



**Maratha Mandir's
Babasaheb Gawde Institute of Management Studies**

REPORT

International Yoga Day celebration

Date: 22nd June 2020

Online mode-Facebook Live

No of Students:60

2nd Floor

International Yoga day was celebrate by the students and Faculty .Due to Covid 19 Pandemic students and faculty were asked to join Facebook live at 9.00 am and Mr.Manoj Warade addressed all by explaining them importance of Yoga .He also explained yoga is very useful for mental peace and stress management. He asked appeal that yoga will help to manage depression as Covid 19 has created disruption of Mental peace.

He also told everyone to eat healthy diet and boost up immunity to fight with the situation.

Ms. Rajashri Sonavane
(Asst. Professor)