



सत्यमेव जयते

Consulate General of India
Hong Kong

invites all to participate in

Yoga Workshops

in the run-up to the
International Day of Yoga

Topic

Date

Yoga for Children

05-May-2023

Stress Management through Yoga

12-May-2023

(to be followed by a presentation on mental health by Dr. Vinod Sharma)

Yoga for Improving Eyesight

19-May-2023

(to be followed by a short video on Ayurvedic tips for improving eyesight by Dr. Shveta Chhoker)

Yoga for Healthy and Glowing skin

02-June-2023

(to be followed by a talk on Ayurvedic tips for a healthy & glowing skin by Mrs. Kavita Khosa)

Yoga for Boosting Immunity

09-June-2023

(to be followed by a talk on Ayurvedic tips for boosting immunity by Dr. Shveta Chhoker)

from 6:00-7:15 pm, at the Auditorium, Consulate General of India
16-A, United Centre, 95 Queensway, Admiralty

for registration to attend any or all the above workshops please send an email to

inf.hongkong@mea.gov.in

For all event updates please follow us on



भारत 2023 INDIA



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INTERNATIONAL YEAR OF
MILLETS
2023