



国际健身气功联合会
INTERNATIONAL HEALTH QIGONG FEDERATION

June 15, 2023

**Notice on the Implementation Programme of
World Health Qigong Day 2023**

Dear IHQF Member Organizations and Health Qigong related groups,

The 7th World Health Qigong Day will be held on September 9 (the second Saturday of September every year). The implementation programme is now issued.

Please follow the instructions to actively attend relevant activities.



The Secretariat, IHQF

Annex:

Implementation Programme of the World Health Qigong Day 2023

The 7th World Health Qigong Day will be held on **September 9, 2023**. On the basis of the original collective display activities, this year's event will be organized with the theme of public welfare, and a public welfare activity involving all Health Qigong people will be launched. The implementation programme is as follows:

I. Theme of the event

The theme of World Health Qigong Day 2023 is "**Build Health and Share Love**".

It is described as: Health Qigong is good for our physical and mental health. Through the activities and promotion of Health Qigong, we can send health and care to more people.

II. Institutional organization

IHQF is the host and will regulate and coordinate all the activities of the World Health Qigong Day. Each member organization carries out preparations and organization of the activities and strengthens communication and liaison with IHQF. At the same time, all social groups that love Health Qigong are welcome to participate.

III. Content and form of activities

1. World Health Qigong Day celebration (September 9)

(1) Content:

The 2023 event will continue to take the form of live network broadcast of the collective display activities of members and teams on September 9 around the world. The member organizations and Health qigong groups choose local landmarks to carry out collective display and publicity of Health Qigong, and send health and love to the local people.

Each team please decide the activity time with IHQF in advance, and IHQF will coordinate the live broadcast time. Each organization can combine local conditions, give full play to your creativity, and organize Health Qigong activities with your own characteristics and diversity.

(2) Live broadcast platform:

Voov Meeting (will be tested with all live broadcast units in advance)

(3) Viewing platform:

IHQF APP/ IHQF website and WeChat account

(4) Activity requirements:

- A. Select a local landmark location to organize collective activities to attract more participation and attention. The number of personnel has a certain scale;
- B. Performance routines: unlimited, any one or multiple combinations of Health Qigong routines can be chosen;
- C. Dress requirements: same attire and style.
- D. Photographing and videotaping are demanded.
- E. Local media coverage is recommended.
- F. Before the end of September, the activity materials shall be submitted to IHQF in the form of pictures, texts and multimedia.

2. Practice with the world (September 9)

On September 9, 20:00 (Beijing time), the global practitioners will be called to practice "1568" (Yijinjing/Wuqinxi/Liuzijue/Baduanjin) at the same time. The 6 minutes of music will be unified played, practitioners can choose any one of the exercises.

Platform: Global Health Qigong Time / IHQF APP

3. Health Qigong public welfare activity (July-September)

1. IHQF will organize global Health Qigong experts to carry out public welfare courses, invite a group of professional teachers to record short courses and upload the courses to IHQF app one after another. -- Experts participate in public welfare through their courses.
2. Through the International Fitness Qigong mini program, from July 1 to September 9, World Fitness Qigong Day, the public can pay a discount to buy public welfare courses (valid for six months) - The fees paid will be used for targeted public welfare activities, so that everyone can actively participate in public welfare while learning (the specific plan will be announced separately).

3. After deducting taxes and a certain percentage of operating expenses, all income will be made public and transparent, and will be donated by IHQF to public welfare organizations (the donors will be announced to the public after the decision is made).

IV. Award method

The electronic certificate of attendance issued by IHQF will be awarded to participants that actively participate in the World Health Qigong Day. Participants can upload own photo of the activities from IHQF APP or IHQF official website to obtain the certificate.