

# Dr Tanmay Goswami at Chicago on International Yoga Day - June 21st 2015

On June 21st 2015, Dr Tanmay Goswami, attended and given speech as guest speaker on 'Healthy living by Yoga' at International Day of Yoga at Chicago., programe organized by Consulate General of India, Chicago and Indian Community of Chicago.

He said Yoga is ancient wisdom but essential for modern time. It is important to calm the mind, as life is too busy in places like Chicago. 'Yogastu Chitta Vritti Nirodhah' is important to bring balance in social life, working life and personal life. With the help of Yoga & meditation one can achieve inner peace which cannot be purchased anywhere in market by money, but is definitely possible by Yoga.

He also explained, that on 21st June at India, Scheme for Voluntary Certification of Yoga Professionals, has been launched, which is Mentored by Ministry of AYUSH and owned by Quality Control of India. With help of this National scheme, Yoga professionals can get certificate of Competence Standard at India as well as out of India too. The benefit of this scheme is that Yoga professionals have certification of Standard and thus Yoga can be practiced nationally as well as internationally with good uniform standard.

Dr Tanmay Goswami is one of the members, of this National Committee. This National Committer is chair by Sri Sri Ravi Shanker, Art of Living, Sri Shripad Naik, Minister of Yoga & Traditional Medicine. Dr R.P Singh, Director General of QCI, Mr Anil Jauhri C.E.O, NABCB.

On 22nd June, at Vigyana Bhawan, Delhi, in presence of Home Minister Sri Rajnath Singh, Minister for AYUSH, Sri Sripad Nayak, Narendra H R, Vasava Reddy, Sunil Singh, 21 people have been given Yoga Certification.

Dr Tanmay Goswami also has also launched 'GOSVAL Club of Yoga & Ayurveda, Chicago' (Global Org of Social Vedic Art in Lives) on International Yoga Day, which is managed by Mrs Irina Golub. Today morning he has given Yoga Classes to his sixty disciples at Riverwoods, Northwest Suburbs, Chicago. This club is aimed to give Indian vedic wisdom, knowledge of Yoga and health by Ayurveda.

**Yoga, Ayurveda Club Inaugurated in Chicago**  
Express News Service

Udupi: Dr Tanmay Goswami, Ayurveda doctor of Punarnava Ayurvedic Centre in Kunjibettu, was the guest speaker on 'Healthy Living by Yoga' at a programme to mark International Day of Yoga at Chicago.

It was organised by the Consulate General of India, Chicago, and the Indian community. He said yoga is an ancient wisdom which is essential in modern time and it is important to calm the mind as life is too busy in places like Chicago.

He also explained that the Scheme for Voluntary Certification of Yoga Professionals was launched on June 21 in India. The scheme was mentored by the Ministry of AYUSH and owned by Quality Control of India. With this national scheme, Yoga professionals can get certificate of Competence Standard in and outside India, he added.

Dr Goswami is a member of the National Committee, which is chaired by Sri Sri

Ravi Shanker of Art of Living, Shripad Naik, Minister of Yoga and Traditional Medicine, Dr R.P Singh, Director General of QCI and Anil Jauhri CEO, NABCB.

Dr Goswami also launched 'GOSVAL Club of Yoga and Ayurveda, Chicago' (Global Organisation of Social Vedic Art in Lives) which is managed by Irina Golub on the occasion. He conducted yoga classes for 60 people at Riverwoods, Northwest Suburbs, Chicago. This club aims at passing on the Indian vedic wisdom, knowledge of Yoga and health benefits of Ayurveda.

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## Yoga Guru launches Yoga

**RAMESH SOPARAWALA**  
India Post News Service

CHICAGO: Dr Tanmay Goswami, an active member of the recently launched Scheme for Voluntary Certification of Yoga Professionals, was in Chicago this

week to attend the International Yoga Day organized under the initiative of Indian Consulate in Chicago. At the behest of his number of followers he announced setting up 'Gosval Club of Yoga & Ayurveda, Chicago' (Global Org of Social Vedic Art in Lives) on the day IYD was celebrated here. The launch on the Yoga day

was an instant success and he conducted Yoga Classes for his sixty disciples at River Woods, a Northwest Suburb of Chicago. This club is aimed to give Indian Vedic wisdom, knowledge of Yoga and health to the mainstream American society as well as true followers of Yoga in Chicago land.

In his address in the Yoga address at the IYD, Dr Goswami pointed out that Yoga is ancient wisdom but essential for modern time. It is important to calm the mind, as life is too busy in places like Chicago.

'Yogastu Chitta Vritti Nirodhah' (in a state of yoga, all misconceptions of mind disappear). It is important to bring balance in social life, working life and personal life. With the help of Yoga & meditation one can achieve inner peace

which cannot be purchased anywhere in market by money, but is definitely possible by Yoga.

The Voluntary Certification of Yoga Professionals is Mentored by Ministry of Ayush and is owned by Quality Control of India. With help of this national scheme, Yoga professionals can get certificate of Competence Standard at India as well as out of India. The benefit of this scheme is that Yoga professionals have certification of Standard and thus Yoga can be practiced nationally as well as internationally with good uniform standard.

Dr Tanmay Goswami is one of the members, of this National Committee. It is chaired by Sri Sri Ravi Shanker of Art of Living, Sri Shripad Naik, Minister of Yoga & Traditional Medicine, Dr R.P

Dr Tanmay Goswami addressing IYD attendees.

Conducting Yoga classes.



**1. Dr Ausaf Sayeed - Consul General of India, Chicago**

Dr. Sayeed has nearly 25 years of diplomatic experience & Is Indian Foreign Service (IFS) in 1989, he has represented India's interests in political, economic, cultural and consular realms and fostered friendly relationships with nations around the world.

**2. Mr. O.P Meena**

Consul( Community Welfare, Information, Protocol,Culture) & HOC

**3. Bhailal Patel - President of the National Indian American Public Policy Institute and Executive vice president Parikh World Media LLC**

**4. Vandana Walia - Managing Partner and President at Vchill**