

# Guruji Dr. H.R. Nagendra transports the audience to a wonderland of Meditation at the Consulate General of India, New York



A view of the audience in meditation



Guruji is being honored by Ambassador Binaya Srikanta Pradhan, Consul General of India, and RANA officials led by Mr. Prem Bhandari



Diplomats from other countries present at the meditation session being honored



Ambassador Binaya Srikanta Pradhan giving his remarks



RANA President Mr. Prem Bhandari speaking on the occasion



Guests sharing their thoughts

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mental clarity, harmony and holistic well-being. He underscored that yoga helps bring balance to the body, mind, and breath, improving physical and mental well-being. The session was received with deep appreciation by participants, who reflected on the universal relevance of India's ancient wellness traditions in the contemporary world.

Mr. Prem Bhandari, President of

Rajasthan Association of North America, stated that India has generously offered the timeless wisdom of Yoga to the world as a shared heritage for the well-being of humanity. He added that the global recognition of 21 June as the International Day of Yoga was made possible through the initiative of Prime Minister Narendra Modi at the United Nations, and that the Day is now celebrated in more than 190 countries worldwide.

Consul General of United Arab Emirates Ms Amna Almheiri highlighted the importance of such initiatives in fostering dialogue, well-being and people-to-people connection in the international community.

Mr Jonathan Granoff, President of Global Security Institute, emphasized on meditation's transformative capacity to nurture both personal well-being and global harmony.

The session was also attended by Permanent Representative of the United Arab Emirates, Consuls General of United Arab Emirates, Serbia, Nepal, Romania and Malaysia, as well as senior diplomats from some other countries.

The event formed part of the Consulate General of India's continuing efforts to promote India's timeless traditions of yoga and meditation and to build bridges of friendship through cultural and wellness diplomacy.