

THE INDIAN ORTHODOX CHURCH (The Malankara Orthodox Syrian Church) Catholicate of the East



Diocese of Ahmedabad



'Gandhi Smriti'
St. Thomas Bishop's House
Naroda- Ahmedabad
Gujarat, India - 382 330

By His Grace,
Dr. Geevarghese Yulios Metropolitan

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Sub: Press release on International Yoga-day

The Diocese of Ahmedabad of the Indian Orthodox Church joins the Government of India in celebrating International Yoga Day on June 21. Yoga is a powerful science for inner-transformation, scientifically designed, practiced and propagated by great people like Sage Patanjali in ancient book, namely Yoga-Suhtra. It is neither owned by nor stamped to any particular religion at all. It is the common wealth of our culture. Followers of any or every religion benefit from its practices. It works as a necessary tool for all seekers.

Yoga is one of the best contribution of India to the world. The Indian Orthodox Church is proud to share its lineage with yoga and we use this opportunity to raise awareness of the highly integrated indigenous character of the Orthodox Church of India. The Church understands Yoga as a spiritual exercise to instill in its practitioners awareness, tolerance, empathy, compassion and most importantly the inter-connectedness of God's creation.

We have been conducting Yoga classes and giving special training to students and teachers in our Schools under the Diocese of Ahmedabad for a long time. In our hospitals and health centers Yoga is an inevitable part of our wholistic health therapy. Yoga is a reputed scientific method for the wellbeing of humanity and has nothing to do with religious fundamentalism. However, no one should be compelled to practice yoga, rather it is a free choice like taking any other medical treatment.

By His Grace, Dr. Geevarghese Yulios
Metropolitan, Diocese of Ahmedabad

Ph: 0792 298 0253(Off.) Mobile: +91-962-446-1457(ADI), +91-944-738-3931(KER)
URL: moscad.in E-mail: hgyulios@gmail.com FB: hgyulios