Puducherry to be part of film on Yoga

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Famed art historian Benoy K. Behl helms the projects

Puducherry and Chennai will be part of an international film on Yoga, being shot by famed art historian Benoy K. Behl.

This film crew has been travelling to every corner in the country and so far has about 25 hours of tape on Yoga. They plan to shoot for 60 more hours and then condense it all to a 50-minute-long video.

“The spiritual part of Yoga cannot be disassociated from it ... but spiritualism has nothing to with religion, which is a Western concept. Yoga is also not a mere physical exercise,” Mr. Behl says.

He has to his credit at least 100 documentaries and also has taken photos of the paintings inside the Ajantha caves. The team has been recording whatever it could as, according to Mr. Behl, “the search must be complete and true.”

On Wednesday, the crew will move to Puducherry to shoot at the International Centre for Yoga Education and Research at Kottakuppam. They will be there for two days.

“We are happy to be part of the video, which is showcasing the traditional aspects of Yoga. We have planned a small dance and Yoga demonstration by Yoganjali Natyalayam’s students and also to take them to our early morning Yoga class,” said Ananda Balayogi Bhavanani, Chairman of Yoganjali Natyalayam and ICYER.

The team, which has been in Chennai for four days now, has filmed several asanas at the Krishnamacharya Yoga Mandiram at Mandaveli.

“We have been travelling to renowned Yoga schools and talking to teachers including B.K.S. Iyengar in Pune. We also spoke to a Tibetian Monk about Yoga in Buddhism. In Chennai we met S. Sridharan, trustee and senior faculty of the Krishnamachari Yoga Mandiram,” he said.

Mr. Behl and his long-time friend and yoga practitioner Rahul Bansal, who is also funding the video, are also recording dancers, musicians, doctors who will talk about the benefits of Yoga.

“It is after all the Indian vision that permeates everything in life. It began a few thousand years ago and intellectuals in our country decided that the external world did not lead to happiness and they turned to look inside,” explained Mr. Behl.