

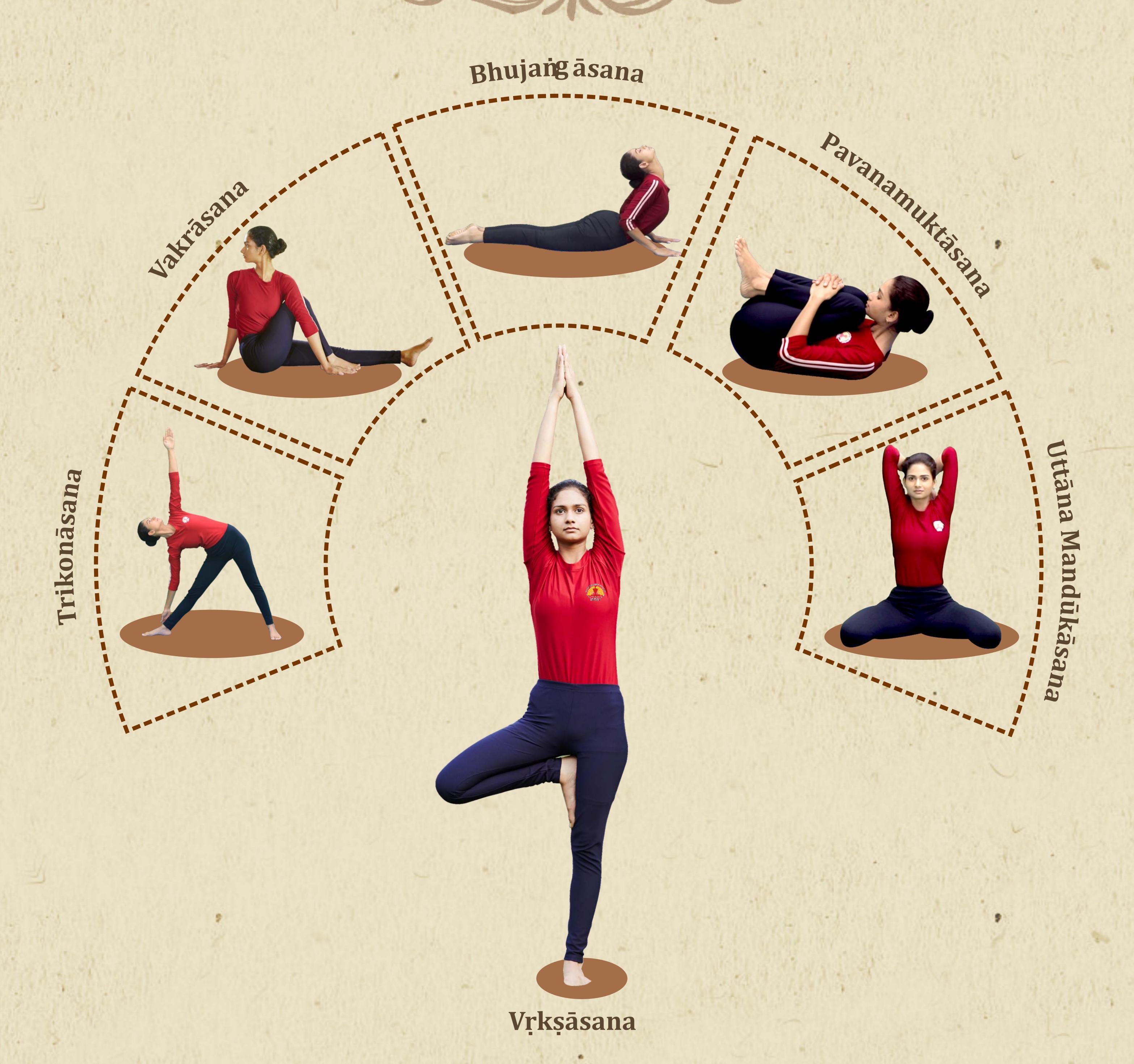
Morarji Desai National Institute of Yoga

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YOGASANA



ogasana plays a significant role in toning up the neuromusculo-glandar system of the body and helps overcome stress-induced disorders. These asanas enhance stability, comfort, and effortlessness.

