

YOGA: A way of healthy life.

people of today are busy on going for gym fitness to maintain their body. Some people focus on home based exercise like cardio exercise on the other side, there are people who practice yoga for a healthy lifestyle. yoga is based on the philosophy that is practical and useful for our daily lives. The word yoga originated from the Sanskrit and 'yuj', meaning to yoke, join or unity. yoga improves the flexibility, mobility and overall balance. yoga can strengthen the body posture way you sit, stand sleep or during activity. yoga is a powerful way to beat stress and lower level of stress hormone cortisol. yoga can calm a disturbed mind and promote relaxation. yoga boost up the muscles and vital organs. yoga is very helpful in our daily life, as it helps us refresh our mood and calm and relaxes our mind from our busy schedule.

Cadet:- Aman pradhan.