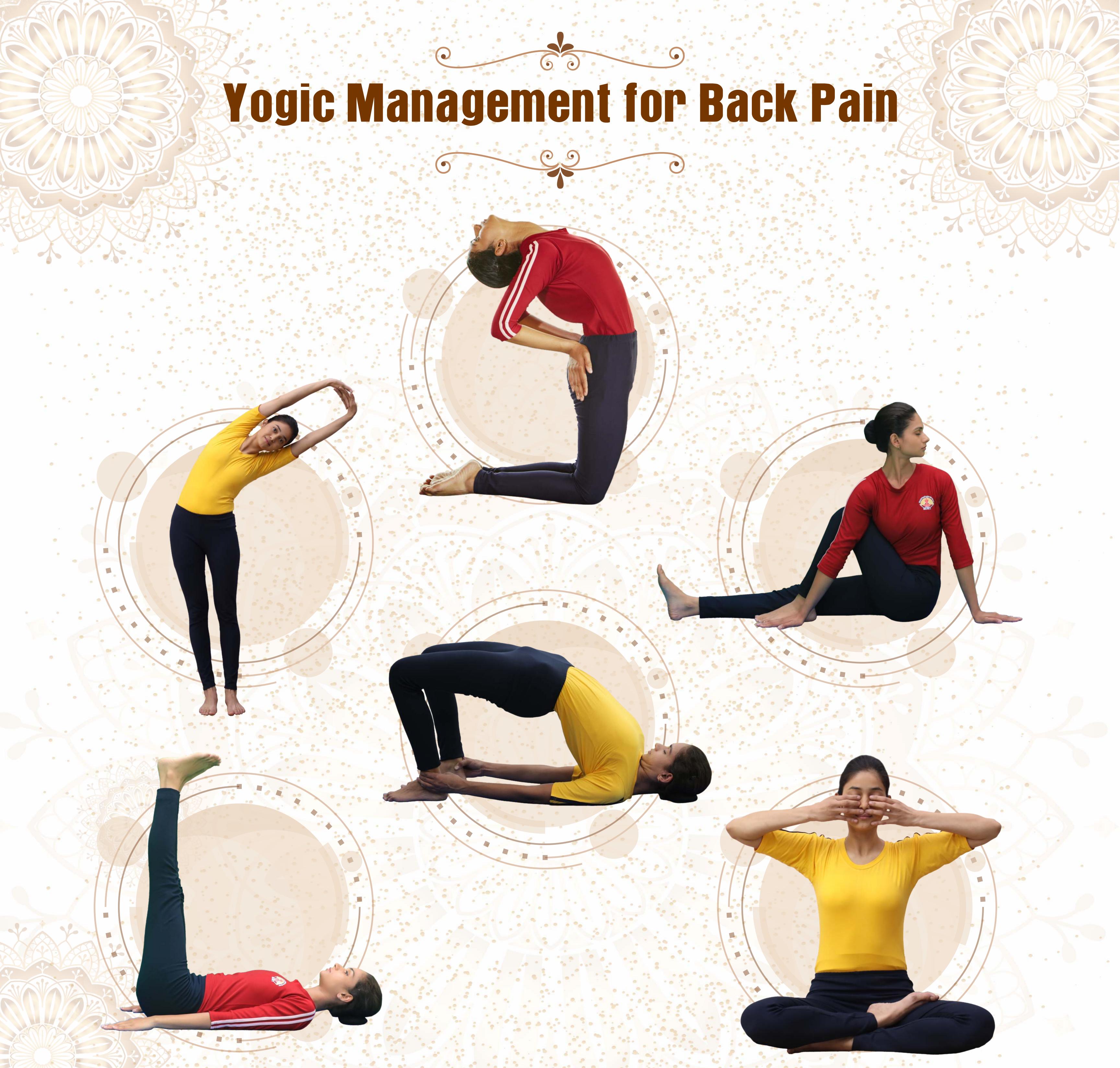


Morarji Desai National Institute of Yoga

Ministry of Ayush, Government of India



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Benefits

oga facilitates optimal body alignment, promoting excellent posture and strengthen supportive muscles to enhance spinal stability, flexibility, and minimize back strain. It soothes the nervous system, diminishing stress and muscle tension, ultimately fostering a balanced and harmonious state of well-being.

