

Mindfulness and Meditation Session Organized by NSS Cell on International Yoga Day

Date: 21st June 2025



On the occasion of International Yoga Day, the NSS Cell of The ICFAI University Sikkim organized a meditation session aimed at promoting mental and physical well-being among staff and faculty members.

The event saw enthusiastic participation from all faculty members and administrative staff, including Ms. Sandhya R Pant, Deputy Registrar, and Dr. Khina Maya Rimal, Dean – Academics, were also present during the session.

The meditation session was graciously conducted by **Ms. Tanvi Telang from the Heartfulness Meditation Centre, Tadong**. During the session, Ms. Tanvi Telang guided participants through a series of relaxation and breathing exercises, followed by a guided meditation practice. She also highlighted the importance of meditation and yoga in maintaining mental peace, emotional balance, and overall health in today's fast-paced lifestyle.

The session created a calm and rejuvenating atmosphere, leaving all the participants refreshed and inspired. It was a successful initiative by the NSS Cell to instill mindfulness and encourage a healthy lifestyle among the university community.