



HIGH COMMISSION OF INDIA
MBABANE (Eswatini)

Press Release

The High Commission of India invite members of Indian diaspora and Eswatini students for fun-filled literary activities on all Saturdays between 1030 hrs and 1230 hrs and Yoga Sessions on every alternative Fridays between 3 and 4 pm at the High Commission premises (Quadrant B&C, UN House, Somhololo Road, Mbabane). Following are the activities available, as of now:

| Sl. No. | Day | Time | Age group | Activities |
|---------|----------------|-----------------|--------------------|--|
| 1 | Saturdays | 1030 – 1230 hrs | 05-15 years* | We have two magnetic dart boards, two chess boards and one carom board, at the moment. |
| | | 1030 – 1130 hrs | 12 years and above | Siswati class for non-Siswati speakers |
| | | 1130 – 1230 hrs | 12 years and above | Hindi class for non-Hindi speakers |
| 2 | Yoga Fridays** | 1500 – 1600 hrs | 12 years and above | Yoga Session based on Common Yoga Protocol Light traditional/millet-based refreshments will be served |

*Must be accompanied by a chaperone

**Alternative Fridays – next session will be on 31 Mar 2023

All these activities are free of cost. We encourage Eswatini student community to participate in big numbers. This would enable them to stay in touch with the High Commission for regular and updated information on various opportunities available either by way of scholarships or capacity building opportunities, which are fully funded by the High Commission/Government of India.

High Commission reserves the right of admission.

High Commission reserves the right of postponement/cancellation of any or all the sessions without any prior notice. However, we take every care to reach out to the community of any changes in the schedule through @IndiaEswatini (Twitter) and <https://www.facebook.com/hcieswatini/> (Facebook)
