



Embassy of India  
Rome

## United Nations

# International Day of Yoga

*(Event for UN Agencies)*

## Yoga and Meditation for Healthy Living

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...”

**Sheikh Zayed Centre, FAO, Rome  
Monday, 20 June 2016, 12.00 – 14.00**

**Facilitator: Ms Sangita Dubey**

12.00	<b>Light refreshments</b>
12.20	<b>Flute Music – Bhatiyali- Bengali river boat song: Mr Jeffrey Campbell</b>
12.30	<b>Welcome: Mr Illias Animon</b>
12.35	<b>Opening remarks: Ms Prerana Issar, Director, Human Resources, WFP, Rome</b>
12.40	<b>Setting the context: H.E. Anil Wadhwa, Ambassador, Embassy of India, Rome</b>
12.50	<b>Health benefits of Yoga: Dr Anne Selod, Chief, FAO Medical Service (TBC)</b>
13.00	<b>Music performance: Sahaja Yoga Group: Mr Di Laurenzi (mohanveena) and Mr Condoluci (djembè)</b>
13.10	<b>Panel discussion and reflections: Relevance of Yoga in modern life</b> <b>Panelists:</b> Mr Dominique Bordet (Hatha Yoga) Mr George Minot (Ashtanga Yoga) Mr Adriano Ercolani (Sahaja Yoga meditation) Ms Wendy Farrington (Raja Yoga Meditation)
13.50	<b>Closure</b> Live webcast ( <a href="#">link</a> )

*Event organized by FAO Staff Coop's Indian Cultural Group and Positive Thinking for Peaceful Living Group in collaboration with the Embassy of India*

*For more information, please contact*

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