PUBLIC FUNCTION & YOGA DEMONSTATION
& SARVAGANIKA PRANAYAMA

IN CELEBRATION OF

INTERNATIONAL DAY OF YOGA
Sunday, 21st June 2015

Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore
Devagiri Yoga Vibhaga

ALL ARE WELCOME
INTERNATIONAL DAY OF YOGA

In the gracious presence of

Sri Sri Sri Yadugiri Yathiraja Narayana Ramanuja Jeeyar
Yathiraja Mutt, Malleswaram, Bangalore

Main Speaker

Dr. Ahalya S., MD, Deputy Registrar,
Rajiv Gandhi Institute of Medical Sciences, Bangalore

Date : Sunday, 21st June 2015
9.00 AM onwards

Venue : The Smart School
Bangalore
1. Suryanamaskara at 8 am
2. Vedha Gosha, Prarthane
3. Welcome Speech
4. Introduction of Guests
5. Yogasana Demonstration & Samuhika Pranayama
6. Reading of UNO Message
7. Speech by Guests
8. Sankalpa
9. President’s Speech
10. Concluding Prayer
INTERNATIONAL DAY OF YOGA

June 21st has been declared as the International Day of Yoga by the United Nations General Assembly on December 11, 2014. The declaration came after the call for the adoption of 21st June as International Day of Yoga by the Prime Minister of India, Sri Narendra Modi during his address to UN General Assembly on September 27th 2014 wherein he stated:

“Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day.”

This initiative by our Prime Minister on 27th Sept 2014 found support from many global leaders. More than 177 countries including USA, Canada and China supported this move.

Since 21st June is the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world, the selection of June 21st as ‘International Yoga Day’ is very appropriate.

Yoga is not limited to just physical exercise. The body, mind and energies of an individual have to be in absolute harmony with the existence. Maharshi Patanjali and other sages have proved this. Your creativity or your ability to perform depends upon the manner in which your energy functions. Once you begin to activate your inner energies, your thought process, the swiftness with which your brain reacts and the implementation of your ideas happen in a larger sphere altogether. That is why, these days many people, celebrities, businessmen and many statesmen around the world are attracted towards “YOGA”. Since we born in this sacred land of YOGA, it is our responsibility as proud Indians to spread this message in a big way.
Brief information about

Swami Vivekananda Yoga Anusandhana Samsthan

Vivekananda Yoga Anusandhana Samsthan or VYASA is a registered charitable institution (1986) working for making Yoga as a socially relevant Science. Based on the teachings of Swami Vivekananda the four streams of Yoga with unity in their diversity, the key essence of Indian culture, applications of Yoga to bring health, harmony, peace the world over are now spread across the globe in nearly 30 countries. The mission of VYASA is to combine the best of the East (Yoga and Spiritual lore) with that of the West (modern scientific research). Taking into the performance of this Institution in conducting Short Term and Long Term Courses on Yoga and its allied subjects (and on affiliating to 4 universities from 1990 to 2001) including the Bangalore University), the UGC named S-VYASA in 2002 as a Deemed to be University under Section 3 of the UGC Act 1956.

S-VYASA, the acronym of Swami Vivekananda Yoga Anusandhana Samsthan is a unique Yoga University translating the vision and teachings of Swami Vivekananda to action through academic higher education programs. It is also the First ISO 2001:2008 Certified Yoga University.

S-VYASA and VYASA have their campus 30 Kms away from the center of Bangalore. The campus is called Prashanti Kutiram, the Abode of Peace. Lying in the lap of nature amidst greenery, the campus lies sprawling over 100 acres. The campus is about 14 Kms from the bountiful Bannerughatta National Park.

S-VYASA has an exhaustive Yoga Library with a good collection of 15000 books, videos and books. the digital library has a few thousand on-line journals. SVYP (Swami Vivekananda Yoga Prakashan) is the publication wing of S-VYASA. We have about 35 Titles, Videos and Audios.

The Department of AYUSH, Ministry of Health & Family Welfare, Govt. of India accorded Centre of Excellence in Yoga. This institute also has an Advanced Centre for Research in Yoga & Naturopathy sponsored by Indian Council of Medical Research. For further details, log on to syyasa.edu.in.