

High Commission of India

Maputo

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**Invitation for participation in Yoga training by Mr. Umesh Babu,  
an ICCR empanelled Yoga Trainer, at the High Commission of India, Maputo**



The advertisement features a central image of a man in a yellow shirt and white pants sitting in a meditative lotus position. The background is a gradient of purple and blue. At the top left is the G20 India 2023 logo, at the top center is the Indian national emblem, and at the top right is the 75th Azadi Ka Amrit Mahotsav logo. The text is centered and reads: 'High Commission of India, Maputo', 'YOGA CLASSES', 'by Mr. Umesh Babu', 'ICCR Certified Yoga Trainer', 'Regular Classes starting from February 21, 2023'. Below this, it lists the days 'Tuesday, Thursday, Saturday', morning and evening session times, the venue 'High Commission of India, Avenida Kenneth Kaunda, No. 167 Maputo', and a QR code for registration. It also states 'Free of Cost' and 'Scan QR Code for completing Mandatory Online Registration'. At the bottom, there are social media icons for Facebook, Twitter, YouTube, and Instagram, all with the handle 'India in Mozambique' or 'indiaimoz'.

**High Commission of India, Maputo**  
**YOGA CLASSES**  
by Mr. Umesh Babu  
ICCR Certified Yoga Trainer  
**Regular Classes starting**  
**from February 21, 2023**

**Tuesday, Thursday, Saturday**  
Morning Session: 6.30 AM to 7.30 AM  
Evening Session: 5.30 PM to 6.30 PM

Venue:  
High Commission of India  
Avenida Kenneth Kaunda, No. 167  
Maputo

Scan QR Code for  
completing Mandatory  
Online Registration

**Free of Cost**

India in Mozambique India in Mozambique India in Mozambique indiaimoz

High Commission of India in Maputo extends a cordial welcome to all Yoga enthusiasts in Maputo to participate in the Yoga Classes that are scheduled to commence **at its premises at No. 167, Avenida Kenneth Kaunda, Maputo with effect from February 21, 2023 (Tuesday).**

As you are aware that Yoga is an ancient art that connects the mind and the body; it is an exercise that we perform by balancing the elements of our bodies. It is a journey of discovering the self. It relaxes our bodies and souls and helps us to stay fit and disease-free. It increases our focus and concentration power and helps us build our energies to stay fit and active for the whole day. It helps in achieving clarity of mind and increases our self-awareness. It is a very rich and highly complex tradition that originated in India in the ancient times. India has successfully harnessed its extremely rich cultural heritage and ancient tradition in not only developing Yoga as an exalted art form, but has also subsequently gifted it to the world. This ancient and beautiful practice of India is a holistic approach towards our physical, mental and spiritual well-being.

It is in this context that **Government of India has deployed a highly trained, well acclaimed and extremely skilful Yoga expert from India, Mr. Umesh Babu, to Mozambique to impart Yoga training in this country.** Mr. Babu is an empanelled teacher of Indian Culture of the prestigious Indian Council for Cultural Relations (ICCR), besides being a Professor of Yoga at the renowned Jawaharlal Nehru University (JNU) at New Delhi, India. He would stay in Mozambique for close to a year to impart true and authentic Yoga training to all those people who desire to avail of it.

The High Commission of India has, therefore, decided to commence **Yoga training at the Beginners Level at its premises 3-days a week on Tuesday, Thursday and Saturday from 06.30 AM to 07.30 AM in the Morning Session and 05.30 PM to 6.30 PM in the Evening Session.** It would introduce the Intermediate and Advanced levels of Yoga training based on requests received subsequently. Please find *attached* the **Poster** for the same as also the **QR Code for enlisting oneself for the course.** Yoga trainees will be required to bring their own Yoga mats and other accessories, including water bottles, with them for the classes.

High Commission of India in Maputo will be delighted and profoundly grateful if all Yoga enthusiasts of Mozambique could **enlist themselves for the Yoga training being imparted by the High Commission of India at its premises from February 21, 2023. The Yoga classes are completely free of cost.**

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