



TV UNITED NATIONS NATIONS UNIES

UN IN ACTION

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YOGA FOR SUSTAINABLE DEVELOPMENT

VIDEO

A MORNING IN TIMES SQ. NYC

PEOPLE DOING YOGA IN TIMES
SQ.

SHOT OF THE UN BUILDING

FOOTAGE OF UNGA PASSING
A RESOLUTION

AUDIO

NARRATION:

7 o'clock in the morning in Times Square, New York City. It is normally a quiet time of day before the crush of tourists and office workers begins. (9)

(MUSIC: Signs by Barry Danielian, Omni music)
But today it's bustling with hundreds of people practicing yoga. // For many cultures around the world, yoga has a deep spiritual meaning. (11)

Every year, the world celebrates International Day of Yoga on the 21st of June. (7)

It was first proclaimed as an international day by the United Nations General Assembly in 2014 and unanimously adopted by all 193 member states. (12)

The idea to mark the Day was first introduced by Indian Prime Minister Narendra Modi in his address to the General Assembly. (7)

FOOTAGE OF MODI SPEAKING AT
UNGA

NARENDRA MODI: (In English) M

“Yoga is not about exercise but to discover the sense of oneness with yourself, the world and nature. Let us work towards adopting an International Yoga Day.” (21)

SHOT OF SG AT YOGA EVENT IN
2015

NARRATION:

The UN Secretary-General Ban Ki-Moon has also recognized the benefits of yoga, especially its ability to promote physical and spiritual well-being. (10)

SHOT OF SADHGURU AND MS.
PORCHON-LYNCH ENTERING
ECOSOC CHAMBER
YOGA MASTERS

SECRETARY-GENERAL: (In English) M

“It’s good for your health. It’s good for the spirit. And yoga does not discriminate; to varying degrees, all people can practice, regardless of their relative strength, age or ability.” (16)

NARRATION:

This year, two world-famous Yoga Masters - Jaggi Vasudev or ‘Sadhguru’ and Ms. Tao Porchon-Lynch - were invited to speak about yoga and the Sustainable Development Goals. (13)

SHOT OF CROWD GATHERING
AROUND SADHGURU

SADHGURU: (In English) M

“The first thing is to get the human spirit up. Once this is done, fulfilling Sustainable Development Goals that the United Nations and many other nations are working towards will be attainable.” (12)

SADHGURU ON CAMERA

PORCHON-LYNCH ON CAMERA	<p><u>PORCHON-LYNCH</u>: (In English) F <i>“When you teach yoga, you are teaching the breath of life inside you. You are turning on that which is within yourself.” (7)</i></p>
FOOTAGE OF UN YOGA CLUB	<p><u>NARRATION</u>: The UN Yoga Club, one of the oldest and most popular groups sponsored by the UN Staff Recreation Council, knows the benefits of yoga. (9)</p>
GERMÁN ON CAMERA	<p><u>GERMÁN</u>: (In English) M <i>“Imagine how beneficial yoga would be for people working in this organization that sometimes looks like a mad house. Yoga can help you to keep full control of yourself because when you are in full control of yourself, nobody can control you.” (20)</i></p>
FOOTAGE OF STUDENTS PRACTICING YOGA	<p><u>NARRATION</u>: At UN Headquarters, hundreds of UN staff members practice yoga under the sun. (6) (MUSIC: Yoga hymns by Seven Eyes, live performance)</p>
FOOTAGE OF OFFICIAL COMMEMORATION OF THE DAY	<p><u>NARRATION</u>: In Sanskrit, yoga means ‘to join’ or ‘to unite.’ // It continues to captivate people’s imaginations and lift the human spirit, making the achievement of great goals possible. (13)</p>
UN LOGO	<p>This report was produced by Hisae Kawamori for the United Nations. (4.5)</p>