



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

Live webcast (link)

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

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For more information, please contact

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