3rd International Yoga Day was celebrated by Indian Council of Medical Research Headquarters, New Delhi. Dr Soumya Swaminathan, Secretary Department of Health Research and Director General ICMR welcomed the participants and highlighted importance of yoga in daily life especially in prevention of life style diseases. Dr Swaminathan cited the importance of scientific evidence and thus mentioned briefly about the studies initiated by ICMR on studying the impact of yoga on pre-diabetes; biological markers; cognitive functions and adolescent health. Dr RM Acharya, Centre for Integrative Medicine, AIIMS and visiting faculty S-VYASA University, Bangalore gave a public lecture on health effects of yoga. The audience was apprised of different yoga modules to be practiced in day to day life and cited examples how simply following yoga one can feel healthy both physically and mentally. The yoga practice sessions to the staff were conducted by Dr Sriloy and Mr Niranjan.