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**Promotion and protection of all human rights, civil,
political, economic, social and cultural rights,
including the right to development**

Written statement* submitted by Beijing Guangming Charity Foundation, a non-governmental organization in special consultative status

The Secretary-General has received the following written statement which is circulated in accordance with Economic and Social Council resolution 1996/31.

[21 May 2022]

* Issued as received, in the language of submission only. The views expressed in the present document do not necessarily reflect the views of the United Nations or its officials.



New Exploration of National Fitness in the Post-COVID-19 Era

Since the outbreak of the epidemic in 2020, most countries around the world have continued to suffer from the invasion of COVID-19, or have been sealed off from their countries, cities, quarantined, or required to work at home. People have suffered physical and mental suffering. Under the condition of limited medical resources, how to carry out self scientific epidemic prevention and independent health management has become the common concern of people all over the world.

For this reason, the Beijing Guangming Charity Foundation, together with experts from traditional Chinese medicine field, launched a public welfare activity of Guangming Aid: Nine-section Acupoints Daoyin Method, which is suitable for all ages and easy to learn and not limited by the site, no requirements for equipment. It focuses on seven important parts (acupoints) of the human body to improve human immunity, self-healing and promote health through mental adjustment and Tai Chi exercise, which is deeply welcomed by the public. We hope to have the opportunity to share this experience with people all over the world to build a new great wall against the epidemic and ensure people's life safety.
