

International Yoga day.

the 21st of June each year. It was Prime minister, Narendra Modi who gave the proposal to observe this day as International yoga day. Practicing yoga is one of the way to grow into a better human being with a sharp mind, a good heart and a relaxed soul.

Yoga is known for its amazing health benefits. International Yoga day, celebrated on the 21st of June each year ever since its inception in 2015, is a great effort to emphasize the importance of inculcating this ancient Indian art in our lives.