

Indian Awareness Foundation and Sewa International organizes “History of Yoga” Documentary Film in Atlanta

India Awareness Foundation, Sewa International USA and supporting organizations presented the Documentary film of “History of Yoga” and Lecture on “Yoga and Indian Civilization –its continuity and change” by Ramji Om and Dr Deepika Kothari on March 25, 2016 at Chinmaya Niketan, 5511 Williams Rd, Norcross, GA 30093. This event was offered as free service for people to connect with Roots of Yoga and its rich heritage. This event was hosted by IAF and Sewa International in Atlanta and other cities of the US.



Dhirendra Shah ji addressing the film makers

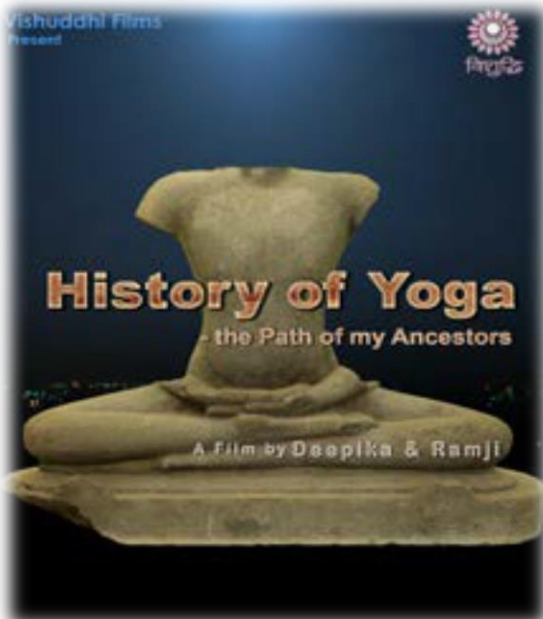


Close to 200 people attend the event



People Registering for DVD's

In the present times Yoga has established itself as an effective alternative therapy across the world. Modern Masters are improvising and selling it with different brand names and even patenting them. It has become increasingly difficult to find authentic knowledge about Yoga; therefore it was decided to document the History and Philosophy of Yoga on film media. This is the first ever film in the world on History of Yoga.



The film HOY starts with Yoga of Patanjali as a unique technique for experiencing the mastery over senses and modifications of the mind. Patanjali is not the inventor of Yoga. The documentary also talks about the origination of yoga.

History is traced from the times of Harappa civilization. The story moves to explore the elements of Yoga in the times of Vedic, Jain, Buddhist periods and other doctrines. It takes you through the delightful journey of 3000 years of developmental history of Yoga up to the medieval ages.

Here the HathYogic practitioners show an intense human desire to conquer disease, aging and death through the Hathyogic practices. The film ends in 19th century where modern science acknowledges the potential of yoga in a new light.

To know more about the documentary film please check the link
<http://vishuddhifilms.com/index.html>



The Director, Ramji Om and Producer cum co-director Dr Deepika Kothari also took an opportunity to answer questions related to "history of Yoga" film screening and on Yoga and Indian Civilization.

Special thanks to IAF, Chinmaya Niketan, Aim for Seva and VHPA for their additional contribution in facilitating and logistics.

Sewa (pronounced 'say wah') is a word in the Sanskrit language that translates to service above self, or memorably, Selfless Efforts for Welfare of All. The mission of Sewa International, a 501(c)(3) Hindu faith-based non-profit charity is to promote selfless service through its chapters in cities and towns across the United States.

To know more about Sewa International, please visit www.sewausa.org or find us on Facebook at Sewa International USA- Atlanta and join us in the good work.