

Ministry of Ayush Covernment of India

Ministry of Ayush, Government of India

68, Ashok Road, New Delhi - 110001 www.yogamdniy.nic.in







Benefits

oga helps decrease stress and cortisol levels, enhance mood, reduce anxiety and depression, and improve sleep. It encourages positive health behaviors and confidence. Yoga also helps decrease the risk of high blood pressure and heart disease. Yoga helps maintain BMI in normal range.

