

Essay

Yoga

I really like yoga because it relaxes our body and it's very good for health. It improves our mental health and tries to detress our mind. During this corona time, yoga needs to be done by each and every individual to enhance and boost their immunity to fight against various infectious diseases yoga provides internal strength to our organs and strong them. Work in a better way. Considering all these benefits, our priminister Narendra Modi thought of celebrating June 21st as Yoga day.