

## **7th International Day of Yoga-2021**

Yoga is the ancient form of making different postures of a physical posture and various breathing exercises (Pranayam), Yoga poses (Asanas) and Meditation .With that we can ensure our Body,Mind& Internal peace work better.

Yoga leads to a peaceful mind,it involves not only physical activities,it is also combined form of a accurate Gesture,Posture & Breathing activities. Yoga teaches us, how to make our body flexible,relaxable and meditation ensure that our mind feels peaceful, relax in this environment which we need.

Yoga carries solution to all the health issues.Continuous practice of yoga keeps all internal and Physical health issue at distance.

Yoga is a light,which once lit will never dim.The better your practice, the brighter your flame.

At the present time it's relevance increased during a worldwide pandemic COVID-19, when everyone was to stay inside the house & work from home,where everyone like children ,women ,senior citizens&other people are suffering from a lot of physical and mental health issues due to lack up activities. In this critical period, we have to ensure our physical and mental health, to be better from inside that's why we have to perform an excellent activity which called is Yoga. Yoga is a physical performance that anyone can perform easily at home without any difficulty. By doing this,we can cure any type of health issues. For better life style and health we have to make sure to add on yoga in our daily routine.By spending a small amount of time everyday on yoga, we can increase our capacity of fitness, mind& health.

Yoga deals with controlling the senses,will &mind.Yoga enhance concentrating one's mind.The benefit of its practice is that we learn to control instead of being control.Freedom of the soul is the goal of all yoga.

So everyone should include Yoga in their daily lifestyle for better future.

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