



Embassy of India  
Rome

# United Nations International Day of Yoga Yoga and Meditation for Healthy Living

Sheikh Zayed Centre, FAO, Rome  
Monday, 20 June 2016, 12-14 hrs

Live Webcast on

<http://www.fao.org/webcast/home/en/item/4130/icode/>

Extract from 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..."

## Programme

- 12.00 *Light refreshments (TBC)*
- 12.20 *Flute Music – Bhatiyali- Bengali river boat song: Mr Jeffrey Campbell, FAO*
- 12.30 *Welcome: Mr Illias Animon, FAO*
- 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 Flavia Donati, Staff Counselor, FAO*
- 13.00 *Music performance: Mr Di Laurenzi (mohanveena) and Mr Condoluci (Djambè)*

## Sahaja Yoga Group

- 13.10 *Panel discussion and reflections: Relevance of Yoga in modern life*
- Mr Dominique Bordet (Hatha Yoga)
- Mr George Minot (Ashtanga Yoga)
- Mr Adriano Ercolani (Sahaja Yoga meditation)
- Ms Wendy Farrington (Raja Yoga Meditation - Brahma Kumaris)

**Facilitator: Ms Sangita Dubey, FAO**

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Event organized by FAO Staff Coop's Indian Cultural Group and Positive Thinking for Peaceful

Living Group in collaboration with the Embassy of India