

**United Nations**

**International Day of Yoga**

Embassy of India

Rome

**Health Benefits of Yoga and Meditation**

**Extract from the UN General Assembly 11 December 2014**

*“…..Recognizing* that yoga provides a holistic approach to health and well-being. *Recognizing also* that wider dissemination of information about the benefits of practising yoga would be beneficial for the health of the world population…”

**Iran Room, FAO, Rome**

**19 June 2015, 11.45 – 13.30**

**11.45 Light refreshments and**

**Bhatiyali- Bengali river boat song on Bansuri (bamboo flute)**

**by Mr Jeffrey Campbell, Manager, Forest and Farm Facility, FAO, Rome**

12.00 **Lamp Lighting Ceremony (Indian Cultural Group)**

12.05 **Opening remarks**: Ms Guerrieri, Directeur De Cabinet, FAO

12.10 **Setting the context:** H.E. Mr Gupta, Ambassador, Embassy of India, Rome

12.20 **Yoga and work-life balance**: Dr Dumont, Chief, FAO Medical Service

12.30 **Health Benefits of Yoga**: Mr Filippini, Self Realization Fellowship

*Origin of yoga, why is it relevant today and its practical application in modern life, health and wellbeing.*

12.50 **Yoga Demonstration:** Mr Minot, FAO Ashtanga Yoga Group

13.00 **Meditation Experience**: Ms Farrington, Coordinator, Brahma Kumaris Meditation Centre: *Why meditation? Ways and benefits of integrating the practice into our day.*

13.20 **Closure**: Mr Verma, First Secretary, Embassy of India, Rome

**Live Webcast:** <http://www.fao.org/webcast/home/en/>

***Event in collaboration with the Embassy of India and the FAO Staff Coop***

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