National Gallery of Modern Art, Bengaluru  
(Ministry of Culture, Government of India)  
in collaboration with  
Bharat Thakur Artistic Yoga  
invites you for the talk  
‘Yoga’  
significance and benefits in today's time  
by Uma Gautam  
at 4.30 PM on 21st June 2017  

followed by  
‘History of Yoga’  
a film by Deepika Kothari & Ramji Om  

On the occasion of International Yoga Day  

Synopsis  
History of Yoga, directed by Ramji Om and Deepika Kothari is a English documentary of 98 minutes. The film traces the origin of yoga in the Harappan civilization, and its subsequent development in Vedic, Jain, Buddhist and other doctrines. It makes references to hatha yogic practices of medieval times wherein the focus of study and practice was to conquer disease, aging and death. The film’s journey in time comes to a halt in the 19th century where modern science acknowledges the potential of yoga in a new light. Besides views from eminent scholars on the subject, the film includes historical and archaeological evidence filmed at 80 archaeological sites, relics and wall paintings from 35 museums and also glimpses of rare manuscripts.

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Tea/Coffee will be served at 4.15 PM