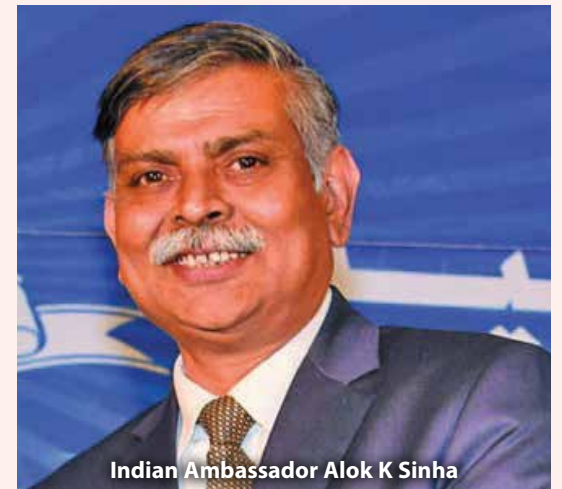


Yoga Makes a Difference



Indian Embassy held a Yoga practice session ahead of International Yoga Day led by Indian Ambassador Alok Kumar Sinha at the new Indian Embassy premises (which will be opened shortly) in Seef yesterday early morning



Indian Ambassador Alok K Sinha

On the occasion of International Day of Yoga-2017, I extend my warm greetings to all yoga enthusiasts in the Kingdom of Bahrain and the readers of this publication.

The word Yoga is derived from the Sanskrit root 'Yuj' meaning to join, 'to yoke' or 'to unite.' The practice of yoga leads to the union of individual consciousness with the universal consciousness. Yoga, an ancient Indian knowledge, embodies unity of mind and body; harmony between man and nature; a holistic approach to health and wellbeing. Yoga goes beyond being a set of physical existence to a balanced mind, healthy body, and noble thoughts. Yoga connects us to our inner self.

The United Nations General Assembly on December 11, 2014 adopted an India-led resolution declaring June 21 as 'International Day of Yoga'. The resolution had 177 nations joining as co-sponsors, the highest number ever for any resolution in the UN General Assembly. The resolution was adopted by an acclamation, a testimony to the enthusiastic cross-cultural and universal appeal that Yoga enjoys amongst members of the United Nations.

The movement towards wellness and practicing Yoga is gaining momentum. Over the past two years, people from across the globe have enthusiastically joined in celebrating the International Day of Yoga.

In an increasingly stressful life, Yoga provides the positive energy that keeps tensions away and gives us strength to perform our duties. The practice of Yoga facilitates mind and body coordination, emotional equanimity and intellectual clarity to the practitioners. Yoga also brings harmony in all walks of life and thus is known for disease prevention, health promotion and management of many life style related disorders.

Let us observe the International Day of Yoga in a befitting manner and make a positive and qualitative difference in our lives.

Alok K Sinha
Ambassador of India, Bahrain



"Yoga is the Journey
of the Self,
to the Self,
Through the Self."

**INTERNATIONAL
YOGA DAY**

 **Palace Electronics**
Professional Light & Sound Systems

Group of companies



☎ 17261131/32, Fax: 17262796 ✉ P.O. Box: 11190, Manama, Kingdom of Bahrain

@ rakesh@palaceelectronics.com | palace.electronics@gmail.com