

**INTERNATIONAL YOGA DAY, 2017**  
**ICFAI University Mizoram (June 21, 2017)**

The 3<sup>rd</sup> International Yoga Day was observed by the ICFAI University Mizoram at AR Grounds, Aizawl, on the 21<sup>st</sup> of June, 2017 in adjoining with the main celebration of the day with the State Government. The event was celebrated by people across various educational institutions, NGOs, governmental and private organizations.

The Chancellor, Vice-Chancellor, staff and faculty members and a good number of students of ICFAI University Mizoram participated in the event. *Yoga health*, the theme of this year's Yoga Day, was found to be very enlightening by the participants. The main highlight was the role of yoga on both physical and mental well-being and how yoga can contribute to our overall well-being by changing our lifestyle and creating general awareness.

Prior to this, two meetings were held as preparatory modules for the Yoga Day under the coordination of the Assam Rifles, Mizoram range, where various NGOs and institutions participated. Mr H. Lalremruatpuia, Development Officer, attended both the meetings on behalf of the University.

Attached herewith are pictures of ICFAI University Mizoram with Chancellor, Vice-Chancellor, staff and faculty at the Yoga Day celebration at AR Ground on 21<sup>st</sup> June, 2017.







