail : secy-ayush@nic.in