

THE ICFAI UNIVERSITY, HIMACHAL PRADESH (IUHP)

International Yoga Day- 2026 at The ICFAI University

The ICFAI University celebrated International Yoga Day with great enthusiasm, unity, and a spirit of wellness. Students, faculty, and staff enthusiastically participated in the yoga session, embracing the values of physical fitness, mental peace, and holistic well-being.

The University expresses its sincere gratitude to our Honourable Vice-Chancellor and Registrar Sir for their inspiring leadership and support in organizing this successful event.

We also extend our heartfelt appreciation to Shri Shyam Lal, Yoga Instructor, and Dr. Ritu Diwan, BAMS, AYUSHMAN Arogya Mandir, Mandhala, for conducting the yoga session and sharing their valuable knowledge and guidance, making the celebration both enriching and inspiring.

"Yoga is the journey of the self, through the self, to the self."

Together, let us continue to embrace yoga as a way of life for a healthier, happier, and more balanced future.

Sd/-





