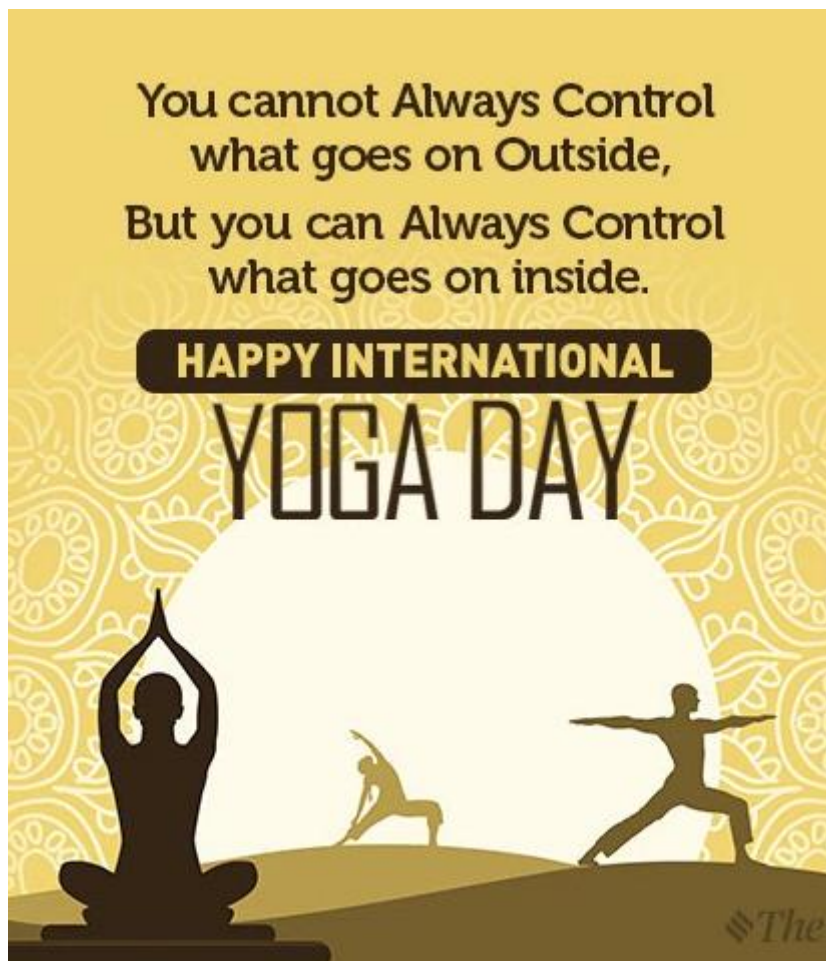


International Yoga Day , 22nd June , 2020

Jaipuria Institute of management , Noida



Most People today feel they are struggling to find balance in their lives. As the vibration of the Earth continues shifting, this will intensify. Yoga is a practice that can offset that shift, explore its place in the universe and find body- mind spirit balance. A similar practice was also experienced and adopted at Jaipuria institute of Management, Noida on 21st June, 2020, where International Yoga Day was celebrated to the fullest. All the faculty members and students were a part of

this.They all performed yoga in their residents to deliver a message of peace of mind and positive energy through the medium of yogasana.





