



On the Occasion of 3rd International Day of Yoga, Embassy of India, Khartoum is organizing the 'Yoga Abhyas' on Saturday, 17th June, 2017 at Lebdah Hall B, Corinthia Hotel, Khartoum.

As part of the IDY celebrations, following competitions will be held:

1) **Essay Competition on Yoga** (Topic: Benefits of Yoga for Health)

Venue: Embassy of India, Khartoum
Alamarat Street 1, Plot 2,
Block 12 DH, Khartoum
Sudan.

Timing: Thursday, 15 June 2017 (Between 10-12 a.m.)

****For all age groups****

2) **Quiz Contest on Yoga**

Venue: Lebdah Hall B, Corinthia Hotel, Khartoum

Timings: Saturday, 17 June 2017 (Before beginning of the Yoga exercise)