

Meditation session marks Yoga Day in New York



Dr HR Nagendra, Binaya Pradhan and Prem Bhandari pose with organisers in New York.

First India Bureau New York

The Consulate General of India in New York, in collaboration

with the Rajasthan Association of North America (RANA), organised a special meditation session led by renowned yoga expert Guru Dr H.R. Nagendra on the

occasion of the 12th International Day of Yoga. The event brought together members of the diplomatic corps, academia, business community, yoga institutions,

spiritual organisations and the wider Indian-American community.

Welcoming participants, Consul General Binaya Pradhan expressed happiness over the growing popularity of yoga in the United States, pointing to the increasing number of yoga enthusiasts participating in yoga centres and wellness events. Guru Dr Nagendra guided attendees through meditation practices and shared insights on the importance of meditation in fostering inner peace, mental clar-



Dr H.R. Nagendra, Amna Almheiri and Jonathan Granoff attend a meditation session during Intern'l Day of Yoga celebrations in New York.

ity, harmony and holistic well-being. He emphasised that yoga helps cre-

ate balance between the body, mind and breath, improving both physical and mental health. Participants appreciated the session and reflected on the continuing relevance of India's ancient wellness traditions.

RANA President Prem Bhandari described yoga as India's gift to humanity and noted that International Day of Yoga, initiated by Prime Minister Narendra Modi at the United Nations, is now celebrated in more than 190 countries.

