



Al Mahd Day Boarding School, Saar celebrated International Yoga Day in the presence of Indian Ambassador Alok Kumar Sinha.



Workers of Al Amin Contracting & Maintenance celebrated International Yoga Day yesterday in Mina Salman with a Yoga practice session.

"Its never too late
its never too bad
and your never too old or too sick
to start from scratch once again."



INTERNATIONAL YOGA DAY



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Celebrations Galore

Manama

Under the patronage of Health Minister Faeqa bint Saeed Al-Saleh, the United Nations Information Center for the Gulf Countries (UNIC Manama) in collaboration with a group of volunteers (Helm Insan) and several centres and associations specialized in charity, health and social work will commemorate the International Day of Yoga at the Saar Mall today at 9pm.

The celebration which is being organised with a remarkable contribution from Bahraini Yoga Therapy Specialist Prof. Fatima Al Mansoori will involve the largest gathering of community groups/civil societies in Bahrain. Officials from various ministries and organizations are expected to participate.

The programme is intended to engage a large number of groups and civil societies

including the Bahrain Mobility International, MS society, Islamic association, Abdulrahma Kanoo Social Parents Club and many others.

"The theme for the 2017 celebration is 'Yoga for Health' which highlights the fact that yoga can contribute in a holistic way to achieving balance between mind and body", says Samir Aldarabi, Director of UNIC Manama.

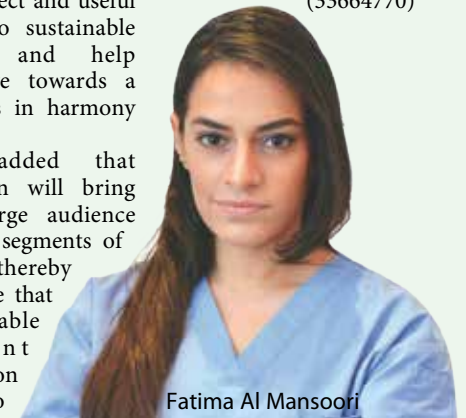
Aldarabi noted that Yoga can make a direct and useful contribution to sustainable development and help everyone move towards a lifestyle that is in harmony with nature.

Aldarabi added that the celebration will bring together a large audience from different segments of society and thereby send a message that any sustainable development activity or action should leave no

one behind.

The event will consist of a seminar, a Yoga session and a Meditation session. In addition, there will be an expo that will include Health & wellness services, organic and herbal products, and free wellness consultations.

Aster medical center will also be offering free health check and blood tests. For details and participation contact: Fatima Al Mansoori (36421000) Hassan Al Saffar (33664770)



Fatima Al Mansoori

Yoga at Nass Corp



Indian Ambassador Alok K Sinha with officials of Nass Corporation during a photocall

Nass Corporation in association with the Indian Embassy celebrated International Day of Yoga on Monday at their Mina Salman Headquarters.

Sameer A. Nass, Chairman of Nass Corporation welcomed Indian Ambassador Alok Kumar Sinha on this occasion. Hemant Joshi, Director of

Nass Group inaugurated the event by thanking the Indian Ambassador and the Indian Embassy for facilitating the event. He said, "The ancient practice of Yoga has helped millions of individuals across the world in achieving holistic well-being. In addition to the positive health benefits, Yoga has mental and spiritual core."

The Indian Ambassador highlighted immense benefits of Yoga and appealed to all to continue practicing and promote it such that its benefits are reaped by all. The event was a great success with more than 120 attendees, employees and their family members participating in the event.