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Media Release

13 June 2020

Webinar – Yoga for well-being in time of COVID-19: Classical approach with Scientific research

The Consulate General of India, Sao Paulo and Swami Vivekananda Cultural Centre collaborated with Kaivalyadham Yoga Institute, Maharashtra and hosted a Yoga webinar titled 'Yoga for well-being in time of COVID-19: Classical approach with Scientific research' in celebration of International Day of Yoga 2020.

2. Consul General of India in Sao Paulo, Mr. Amit Kumar Mishra gave the opening remarks and highlighted on the importance of Yoga during the time of COVID-19.

3. President ICCR, Dr. Vinay Sahasrabuddhe presented the keynote address through a recorded video message. In his address he congratulated everyone on the occasion of 6th International Day of Yoga and spoke about the multi-dimensionality of Yoga as a science. He also encouraged the Brazilians to participate in the #MyLifeMyYoga video blogging contest announced by Ministry of AYUSH and ICCR.

4. The speakers for the webinar included some of the accomplished Yoga practitioners from India and Brazil. Prof. Lia Diskin, Director of Palas Athena Association - which promotes the culture and philosophies of Peace in Brazil, emphasized on the necessity of tradition of yoga in the 21st century in her talk titled 'Yoga in the 21st century – tradition & science'. She highlighted that the entire world is going through challenging times and the teachings complied by sage Patanjali in Yoga Sutras centuries ago can be our guiding force during this time.

5.   Subodh Tiwari, Director of the Kaivalyadhama Institute in Lonavla, emphasized that yoga therapy has been a concept for over a thousand years and there are several ancient texts, written in Sanskrit, about the subject. In his talk titled "Yoga as Therapy: History and Science", Tiwari ji shared the multidimensional research happening on Yoga and its scientific study at Kaivalyadham Yoga Institute.
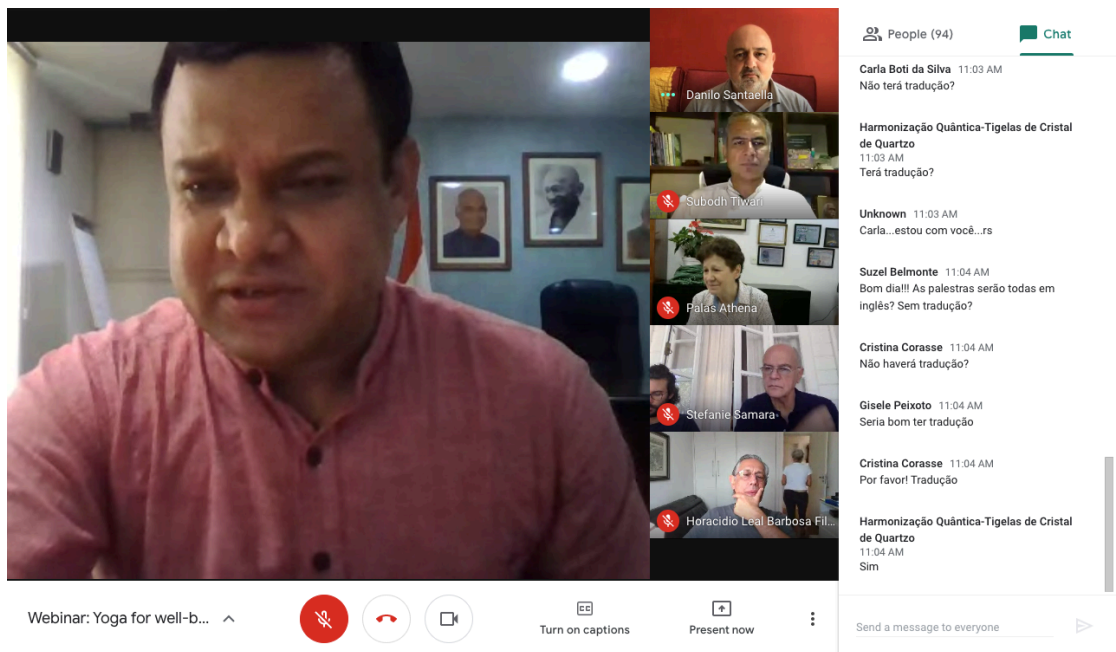
6.   Dr. R.S. Bhogal, a specialist in research on Yoga and meditation, at Kaivalyadham spoke about the nature of classical Yoga and the evidence of its benefits in his talk titled 'Classical yoga & meditation for well-being'. He stressed on the fact that Yoga and meditation go hand in hand and are not different.

7.   Prof. Marcos Rojo, a renowned Yoga expert from Brazil presented a holistic view of Yoga through his talk titled 'Yoga & Quality of Life'. He explained how Yoga works in all the fundamental fields for obtaining a quality life through body, mind, soul and also helps in social relationships.

8.   Similar views were echoed in the talk by Prof. Danilo Forghieri Santaella, who is a professor of Yoga at University of Sao Paulo. While talking about the Indian Sage, Patanjali, Prof. Danilo reflected on how Yoga is all about self-discipline and how the present day scientific research is recognizing the importance of meditation techniques for a healthier mind and body.

9.   The webinar was a platform to bring the classical and scientific approach towards Yoga on a single platform. The event was well attended with around 400 people watching in Live on different social media platforms. The event ended with a vote of thanks by Ms. Puja Kaushik, Director, Swami Vivkenanda Cultural Centre.

Some photographs of the event are attached herewith.