ICFAI®
UNIVERSITY

The ICFAI University, Dehradun

Accredited by NAAC

WORLD MEDITATION DAY

Pause... Reflect... Rejuvenate...

Expert



Dec. 21, 2026
10.00 - 11.30 am

IU Auditorium,
Dehradun

Acharya Yogi Vikram

Founder,
Ashtanga Yoga and Wellness Center

REDUCE STRESS | ENHANCE FOCUS | PROMOTE WELL-BEING | BUILD INNER PEACE

Jointly Organized By:

IEdS
ICFAI EDU SCHOOL

Meditation for a Balanced Mind, Healthy Life and a Harmonious Society

IQAC
Internal Quality Assurance Cell