

**Service News from Mauritius on the occasion of International Yoga day in the presence of BK Sujata Rathi, Coordinator of Wellness Centre, Dietician and Fitness Advisor, Global Hospital and Research Centre, Mount Abu, India**

**'Wellness from Within' on Saturday 23 June 2018 at the Academy for Integrated & Sustainable Development (AISD)**

She talked about the importance of proper diet and exercise in the health and wellness of every human being. In order for exercise to be a lifetime change, it has to be something one enjoys. She added that physical activity or exercise can improve one's health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits for the body, lungs, mood, etc. Most importantly, regular activity can improve one's quality of life.

The lecture was followed by Health and wellness stretching exercise. This created an atmosphere filled with positive energy and vibrations. Enthusiasm and joy were seen on everyone's face and activity.





International Yoga Day celebrated with members of the National Women Council from the Eastern zone, near Diamond Retreat House, Palmar





## Half day seminar on Ageing Gracefully for senior citizens in the context of International Yoga Day at Light House, Rose Belle.

150 participants attended the program from different Senior Citizens Associations & Social welfare centres. The Former Social Welfare Commissioner, Mr J.Sukraj and all Social Welfare Officers of the South were present.





Programme on International Day of Yoga held at Global Peace House, Khoyratty on 25th June 2018.



Programme held at Raja Yoga Meditation Centre, Bambous



Programme held at Quatre Bornes Centre

