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Mobile App â??Celebrating Yogaâ?• launched to connect people through Yoga for scientific healthy living

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The information gathered through this app will be shared subsequently with the Ministry of AYUSH to complement their efforts



In order to popularise Yoga and encourage people to participate in it for a scientifically healthy living, Dr Harshvardhan, Minister for Science & Technology recently launched a mobile app “Celebrating Yoga”.

This aspect of quality of life is aligned with the National Mission “Swasth Bharat” of the Government of India. The Department of Science & Technology has launched a research programme “Science and Technology of Yoga and Meditation (SATYAM)” under its Cognitive Science Research Initiative (CSRI). As Yoga and Meditation are interdisciplinary endeavors that interface with Neuroscience, Medicine, Psychology, Engineering, Philosophy etc., YOGA can contribute in a holistic way to derive integrated benefits.

The app provides a platform to share information and insights about peoples’ participation in Yoga activities on the occasion of the International Yoga Day 2017. It will enable in capturing both mass events being organized in public places, schools and office complexes across the country and individual enthusiasts who are performing yoga to promote the celebration of the day and yoga performances.

The information gathered through this app will be shared subsequently with the Ministry of AYUSH to complement their efforts.