

## Celebration of Seventh International Day of Yoga 2021

The Seventh International Yoga day was celebrated on Monday, June 21, 2021 with ICAR -National Research Centre for Integrated Pest management, New Delhi staff and their families taking part in yoga events to mark this day following common yoga protocols developed by the Ministry of Ayush. At a time when the whole world is fighting the coronavirus pandemic, yoga provides a ray of hope in fighting unseen coronavirus. The Staff spread their mats at their homes and performed yoga asanas keeping in mind social distancing guidelines to celebrate the International day of yoga following Covid-19 pandemic, and shared the photographs of practicing YOGA at home.

