

**Embassy of India  
Bangkok**

Press Release

**Workshop on "Yoga for the Holistic Well-Being"**

In the run up to the International Day of Yoga on 21 June 2015, a workshop on "Yoga for the Holistic Well-Being" was organized at the Mahidol University by the Centre for Bharat Studies and the International Centre for Cultural Studies (Thailand), on 17th June 2015 at 0900 hrs. Ambassador Harsh Vardhan Shringla, Vice President of Mahidol University Associate Professor Preecha Soontranon and Professor Sophana Srichampa, Director of the Centre for Bharat Studies, Mahidol University spoke on the universal virtues of Yoga and its benefits for the body, spirit and lifestyle of individuals.



After the workshop, about 200 students of the University, faculty members and yoga enthusiasts participated in a demonstration cum practice session on Yoga, wherein they practiced the yoga protocol to be followed on the International Day of Yoga. Ambassador Shringla also visited the Centre for Bharat Studies at the Mahidol University and discussed its functioning with Director Professor Sophana Srichampa.



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