

# INTERNATIONAL DAY OF YOGA

Special Event

## Conversation on Yoga for Health

21 June 2017

1030-1230 hrs

ECOSOC Chamber, United Nations

Healthy lives and wellbeing have been recognized as an essential aspect of the 2030 Agenda for Sustainable Development. Health is defined by the World Health Organization as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. While it is important to provide affordable health care services, including hospitals, quality vaccines and medicines, it is important to spread awareness about the benefits of a healthy lifestyle in promoting good health.

The ancient science of Yoga continues to be practiced by millions across the globe as it 'works'. The regular practice of Yoga has a direct and visible impact on improving physical and mental health and contributes to social harmony and wellbeing. By helping us tune our inner selves with our surroundings comprising all nature including fellow human beings, Yoga contributes to wider societal wellbeing. Yoga promotes the practice of sustainable lifestyles leading to a better harmony between people and the planet.

The United Nations endorsed the vision of Prime Minister Modi by adopting the UNGA resolution A/Res/69/131 that proclaimed 21 June as the International Day of Yoga. The resolution notes 'the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health'.

On the occasion of the Third International Day of Yoga, a special event on 'Conversation on Yoga for Health' is being organized at the ECOSOC Chamber\* on 21 June 2017 from 1030-1230 hrs by the Permanent Mission of India to the United Nations in association with the World Health Organization (WHO) and the Department of Public Information of the United Nations.

**Opening Remarks by Dr. Nata Menabde, Executive Director, WHO, New York**

### CONVERSATION ON YOGA FOR HEALTH:

**Swami Chidanand Saraswatiji**

Parmarth Niketan, India

**Mr. Stanton Kawer**

CEO, Bluechip Marketing Worldwide, USA

**Sadhvi Bhagawati Saraswatiji**

Parmarth Niketan, India

**Swami Sivadasananda**

Sivananda Yoga Retreat, Austria

**Mr. Keith Mitchell**

Former NFL (USA football) athlete  
turned yogi

**Mr. Anupam Kher**

Actor and Social Activist, India

**The event will be moderated by Mr. Bruce H. Lipton, Ph.D, Developmental Biologist, USA**

*For visitors who do not hold ground pass, access to the United Nations will be from the **46th Street, 1st Avenue entrance**.  
A government-issued identification is required to enter the premises.*

***\*Seating is limited and is on first-come-first-serve basis.***