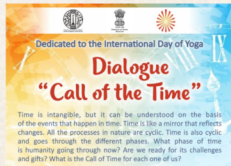




Interesting to note that the X IDY celebrations that started in Moscow in May 2024 will continue till the end of August, 2024. This is a clear sign that people are becoming more and more interested in the subject of Yoga. Not just physical exercises, asanas, pranayama but also meditation.



Yoga of the Ancient Bharat



A public event was organised on the theme "Yoga – Call of the Time".

Time is really an important aspect of human life. The Mahabharata, an ancient Indian epic, tells that time doesn't obey the plans and desires of a person, but a person must follow the path that time reveals to him, to create his fortune. Present is the time to create not only our own fortune, but the fortune of the world. And the method for that is Raja Yoga.

The main part of the program was a dialogue between **Ms. Madhurkankana Roy**, Director, Jawaharlal Nehru Cultural Center, Embassy of India in Moscow, and **Sudha Didi**, General Director of Brahma Kumaris in Russia, CIS, Baltic countries.



Ms. Madhurkankana Roy shared her personal experience and said that yoga is not just asanas, but is a means for a better way of living. It relaxes the body, uplifts the spirit, helps to develop coping skills and solve the situations. We need to practice meditation to sharpen our focus during multitasking, she added.



Ms. Madhurkankana happily added that Yoga is becoming more and more popular giving people an experience of stability, calmness and peace in our chaotic world. Yoga is really a need of the present time.

Sudha Didi explained the difference between meditation and yoga. She said that Raja Yoga is not for the elite, as many people think, but for everyone.