

## Celebration of International Day of Yoga 2021 at NIC Mizoram

The 7th International Yoga Day has been celebrated on 21st June 2021, Monday at NIC, Mizoram. Due to pandemic and lockdown in the state, few officers of the state centre could participate in the event. Others participated on line. All the officer also attended virtually the “ Mass Yoga Demonstration event” organized by NIC HQ. Every officer also took the pledge “ to make Yoga an Integral Part of their Daily Life”

