



## REPORT

Mizoram University Celebration of International Day of Yoga

### **International Day of Yoga-2016**

Venue : MZU Auditorium,

Mizoram University, Tanhril, Aizawl, Mizoram.

Date : June 21, 2016 ( Tuesday ) Time : 11.00 A.M. onwards

Mizoram University joined the nation and the world in celebrating the Second International day of Yoga on June 21, 2016 (Tuesday) in the MZU Auditorium. Prof. R. Lalthantluanga, Hon'ble Vice Chancellor was the Chief Guest who highlighted the significance of Yoga. Prof. Srinibas Pathi, Dean,SSS and Coordinator of the Celebration chaired the meeting and made a power point presentation on Yoga –A Way of Life. He also briefed the meeting on the outcome of the National Seminar on Yoga organized by the MHRD, New Delhi at SCOPE Complex near JN Stadium, New Delhi in which VC, MZU and Coordinator participated on behalf of MZU. Dr. Balaram Singh Pankaj was the Yoga Expert and Resource Person who talked and demonstrated Yoga postures as per the protocol decided by the Ministry of AYUSH, Govt. of India. The V.C. gave away the prizes and certificates to the winners of elocution competition ( topic- Yoga for healthy and happy life). Prof. Zokaitluangi, HoD, Psychology proposed the Vote of Thanks.

