

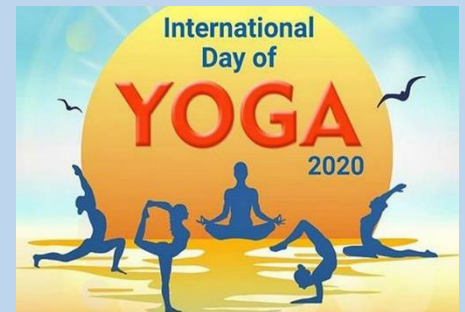
# ANAND INSTITUTE OF MANAGEMENT

## *Report on International yoga day*

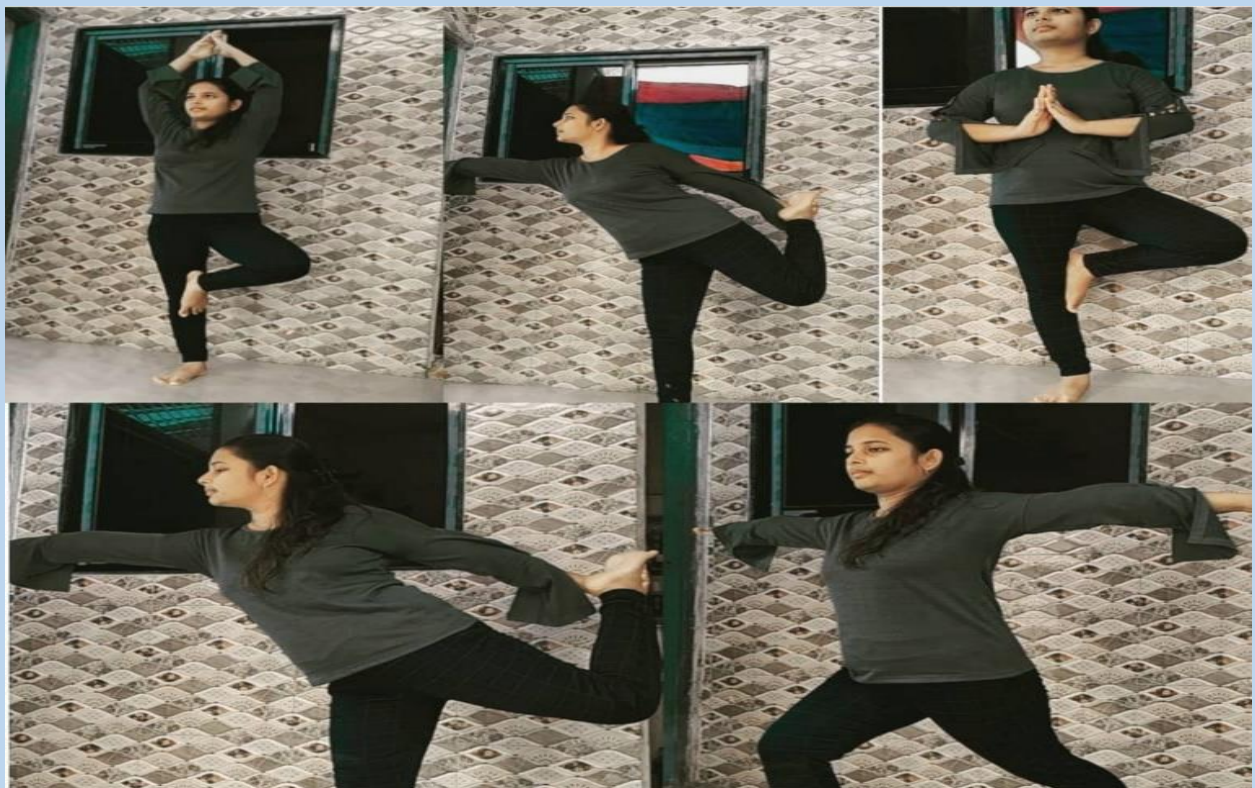
**Date:** 21<sup>st</sup> June, 2020

**Day:** Sunday

**Time:** 10:00 AM onwards



International Yoga Day is celebrated on 21<sup>st</sup> June every year. It was Prime Minister, Narendra Modi who gave the proposal to observe this day as International Yoga Day. To celebrate International Yoga Day 2020 amidst the COVID-19 pandemic, the Ministry of Ayush, Government of India, has started a campaign called 'Yoga at Home, Yoga with Family' to encourage people to practice it and stay healthy.



As per the government rules, Anand Institute of Management had celebrated yoga day on 21<sup>st</sup> June, 2020 by “Yoga at Home” Students of both II & IV semester

performed the yoga at home and uploaded the pictures on social media for the Awareness of mental, physical and spiritual practice that needs to be carried every day.



*Modi said yoga has emerged as a force for unity and it does not discriminate as it goes beyond race, colour, gender, faith and nations.*

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