



राष्ट्रीय आधुनिक
कला संग्रहालय
NATIONAL GALLERY
OF MODERN ART

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

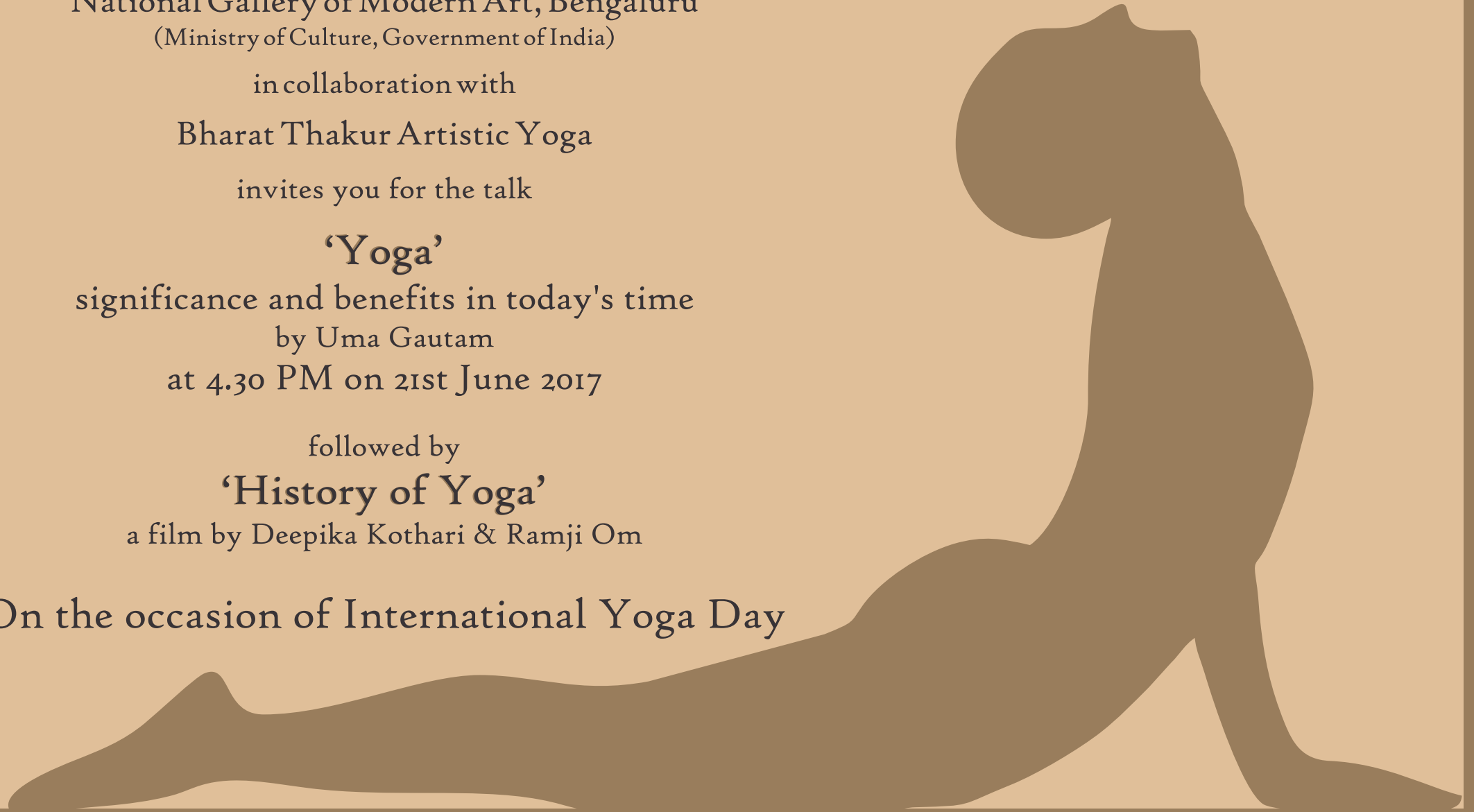
at 4.30 PM on 21st June 2017

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.

National Gallery of Modern Art

#49 Manikyavelu Mansion, Palace Road, Bengaluru - 560052 , Telephone: +91 080 22342338, Tele Fax: +91 080 22201027

e-mail: ngma.bengaluru@gmail.com, website: www.ngmaindia.gov.in/ngma_bangaluru.asp

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Tea/Coffee will be served at 4.15 PM