

Business houses should increasingly introduce Yoga under their employee wellness programs - FICCI

New Delhi, 22 June 2015: FICCI along with its entire membership congratulates the Government of India and the Ministry of Ayush for arranging such a landmark event on International Yoga Day under the able leadership of Hon'ble Prime Minister Shri Narendra Modi. The catalyzing effect was very much evident all across the globe.

Dr. A. Didar Singh, Secretary General, FICCI said, "This mass participation has shown peoples' deep faith in Yoga and the importance of this ancient art of wellness. There is a need to make Yoga popular in the workplace also. Business houses should increasingly introduce Yoga under their employee wellness programs for stress management and general well-being of their workers. We would remain committed towards the cause of promoting preventive healthcare initiatives including YOGA".

"FICCI's National Wellness Committee promotes benefits of implementing Preventive Healthcare measures including YOGA, among corporates to improve productivity and efficiency among employees. Workplace wellness initiatives, including Yoga, can lead to a better performance of an organization" **Dr. Singh added further.**

Mr. Sandeep Ahuja, Chairman of FICCI National Committee on Wellness and Managing Director of VLCC Health Care Ltd. Stated, "Yoga has the power to transform. It can elevate the quality of your life by nourishing the mind, body and soul. The government's effort will help take yoga to the world – where it does not already exist – and also bring about a much-needed resurgence in the country".

"India has one of the youngest populations in the world & increasingly Indian consumers are taking charge of their health by consciously eating healthy & staying fit. Wellness is a state of holistic health and Yoga plays an important and integral role in achieving an overall state of well-being", **said Mr. S. Subramanian, CEO of Kaya India Ltd and Co-chair of FICCI National Committee on Wellness.**

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