

m-Yoga app

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In news

The Prime Minister of India launched the mYoga fitness app today on the occasion of International Yoga Day.

Background:

The Ministry of AYUSH and the World Health Organization (WHO) had jointly undertaken a project in mid 2019, focussing on mobile-Yoga. It envisaged the concept of the 'Be Healthy, Be Mobile' (BHBM) under the United Nations Sustainable Development Goals to achieve Universal Health Coverage by 2030. Be Healthy, Be Mobile (BHBM) initiative is a global partnership led by WHO which supports the scale up of mobile health (m-Health) technology within the scope of the National Health system to combat non-communicable diseases (NCDs).

The m-Yoga project focused on four areas:

- Common Yoga Protocol for General Wellness.
- Yoga for mental health and resilience.
- Yoga for Adolescents; and
- Yoga for pre – Diabetics.

About m-Yoga app

- The mYoga app aims to bring assisted yoga training to everyone with a smartphone for free without needing any signing in.
- WHO mYoga is an app for the general public to use regularly, **providing Yoga learning and practice sessions** of varying durations.
- The mYoga app is mainly divided into two sections, a learning tab and a practice tab. The learning tab is meant for those users who are completely new to Yoga.
- It features a sequential set of videos that help

watchers learn the various yoga asanas with proper technique.

- The practice session is aimed at users who have learned the asanas and are practising. Both modes offer different time durations like 10 minutes, 20 minutes and 45 minutes.
- Aasanas covered in the learning modules include basic neck movements, trunk twisting, Tadasana, Ardha Chakrasana, Bhujangasana and more
- The app is safe and secure, collecting no data from users at all, and can be used as a daily yoga **companion for persons aged 12-65 years.**
- It is **available in English and in Hindi, with other UN languages.**
- The app comprises a **collection of videos and audio practice sessions** that users can do in the comfort of their own home, as and when they wish.
- With support from the Ministry of AYUSH, Government of India, WHO has developed the mYoga app.
- WHO launched its **global Traditional Medicine Strategy 2014–2023** to strengthen the quality, safety and effectiveness of Traditional and Complementary Medicine.
- mYoga app will support the implementation of the strategy and encourage people to practice quality yoga at the touch of their smartphone screen.