Annexure VI

Documentary film-

**“HISTORY OF YOGA-the Path of my Ancestors”**

The documentary Film 'History of Yoga” is the first ever film documentation of this kind in the world on 6000 years of History & Philosophy of Yoga.

**Aim:**

The film's main objective is to authentically present, protect, preserve, disseminate, educate and popularize India’s wisdom of Yoga in the most enthralling and entertaining way.

**The Story:**

The story begins from tracing the origin of Yoga from Harappa civilization. It then explores the elements of Yoga in Veda, Jainism, Buddhism, Sufism, Hath-Yogic practices of medieval times and other peripheral doctrines. The film ends in the 19th century where modern science acknowledges the potential of yoga in a new light.

India's magnificent Iconography, Temple Art, Diverse Culture & Ancient Relics, Wall paintings, Manuscripts unfold with wisdom of yoga in this path-defining Documentary. The film had 43 + successful shows across India, Europe, USA, Canada and several countries.

**Unique Features**

* 6 years of extensive research & study.
* Covering 6000 years of India’s known history up to 19th century.
* 137 locations across Indian subcontinent & Museums of Europe & US to film.
* 35,000 km of Travel
* 84 Archeological Sites
* 37 Museums, Libraries, Temples & Shrines
* 30 Scholars were consulted, 18 appear in the film
* Voice by Sri Brij Bhushan in Hindi & Sri Kabir Bedi In English

Specialists were from the fields of – History, Philosophy, Archaeology, Art History, Language Scholars, Medical Professionals, Yogis & Yoga Practitioners. It is beautifully woven with meditative Music and breathtaking photography.

**Ministry of External Affairs, Govt of India had taken DVDs & screened it at All its Indian Missions Abroad on International Yoga Day, 21st June 2015, about 200 countries.**

The DVD in Hindi & English was released by Shri Rajiv Malhotra, Indian American Scholar at a function organized by Shri Vallabh Bhanshali in the presence of luminary personalities of Corporate world and others in Mumbai on 26th Jan 2014.

**Achievements:**

* Many premier Institutes of India like IIT Mumbai, IIT Chennai, IIT Patna, IIT Kanpur, IIM Bangalore, IIM Ahmedabad, National Museum, New Delhi, Ind. Instt. of Science, Bangalore, BHU, and many others have shown the film followed by vibrant discussion.
* In US & Canada it was shown in Theatres and many other places on IYD week.
* PM’s message on Intl. Yoga day stressing on the larger picture of Yoga, is beautifully elucidated in the film & authenticated by Scholars.
* Ministry of External Affairs had taken 450 copies of DVD to screen it at all its Indian Missions Abroad, 193 countries.
* At the PM’s address at Rajghat and Vigyan Bhawan on IDY, three persons shared dais Dr Nagendra, Shri Heggade & Dr I. Bassavaraddi. The film was screened at their Institutions on invitation, S-Vyasa (3/01/2014), SDMES (12/12/2014) , MDNIY (18/02/2013)..
* Iyengar Instt , Pune, RK Mission Delhi, Sri Sri Ravishankar Ashram, Bangalore all have screened the film and applauded it.

**How Educational and other Institutions Benefit**

* Yoga, in ancient India was an important tool to gain knowledge of the self and also of the Physical Nature, how- is shown in the film. It has the potential to do so even today.
* Philosophy of Yoga i.e. Samkhya had profound impact on various ancient Indian sciences like Ayurveda, Metallurgy, Alchemy, Astronomy, cosmic & body sciences etc. Clips are shown in the film. It can inspire modern science yet again.
* Film story depicts the never seen cultural heritage of India with spiritual meaning,
* Yoga has the power to enhance concentration, innovation, creativity and self control, film shows it with examples from history & ancient Art.
* The film instills sense of pride in who we are and the power of Yoga !