



Ministry of Culture
Government of India



राष्ट्रीय आधुनिक
कला संग्रहालय
NATIONAL GALLERY
OF MODERN ART

**National Gallery of Modern Art, Bengaluru
(Ministry of Culture, Government of India)**

invites you to the screening of a documentary,

“History of Yoga-the Path of my Ancestors”

Vishuddhi Films & Madhya Pradesh Madhyam
98 min | 2013 | Dr Deepika Kothari & Ramji OM, IRAS

on the occasion of

INTERNATIONAL DAY OF YOGA 2023

English Ver. on Wednesday, 21st June 2023 at 11.30 am

&

Hindi Ver. on Saturday, 24th June 2023 at 5.00 pm

at the auditorium, National Gallery of Modern Art,
49, Manikyavelu Mansion, Palace Road, Bengaluru - 560052

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The Film “History of Yoga-the Path of my Ancestors” is a 6000 year journey into origin, evolution & development of yoga. Six years of extensive research, filming; contribution of 30 eminent scholars; 35000 kms travel, 137 locations to record from 84 Archaeological sites, 37 Museums, Libraries, Temples & Shrines. The story explores the elements of Yoga in Harappa Civilization, Veda, Jainism, Buddhism, Sufism, Hath-Yogic practices of medieval times & other peripheral doctrines. The film ends in 19th century where modern science acknowledges the potential of yoga in a new light. India's magnificent Iconography, Temple Art, Diverse Culture & Ancient Relics, Wall paintings, Manuscripts unfold with wisdom of yoga in this path defining Documentary.

The documentary is beautifully woven with breath taking photography, meditative songs, and music.

The film is narrated in English by Shri Kabir Bedi and in Hindi by Shri Brij Bhushan.

CAST & CREW

Presenter : Shri Suraj & Vallabh Bhanshali | Writer, Director of Photography : Ramji Om | Editor : Santosh Rout.

Film Courtesy: Vishuddhi Films & Madhya Pradesh Madhyam