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Naidu calls for waging war against NCDs

03 February 2020 | News

Yoga is the cheapest medicine for your health- VP tells youth



The Vice President of India, M Venkaiah Naidu called for waging a war against the growing incidence of Non-Communicable Diseases (NCDs) and urged the younger generation to shun sedentary lifestyle and undertake regular physical exercise to

stay healthy.

Addressing the gathering after participating in the Yoga Camp organized by the Patanjali Yogpeeth of Yoga Guru Baba Ramdev in Hubbali, he emphasized the need to transform movements such as the Fit India and yoga into people's movements and make India a healthy and happy nation.

With about 60 per cent of India's population below the age of 35 years, Naidu said that India was poised to realize a huge demographic dividend. "However, the need of the hour is for the youth to be healthy in a holistic manner", he added.

"Yoga is the cheapest medicine for your health", he told the youth.

Pointing out that the economic burden of non-communicable diseases in terms of lost productivity and expenses for treatment, among others, in India has been projected to amount to 6.2 trillion dollars during the period of 2012-2030, he said that Yoga practice would have a beneficial effect on people, especially at a time when sharp rise in lifestyle diseases is being witnessed.