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 Nirodah 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 Committee 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 Vigyan 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.
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