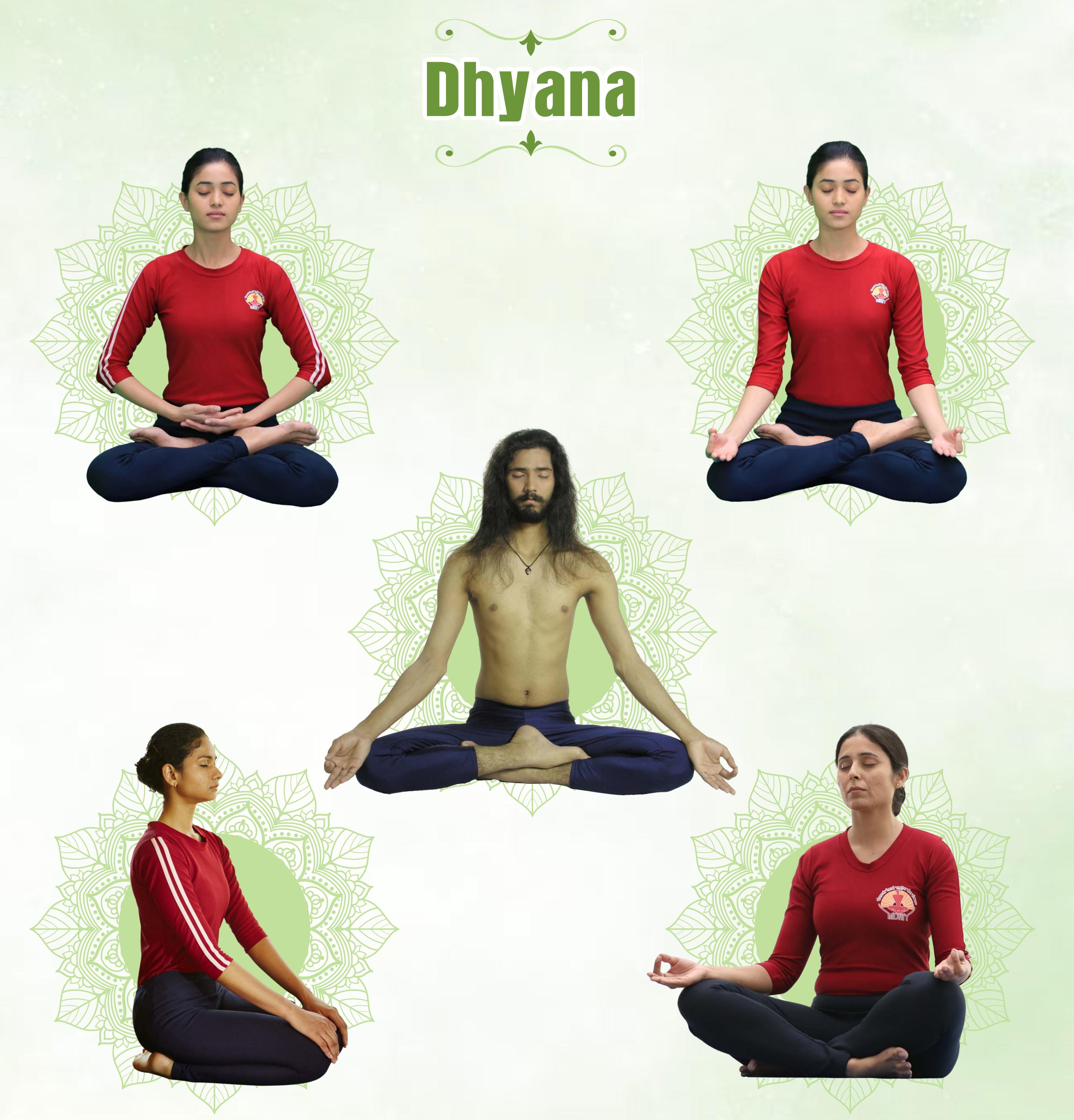


Morarji Desai National Institute of Yoga

Ministry of Ayush, Government of India



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



Benefits

hyana cultivates clearity in thoughts, imporves concentration, memory, confidence, and will power. By diminishing adverse emotions such as fear, anger, depression, stress, and anxiety, it fosters a serene mental state while nurturing inner calmness and resilience.

