

A. PERSONAL BIO – DATA

NAME : LALHLIMPUII TOCHHAWNG
NICK NAME : MAHLIMI
D/O : RALKHUMA
DESIGNATION : YOGA INSTEUCTRESS
ADDRESS : MISSION VENGTHLANG, AIZAWL

B. ACHIVEMENT AND ACTIVITIES

1. Completed Yoga teacher Training Course in 1990.
2. Joined my services in Sports & Youth Services as Yoga Instructress in the 7th August 1990.
3. Impart Yoga training inside Mizoram conducting training to various sports discipline, institutions, de addiction centre, SAI centre and appointed to act as recourse person on World Yoga day.