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Dear Friends,

Namaste!

Greetings from the Embassy of India in Oslo, Norway!

You may recall that for the last two consecutive years we have been celebrating June 21 as the International Day of Yoga (IDY) in Norway with great enthusiasm. Following up on India's highly successful programme worldwide, I am happy to inform that we will be hosting the 3<sup>rd</sup> International Day of Yoga in Oslo on Saturday, the 24<sup>th</sup> June, 2017 at the Norwegian School of Sport Science.

2. Yoga is a holistic science designed to maintain the balance between body and mind to ensure good health and well-being of people. This science has proved its efficacy over several millennia. The International Yoga Day is designed to create greater awareness of this ancient science for better health and well-being of humanity as a whole.

3. It is my belief that Yoga is India's 'gift to the world' and this overwhelming global support is testimony to Yoga's growing international popularity and a mark of Norway's friendship with India. It also underscores the fact that as responsible nations, we consider global health as a long-term development objective that requires international cooperation.

4. We are aware that in Norway, Yoga is practiced in different art forms and there are a number of Yoga schools/studios and practitioners of this ancient tradition. I consider it a privilege and an honour to welcome you all to join hands in this programme. You may rest assured that with your support, this Yoga festival would be the largest ever in Norway and we plan to do this every year.

5. We meet at the **Norwegian School of Sport Science – Norges Idrettshøgskole (NIH), Sognsveien 220, 0806 Oslo on Saturday, the 24<sup>th</sup> June, 2017 for a unique programme at 1000-1300 hours.** I am pleased to inform you that the entire programme is free of charge so whether you are a beginner or an expert or young or old – we extend a hearty welcome to each one of you to participate in this programme under the expert guidance of **Ms. Jenny Vågne and Ms. Anneli Mjøyen.**

6. I am looking forward to seeing you.

  
(Debraj Pradhan)  
Ambassador