



## Ayush Minister Launched 'Yog Manas' App

### Why in news?

On May 16, 2023, Haryana AYUSH Minister Anil Vij launched the 'Yog Manas' (Yogshala Management and Analytical System) app of the AYUSH department.

### Key Points

- On this occasion, the Ayush Minister said that this app has been launched to promote Yoga Vidya to lead a better life, maintain good health and create wonderful human beings. Through this app, the yoga activities of the citizens, the action taken by the yoga assistant, etc. can also be monitored.
- The citizen/participant can register for participation in Yoga Through this app on his/her mobile. The login of the District Ayush Officer has been given in the app and a dashboard has been given along with the module of Yoga Sahayak, through which the activities of Yoga can be monitored by the concerned officials.
- The citizen/participant has to install the Yog Manas application in his/her mobile, After that the citizen/participant has to activate it by entering his/her basic information.
- The citizen/participant will be visible at the location of nearby yoga shalas through GPS After the app has been started. The citizen/participant will subscribe to his/her session at his/her convenience after registering himself/herself at the respective Yogashala. The enrollment of the citizen/participant will be done after this process.
- The AYUSH minister said that similarly there is a separate login process for yoga assistants. The Yoga Sahayak has to turn on his/her GPS location and select his/her Yogashala. After that, he/she has to create his/her session/batch and thenceforth the session/batch information will appear. He will also be able to mark his attendance After that.
- A list of different types of yoga asanas has also been given in this application, which the citizen/participant will be able to customize according to himself. Given the login of the District Ayush Officer in the application, he will be able to monitor Yogashala, Yoga Sahayak and Yoga sessions including subscriptions.

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