



**High Commission of India
Dhaka**

Press Release

'Yoga@ihcdhaka'

The High Commission of India, Dhaka announces the reintroduction of its popular Yoga course 'Yoga@ihcdhaka' at its premises in Baridhara (Plot No. 1-3, Park Road, Baridhara, Dhaka – 1212). Classes will begin from Friday January 4, 2019, and every Friday thereafter, culminating in the celebration of the International Day of Yoga on 21 June, 2019 at Dhaka. Indian yoga exponent, Ms. Mampy Dey, will conduct the classes at the beginners' level (based on the Common Yoga Protocol).

Batch timings

Batch 1 - 8:00 – 8:45 am (Age Group:- 6 - 15 years)

Batch 2 – 9:00 – 9:45 am (Age Group :- 15 years and above)

In order to register, please fill the application form by clicking the link: <https://www.hcidhaka.gov.in/YogaRegistration> registration is mandatory for all applicants). After registering on the link, applicants will receive an auto-generated email confirming registration. **As there are limited seats, applicants will be chosen on a first-come-first-served basis. Participants will be intimated regarding the status of their application by 3rd January 2019.** All participants must bring a copy of the visitor pass (which will be generated after registration), a valid ID proof and yoga mats. **A one-time registration fee of Taka 2000 for 6 months will be charged for the course. Payment will be accepted by cash only, on the first day of classes (4th January), one hour before each class, i.e. from 7:00-8:00 am; and 8:00 - 9:00 am. All participants who complete the course of 6 months successfully will be awarded a certificate at the end of the course.**

High Commission of India reserves the right to reject any application without assigning a reason.

Dhaka
December 14, 2018
