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## Message

Yoga is an invaluable gift of India to the world. The practice of Yoga has regained its relevance in today's world where virtually every one seems to be struggling with stressful and hectic lifestyles.

Ministry of AYUSH has taken many initiatives for promotion of Yoga. The scheme for Certification of Yoga Professionals and Accreditation of Yoga Institutions is part of these. Organising International Day of Yoga has given a major fillip to the practice of Yoga around the world. One has to be conversant with right method of practice of Yoga to reap the spiritual and health rewards of Yoga. The Yoga Instructor has to play vital role in teaching of Yoga to Yoga practioners in the right way.

Yoga Certification Board (YCB) aims to promote Yoga for healthy life style through Certified Yoga Professionals. YCB certifies Yoga Professionals based on their skill and competencies. Ministry of AYUSH also wants to recognize the efforts and contributions of the various Yoga Institutions in promotion of Yoga. Accreditation of Yoga Institution under different categories is aimed for achieving this.

I extend my best wishes and greetings to all Yoga Professionals and Yoga Institutions and urge to adopt and propagate best practices in the field of Yoga

P. N Ranjit Kumar