

भारत का प्रधान कौंसल
न्यू यार्क



CONSUL GENERAL OF INDIA
NEW YORK



June 19, 2019

MESSAGE

I am pleased to know that in honor of the International Yoga Day 2019, Indian American Forum (IAF) and The Indian Panorama is hosting the Launch Event for "Happy Life Yoga", an initiative of Mr. Tirlok Malik and the Ayurveda Cafe team on June 29, 2019 in New York.

Yoga is a system of practice for development of physical, mental, social and spiritual health. Yoga also helps us to realize the Divine within us. When the body is healthy, the mind is clear, focused and stress is under control. I appreciate this initiative that through "Happy Life Yoga" this initiative of teaching how to live in balance and tackle the challenges of modern life using Yoga, Ayurveda and Indian philosophy.

I convey my best wishes to Indian American Forum (IAF), The Indian Panorama, Mr. Tirlok Malik and the Ayurveda Cafe for successful organization of the Launch Event of "Happy Life Yoga" and hope this initiative will help people to lead a happy life with less stress.

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